TOWN OF BROOKLINE
SENIOR NEWS AND EVENTS

Council on Aging

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

Brookline Senior Center
93 Winchester Street
Brookline, Massachusetts 02446

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

HIGHLIGHTS

Buy a raffle ticket to win a gorgeous, hand-pieces quilt. See p. 21.

Celebrate the 4th of July at our special lunch and sing-along on July 1. See p. 3.

Limber up with Lynn Modell at her modern dance and movement workshops starting July 6. See p. 9

Eat hearty and socialize at the Elks BBQ on July 17. See p. 3.

Remember Trudy Cohen. See p. 26

Have questions about a program at the Senior Center? Want to tell someone at the Senior Center about something? Want specific information about activities, programs, performances? Call the new ***Senior Center Information Hotline at 617-730-2778****!*

JULY 2010

HEALTHY EATING FOR SUCCESSFUL LIVING IN OLDER ADULTS™

Springwell is bringing this important workshop to the Senior Center on **Wednesday afternoons from 1:30 to 4:00 pm beginning July 7 and continuing for six weeks—ending on August 11.**

At this exciting and important workshop, you will have fun and improve your health at the same time by:

- Learning more about what foods are good for you
- Practicing reading and interpreting food labels
- Sampling the four types of exercise important for seniors
- Creating your own healthier lifestyle by making small changes that you choose every week
- Sharing your strategies and accomplishments with a group of like-minded seniors
- Participating in a grocery store field trip and joining in preparing a healthy meal

And don't forget that among the many services Springwell provides for the Senior Center, there are the daily lunches on Mondays through Fridays at 12:00 noon. For a mere $1.75, have a healthy lunch served to you at the Senior Center. Just look at the menus (published in the Senior News and Events every month on pp. 16-17) and call 617-730-2770 for reservations by 11:00 am the day before (on the Friday before for a Monday lunch).

TABLE OF CONTENTS

Advertisers, Our 30
Aging at Home 23
Alzheimer's Caregivers Support Group 5
BBQ Baked Beans and Sausage 28
BBQ, Elks 3
Beading Workshop, Modern 9
Blood Pressure Screenings 4
Book Discussion Group—SAVE THE DATES 12
Bowling 11
Brookline Adult & Community Education (BA&CE) —New in July 10
Brookline Aging Collaborative, The 10
Brookline Recreation—It's What We Do! 24
Careers in Aging 21
Cell Phones, iPods, Glasses 25
Contributors, Our 30
Council on Aging Meeting 3
Dance and Movement, Modern 9
Director, From the 15
"Do Not Call" Registries 14
"Donut Hole", Alert: The 22
Easy Travel—SAVE THE DATE 11
EVENTS CALENDAR (July) 18-19
Farmer's Market, Brookline 28
Food Distribution Site, The Senior Center 29
Food Distribution Coordinator Needed 29
Food Pantry, Brookline (St. Paul's) 29
French Conversation 9
Gallery, At the 9
Goddard House in July, At 27
Greece Reprise, A Taste of (poem *Ithaka* included) 20-21
Handicapped Access 25
Health Page, The (Ask a Nurse, Podiatry Clinic, Low Vision Group, Blood Pressure Screenings) 4
Healthy Eating for Successful Living in Older Adults™ 1
HELP This Summer 25
Holiday Craft Fair Planning 11
Holidays, July 3
Ice Cream Social Plus (Line Dancing) 3
Independence Day, Celebrate 3
Information Hotline, Senior Center 1
Ingredients to Avoid in Your Personal Care Products 5
Luncheon Specials for July 17
Medicaid?, What Is 5
Minutes in Motion Reprise 26
Monkey See, Monkey Donut 22
Movie Lovers Series for July 8
Ongoing Senior Center Events 19
Parkinson's Disease Support Group 5
Quilt Raffle 23
Renewal Form 31
Senior Scene 22
Senior Services (BETS, BLAB, File of Life, HELP, JOBS, SNAP, SHINE, Social Security) 6
Springwell Nutrition Program 16-17
Staff and Volunteer News 15
Studios without Walls Reprise 29
Summer Concerts at Emerson Park 22
Swing Band, Senior Center 11
Tax Abatement Program 25
Thank You30
Theater Club, Senior Center 25
Transportation (BETS, Senior Center Van, Elderbus, The Ride, Busy Bee Transportation) 7
Trudy Cohen, In Memoriam 26

Have a blast on Independence Day!

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

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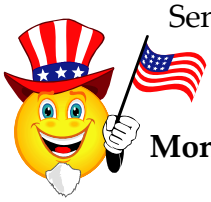
Subscription fee: $10.00/year. See page 31 for subscription/renewal form.

COUNCIL ON AGING MEETING

On vacation in July and August, so enjoy the summer hiatus and expect a fresh exciting year when meetings resume in September (on Wednesday, September 8).

JULY HOLIDAYS

July 4 is, of course, Independence Day. And the Senior Center and the Rogerson Adult Day and Fitness First programs will be will be **closed on Monday, July 5**, to celebrate it.



ICE CREAM SOCIAL PLUS

Indulge in ***the*** summer treat at our **Ice Cream Social** sponsored by Wingate Healthcare Center on **Monday, July 19, at 2:00 pm**. But first socialize with your friends—old and new—and with the Careers in Aging Program (see p. 21) participating students in **line dancing from 1:00 to 2:00 pm**.

CELEBRATE INDEPENDENCE DAY

Sing along with the Senior Center Chorus on **Thursday, July 1**, following the Springwell Independence Day Special Lunch (see p. 17). We don't do fireworks but the place will sparkle with decorations supplied by Jean Doherty's holiday decorating group.

Note that Easy Travel (see p. 11), which usually meets midday on the first Thursday of every month, will not meet in July to accommodate the Independence Day celebration.

ELKS BBQ

On **Saturday, July 17**, come to the Senior Center at **1:00 pm** for a very special event—a barbeque—prepared and sponsored by Brookline Elks Lodge #866. The Brookline Elks always do a really wonderful job on their meals at the Senior Center, whether the Holiday Feasts in December or the summer BBQs, so be sure not to miss any of their specials. No reservations are necessary.

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- Alzheimer's & Dementia
- Parkinson's
- Diabetic Monitoring
- Post Surgical Care
- Disabled Adults
- Senior Citizens

Ask a Nurse For information about July and August visits to the Senior Center by St. Elizabeth's Medical Center's Nurse Practitioner Eileen Currier to consult with individuals, call Charlotte Millman at 617-730-2769.

Podiatry Clinic Routine foot care with Dr. John McLaughlin is available on **Monday, July 12, from 9:00 am to 12:00 noon**. This will be the only Podiatry Clinic in July, but there will be another one on Monday, August 2. Sessions, which last 15 minutes each, cost $25. Appointments are required. Make an appointment by calling 617-730-2777.

Low Vision Group This peer-led support group for individuals with limited eyesight will meet on **Wednesday, July 21, from 1:00 to 2:30 pm** at the Senior Center.

Blood Pressure Screenings
The Brookline Health Care Center will provide blood pressure screening **at the Senior Center** on **Monday, July 12, from 1:00 to 2:00 pm**. The nurse who presides at this session is bilingual. (She speaks English and several Chinese dialects.)

There will also be blood pressure screening **at the Senior Center** with a nurse from the Brookline Health Department on **Thursday, July 15, from 9:00 to 10:30 am**.

The Health Page is sponsored by Beth Israel Deaconess Medical Center

Affiliated with Joslin Clinic

A research partner of NCI CCC 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

There will be blood pressure screenings with a Brookline Health Department Nurse on **Thursday, July 15,** at the Senior Center **from 9:00 to 10:30 am**. Other screenings will take place:

- Wednesday, July 7, at the Brookline Health Department, 11 Pierce Street, from 2:00 to 3:00 pm.
- Wednesday, July 14, at Sussman House, 50 Pleasant Street, from 1:00 to 2:00 pm.
- Wednesday, July 28, at O'Shea House, 61 Park Street, from 1:00 to 2:00 pm.

WHAT IS MEDICAID?

We all know about Medicare, but what in the world is Medicaid? Medicaid is a federally funded, state-run program that provides medical assistance for individuals and families with limited incomes and resources. It pays for your health care costs, including:

- Doctor's visits and services
- Clinic and hospital services
- Nursing home and home health care
- Family planning services;
- Prenatal and pediatric care
- Mental health care
- Prescription drug
- Eye care: optometrist services and eyeglasses

Qualifications are different from state to state. You may qualify if one or more of the following statements are true:

- You receive, or are eligible to receive, Supplemental Security Income (SSI).
- You have a family of four with a total income of $23,225 a year or less.
- Your family's assets are less than $2000.
- You receive adoption assistance or foster care assistance.

If you meet some or all of these criteria, contact your local Social Security, Welfare, or Department of Human Services office. Call 800-772-1213 for more information.

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

ALZHEIMER'S CAREGIVERS SUPPORT GROUP

Alzheimer's caregivers face a heart-breaking task. This support group's goal is to help them cope with the stresses and demands of helping their Alzheimer's-stricken family members and friends.

In July, the group will have two sessions, which are given at no charge and open to all caregivers. The **Afternoon** group will meet **Friday, July 9.** Call group leader Elaine Yanowitz at 617- 730-2751 to register to attend and/or for further information. The **Evening** group will meet **Thursday, July 29.** Call 617-730-2754 to register to attend and/or for further information.

PARKINSON'S DISEASE SUPPORT GROUP

The Parkinson's Disease (PD) Support Group will not meet in July or August. It will resume monthly meetings on Friday, September 3. For information about this group, contact the Information & Referral Center at the Boston University Medical campus at 617-638-8466.

This group is cosponsored by The Brookline Aging Collaborative and the American PD Association (APDA).

Are you at least 60 and have a problem with your in-home caregiving services?

Do you know someone who does?

If so, please call us!

1-800-243-4636

(1-800-AGE-INFO)

Ingredients to avoid in your personal care products—Coal tar, Diethanolamine (DEA), 1,4-Dioxane, Formaldehyde, Fragrances, Hydrated silica and lead Acetate, Thimerosol, Parabens, Petroleum Distillates, P-Phenylediamine, and Hydroquinone,

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 to help seniors who are Aging at Home:

BETS (Brookline Elder Taxi System), the cab discount program that allows income-eligible (see p. 7) 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 2009 income tax returns when you meet with Alicia. If you do not have to file tax returns, check with Alicia before you come in about what proof you will need to bring. (Remember that all riders must be recertified every year in order to be able to buy BETS coupon books.)

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

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

BLAB The Brookline Legal Assistance Bureau will be at the Senior Center from **9:00 am to 12:00 noon** on **Wednesday, July 7**, and on Wednesday, August 4. 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 on the File of Life, call 617-730-2777, and leave your name and phone number. The Senior Center's new File of Life Coordinator, Sarwat Kahn, will call you back as soon as possible.

HELP finds trained, dependable workers to house-assist individual seniors with such tasks as meal preparation, errands, house cleaning, and shopping—for an affordable rate. All workers are trained and screened by the HELP staff. To get HELP, call 617-730-2752. (See also p. 25.)

JOBS Job Opportunities for Brookline Seniors 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.

SNAP The Supplemental Nutrition Assistance Program helps seniors stretch food dollars with food stamps. If you need assistance at any time during the process, call Sonia Wong at the Senior Center. Leave a message for her at 617-730-2777, and she will get back to you promptly.

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

The **SOCIAL SECURITY** Contact Station at the Senior Center is closed. For assistance, call the Boston Social Security office at 617-565-8903 or its main number at 800-772-1213.

TRANSPORTATION

Seniors often cite transportation as one of the most important factors in their continued ability to remain independent, meet the obligations of daily living, and avoid becoming isolated. Therefore, periodically we devote a page to transportation in the *Senior News and Events*.

BETS

Important note about income eligibility: The BETS eligibility level has been **lowered**. The new maximum income to qualify for individuals is $45,100 and for couples is $51,550.

See p. 6 for more information on the BETS program.

SENIOR CENTER VAN

The Van provides door-to-door transportation to and from the Senior Center for educational and social programs and activities. It operates from Monday through Wednesday from 9:00 am to 4:00 pm and Thursdays from 10:00 am to 4:00 pm with a suggested donation of $1.00. For more information or to schedule a ride, call 617-730-2750.

ELDERBUS

The Elderbus makes an hourly circuit every weekday from 9:00 am to 3:00 pm that includes the Senior Center, elderly housing, shopping areas, and the Longwood Medical area. A suggested donation of 50 cents is requested. Schedules are available in English, Russian, and Chinese from the Council on Aging at 617-730-2777.

THE RIDE

This is operated by the MBTA and provides handicapped-accessible, door-to-door transportation *for those unable to use public transportation due to a medical condition*.

This program requires an application that must be completed by **both** the applicant and a licensed health-care or human services provider. It provides medical and nonmedical transportation on a space-available basis to most destinations serviced by the regular MBTA transit system.

One-way transport costs $2.00. You must make an initial deposit of $12 into your account in The Ride's electronic fare system. (You will not be able to schedule a ride if you have insufficient funds in your electronic account.) Deposits to your electronic account can be made in person or via telephone, the internet, or mail. You will receive more detailed information once you have been approved to use the system. For applications and general information, call 617-222-5123. Approved Brookline residents can request or confirm a trip by calling 877-765-7433.

BUSY BEE TRANSPORTATION

Springwell offers this service to and from medical appointments between 9:00 am and 4:30 pm Monday through Friday. Reservations must be made at least two weekdays in advance and is available only to medical appointments and ADH programs ***outside*** the Brookline area. A donation of $4.00 each way is requested. For more information, call 800-427-0230

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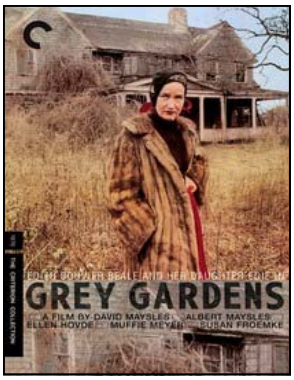
MOVIE LOVERS SERIES FOR JULY

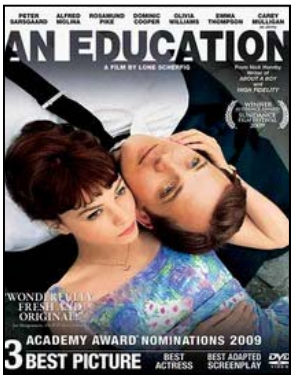
Beat the heat in July by cooling off at the Senior Center. For instance, come to the Tuesday afternoon free Movie Lovers Series at 1:30 pm. You might want to come for lunch (see menus on pp. 16 and 17) before the movie as well.

July 6
Ella Fitzgerald (1999) 86 minutes
The career of Ella Fitzgerald, one of the most distinctive voices of the 20th century, is spotlighted in this comprehensive documentary featuring the most complete concert footage of Fitzgerald ever assembled, including shows from Denmark, France, Germany, and the United States. Also included are rare interviews with her family and colleagues, vintage photos from Decca and Verve, and television clips of the stunning and beautiful songbird.



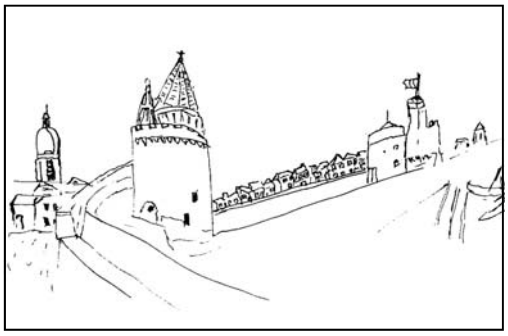
July 13
Grey Gardens (1975) 94 minutes
Documentary pioneers the Maysles brothers (*Gimme Shelter*) capture poignant moments in the lives of Jackie O's quirky relatives—Edith Bouvier Beale, aka Big Edie, and her middle-aged daughter, Little Edie--at their decaying estate, Grey Gardens. The ladies shut out their bleak present by recalling richer times and lost loves, and while Little Edie confides that she'd like to leave, the camera captures an enduring codependency.

July 20
Coco Before Chanel (2009) 110 minutes
Audrey Tautou stars as legendary French designer Gabrielle "Coco" Chanel in this lively biopic that explores the fashion icon's storied ascension from orphan to seamstress and cabaret singer, and ultimately, the queen of Parisian *haute couture*. Alessandro Nivola plays Arthur "Boy" Capel, Chanel's lover and influential business investor who makes a lifelong impact on the young woman. Anne Fontaine directs this Oscar nominee for Best Costume Design.



July 27
An Education (2008) 95 minutes
Jenny's (Oscar nominee Carey Mulligan) Oxford-bound teen life is a bore in 1961 London until she's given a different kind of education after being immersed in the beguiling but hazardous world of much-older David (Peter Sarsgaard). Even Jenny's parents, Jack (Alfred Molina) and Marjorie (Cara Seymour), are intrigued by him, but her unimpressed teacher (Olivia Williams) works to keep Jenny's entire future from crumbling under David's influence.

AT THE GALLERY



The Brookline Senior Center invites you to an inspiring exhibit

Artists Making Art: Overcoming Obstacles

Paintings and drawings by Barbara Cohen, Phil Fullerton, Shlomit Mintz, and Elizabeth Ryles

Curated by Louise Weinberg and Marsha Helmstadter

Through Thursday, September 30
Hours: 8:30 am to 5:00 pm
Monday through Friday

MODERN BEADING WORKSHOP

This workshop for beginners and experienced beaders alike will meet on **Wednesday, July 21, at 1:30 pm** at the Senior Center with Marge Harvey on hand to instruct and help. Learn modern techniques of beading using thin Soft Flex and crimps. Combine old beads and broken strands for new and interesting designs. Make earrings, necklaces, and bracelets for yourself and as gifts for family and friends.

In order to participate in this workshop, it is essential that you bring materials with you—beads, earring backs, crimps, and one yard of Soft Flex—all of which are available at local craft stores. The workshop is free, and no registration is required.

MODERN DANCE AND MOVEMENT

Lynn Modell, Brookline High School dance teacher will lead a seven-session modern dance and movement **workshop in July on Tuesdays and Fridays at 10:00 to 11:00 am**, beginning July 6 and ending July 27 (the dates, for your calendar, are July 6, 9, 13, 16, 20, 23, and 27). The cost for this extremely popular program is just $2.00 per session. Plan on coming to limber up and improve your flexibility and general good health.

FRENCH CONVERSATION

Brush up and refine your conversational French with Agnes Serenyi at the Senior Center on **two Tuesdays in July, the 13th and the 27th, at 12:30 pm**.

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BROOKLINE ADULT & COMMUNITY EDUCATION (BA&CE)—NEW IN JULY

For those seniors who want to become more ***computer*** literate and, to coin a phrase, "with it," new sections of two courses that BA&CE, in cooperation with the Council on Aging, are being offered beginning in July. These two courses are taught using Windows XP.

Introduction to Computer Basics for Seniors
Bob Roll, instructor
Do you own (or want to own) a personal computer but don't know the first thing about using it? Have you taken a course or two and become discouraged? This course is intended for the complete beginner and is the perfect starting point to prepare you for all the great things you can do with a personal computer. Learn basic skills such as how to use a mouse and keyboard, navigate the desktop, and make sense of computer jargon. Also explore Microsoft Word 2007 and learn how it differs from Word 2003. By the time you finish this course, you will have the important building blocks necessary to moving on to such subjects as using the internet, writing e-mails, and managing your finances. Course code: **C116.** 4 Thursdays from 9:30 to 11:30 am beginning July 1.

Intermediate Computer Basics for Seniors
Bob Roll, instructor
This course is for students who have completed the Basics course listed above or who have equivalent experience and would like to improve their personal computing skills. Emphasis is placed on improving file and folder management and word processing skills. We will use Microsoft Word 2007 to perform such operations as creating, saving, editing, formatting, printing, and deleting files; creating, renaming, deleting, and forming shortcuts for folders; and copying and pasting text, files, and folders. We will also learn more efficient approaches to word processing commands. Course code: **C157.** 4 Fridays from 9:30 to 11:30 am beginning July 2.

These courses are given at the Senior Center and cost $70 for each course. Each course is limited to six students so register by calling 617-730-2700 or by accessing www.brooklineadulted.org on the web as soon as possible. Senior discounts do not apply to these courses.

****

In addition, there are new sections at the Senior Center for seniors interested in ***yoga***:

Yoga for Older Adults
Steffi Shapiro, instructor
Course code: **W044**
Yoga is an ancient system of gentle exercise and breathing techniques that enhances physical well-being. It is also a philosophy and a medium for creative expression. Yoga is well suited to older people because it combines safe, gentle, invigorating stretching exercises with relaxation and introspection, all in a noncompetitive atmosphere.

For this course, exercises consist of gentle stretches and simple movements that release tension from the neck, shoulders, back, and other areas of the body. Please wear comfortable clothing. The senior discount does not apply to this course.

The chair class is 4 Tuesdays from 2:00 to 3:00 pm beginning July 27 (Section 3).

The mat class is 4 Tuesdays from 3:00 to 4:00 pm also beginning July 27 (Section 4).

The fee for each section is $31. These are continuation sections of the Yoga for Older Adults classes that began on June 1. For more information about these new sessions, call 617-730-2700.

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

HOLIDAY CRAFT FAIR PLANNING

Yep, it's time to start planning for our 26th Annual Holiday Craft Fair that will take place at the Senior Center in November. The first planning session will be on **Friday, July 16, at 10:30 am** at the Senior Center. At this meeting, planners will decide on the charity recipient. New and returning participants are all welcome and invited to attend.

EASY TRAVEL—SAVE THE DATE

Easy Travel for July has been preempted so that we can celebrate Independence Day with a sing-along led by the Senior Center Chorus (see p. 3), but in August, the Easy Travel program is something to save the date for.

Grab you proverbial travel hat and come to the Senior Center on **Thursday, August 5, at 1:30 pm** when John Dempsey, principal of the Devotion School, will take us on a tour of the southern Nile River. Visit the Pyramids, Luxor, and Abu Simbel in Mr. Dempsey's alluring presentation called "Along the Eternal Nile."

SENIOR CENTER SWING BAND

Swing and sway with James Demicco at the Senior Center. If you enjoy playing popular music from the 20s, 30s, 40s, and 50s and can read music or play by ear, this is the group for you. Previous band experience is helpful but not necessary. You bring the instrument. We'll supply the sheet music.

At press time, we had not firmed up the meeting dates for July. Please call Charlotte at 617-730-2769 for schedule details.

BOWLING

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

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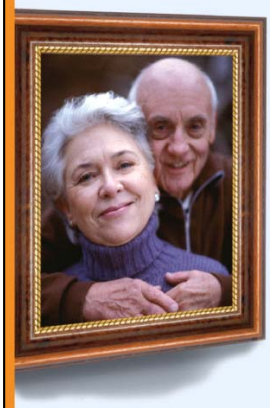

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You can also visit us online at www.cjpseniordirect.org or email us at info@cjpseniordirect.org

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A PROGRAM OF CJP For more information about CJP, visit www.cjp.org

BOOK DISCUSSION GROUP—SAVE THE DATES

The group is taking a vacation in July. However, it has a busy schedule ahead for the rest of the year. Meetings will be on the third Monday of each month at 2:00 pm at the Putterham Branch of the Brookline Public Library.

Meeting dates and books to be discussed for the remainder of 2010 are:

- Monday, August 16
  Olive Kittredge by Elizabeth Strout
  13 linked tales present a heart-wrenching, penetrating portrait of ordinary coastal Mainers living lives of quiet grief intermingled with flashes of human connection.

- Monday, September 20
  To Kill A Mockingbird by Harper Lee
  A gripping, and wholly remarkable tale of coming-of-age in a South poisoned by virulent prejudice, this novel views a world of great beauty and savage inequities through the eyes of a young girl, as her father, a crusading local lawyer, risks everything to defend a black man unjustly accused of a terrible crime

- Monday, October 18
  The Help by Kathryn Stockett
  About a young white woman in the early 1960s in Mississippi who becomes interested in the plight of the black ladies' maids that every family has working for them.

- Monday, November 15
  Killer by Dave Zeltserman
  The strong final book in Zeltserman's felon-out-of-prison trilogy (after *Pariah* and *Small Crimes*) focuses on hit man Leonard March, who cuts a deal with the state in exchange for a lighter sentence.

- Monday, December 20
  Holiday on Ice: Stories by David Sedaris
  A collection of three previously published stories matched with three newer ones, all, of course, on a Christmas theme.

We wish to thank Temple Emeth for the generous use of their facilities while the Putterham Library was unavailable to us. Special thanks go to Cynthia Leavitt, Executive Director of the temple, for her gracious cooperation.

Law Office of Susana Lannik, LLC

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"DO NOT CALL" REGISTRIES

Nuisance calls abound these days. We are bombarded by calls by companies trying to sell their products and services, by companies that disguise the fact that they are trying to sell us something by saying they are taking a survey or some other "nonprofit" ruse, by real survey organizations, by real nonprofit organizations wanting us to contribute, by fake organizations and people of all sorts who are running cons, and so forth, and so on, *ad nauseam.* Now there is relief in sight.

NATIONAL "DO NOT CALL" REGISTRY (at 888-382-1222 or on the web at www.donotcall.gov). This organization allows individuals to register personal home or cell phone numbers via telephone or online with the National Do Not Call Registry. Telemarketing companies then have up to 31 days following the registration to remove the telephone number(s) from their call lists.

While registering will significantly cut down on the amount of unsolicited calls you receive, not all telemarketing companies are required to remove telephone numbers from their lists. Companies with which you have had a business relationship in the past, political campaigns, charities, and surveyors are still allowed to contact you.

As of February 2008, registered telephone numbers will only be removed from the Registry if they are disconnected or reassigned. Registration NO LONGER EXPIRES automatically after 5 years. If you move and are assigned a new telephone number or if you change your telephone number, you must register the new number.

Telemarketing companies in violation of the Do Not Call Registry regulations will be fined. To file a complaint, contact the registry with the name and telephone number of the company you believe to be in violation.

MASSACHUSETTS "DO NOT CALL" REGISTRY (at 866-231-2255 or on the web at https://www.madonotcall.govconnect.com). Guidelines are generally the same as with the National Do Not Call Registry. It is recommended that you register your phone number(s) with the state program as well because it is unclear as to whether the national registry applies to the more local/state telemarketing companies.

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FROM THE DIRECTOR

July may be a time for summer vacations and a slower pace, but that should not stop you from attending the Senior Center and enjoying some great programs. Lynn Model's Modern Dance Workshop will keep you in shape (see p. 9). And we are especially grateful to the ELKS who are sponsoring a fabulous Saturday BBQ on July 17 (see p. 3). For those of you who usually cannot come to the center on weekdays, this is a great opportunity to attend.

Do you enjoy theater? We are looking for people who would like to attend more shows. Please fill out our theatre club survey. Also, attend our open meeting on July 7 at 2:00 pm. We are trying to expand what we offer, but need your feedback and help (see p. 25).

I attended Trudy Cohen's celebration of life last month. She was described by her family as "the aunt that you always wanted to invite over and better yet sit next to at a holiday." I would add that she was the volunteer that I always wanted to call upon for her competence, dedication, and good humor. The Council on Aging family will miss her. We are pleased that the emergency management team is honoring her on Tuesday, July 13 (see p. 26).

One of our special programs of the year will start Monday, July 12, as we welcome the 7th year of Careers in Aging students for a wonderful summer program (see p. 21). When you see the high school kids in the building, give them a warm welcome and chat with them.

Finally, I wish all a Happy Fourth of July. My family always has a big party to watch glorious fireworks and enjoy delicious summer foods. I especially enjoy juicy grilled burgers, sweet watermelon, fresh corn on the cob, and of course, my favorite—ice cream. 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 summer treats and to socialize (see p. 28).

Ruthann Dobek, Director

STAFF AND VOLUNTEER NEWS

There have been many comings, goings and happenings at the Senior Center, and there are many more to come in the next few weeks.

Our favorite food distribution intern—**Alex Davis**—has taken a full-time job at Belmont Manor Nursing Home. Good luck Alex. We know you will be a hit wherever you go. Don't forget us Alex; we won't forget you.

Susan Kanian-Andriole will be back coordinating the HELP program shortly after the July 5 Independence Day holiday. And **Liz Kalfas** and **Kelly Burke** will be helping her at least into July (see p. 25).

And our lovely **Peggy Connor** will be joining us to meet and greet seniors and visitors in the coffee lounge, help out at the reception desk, and be a Jill-of-all-trades afternoons at the Senior Center. Not to fear, she will also still reign as Queen of the Kitchen (aka Springwell Site Manager) for the Springwell Nutrition program.

ROGER R. LIPSON
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Springwell Nutrition Program JULY 2010

617-730-2770

MONDAY	TUESDAY	WEDNESDAY
ALL MEALS INCLUDE 8 OZ. OF 1% MILK AND MARGARINE. **Low sugar desserts are available, but need to be ordered throug the site manager,** *****Higher Sodium Conttent** **Menu subject to change. $1.75 donation**	**If soup is served for any meal, crackers are included.** **Meals are served at 12:00 noon unless otherwise noted.** **For meal reservations on Mondays, call the previous Friday by 11:00 am.** **For meal reservations on Tuesdays through Fridays, call the previous dayby 11:00 am.**	
5) Independence Day Holiday No Meal Service	6) American Chop Suey, Grated Parmesan Cheese, Italian Vegetable Blend, Italian Bread **OR** Egg Salad on Wheat Bread, Lettuce Leaf, Spinach Mandarin Orange Salad w/ Dressing, German Potato Salad **Pistachio Pudding w/Topping**	7) **Seafood Chowder** Breaded Fish, Broccoli Cheese Sauce Garlic Parsley Potatoes, Carrots, Multigrain Bread **OR** Chicken Salad on White Bread, Lettuce Leaf, Summer Squash Salad, Potato Salad **Fresh Fruit**
12) **Cream of Butternut Squash** Meatloaf w/Brown Gravy, Sweet Potatoes, Broccoli & Cauliflower, Whole Wheat Roll **OR** California Chicken Salad on a Hamburger Roll, Creamy Cucumber Dill Salad, Pasta Salad w/Cheese **Chocolate Pudding w/Topping**	13) **<u>Summer Cold Picnic Day</u>** Cold BBQ Chicken, Sliced Mozzarella Cheese, Sliced Red Onions, Cole Slaw, Potato Salad, Hamburger Roll **OR** Tuna Salad on Multigrain Bread, Lo Mein Pasta Salad, Tossed Garden Salad w/Red Onions, Lite Italian Dressing **Watermelon Mousse w/Chocolate Chips**	14) **Split Pea Soup** Roast Turkey w/Gravy, Corn Bread Stuffing, Green Beans, Cranberry Sauce, Multigrain Bread **OR** Roast Beef & American Cheese on Oatnut Bread, Mayo Packet, Lettuce Leaf, Balsamic Vinaigrette Pasta Salad, Broccoli Tomato Salad **Pineapple**
19) **Vegetable Barley Soup** Creamy Italian Chicken, O'Brien Potatoes, Peas, Mushrooms & Onions, Oatnut Bread **OR** Roast Beef & Swiss on Wheat Bread, Lite Mayo, English Peas Salad, Tomato Red Pepper Salad **Chef's Choice Dessert**	20) **<u>Birthday Lunch</u>** ***Reduced Sodium Hot Dog, Cole Slaw, Baked beans, Hot Dog Roll **OR** Turkey & American Cheese on White Bread, Lite Mayo, Spinach Mandarin Orange Salad w/Lite Dressing, Red Potato Salad **Pineapple**	21) Ratatouille w/Beef, White Rice, Rye Bread **OR** Egg Salad on Multigrain Bread, Lettuce Leaf, Purple Cabbage Cole Slaw, Orzo Vegetable Salad **Mandarin Oranges**
26) Beef Stew, Peas, Multigrain Bread **OR** Breaded Chicken Patty on a Hamburger Roll, Lite Mayo, Lettuce Leaf, Cole Slaw, Three Bean Salad **Pineapple**	27) **Lentil Soup** Cheese Lasagna, Meatball & Tomato Sauce, Tuscany Style Blend, Whole Wheat Roll **OR** Orange Juice, Cottage Cheese Fruit Plate, Greek Pasta Salad, ½ Pita Pocket **Pears**	28) Turkey Broccoli Penne Casserole, Carrots Oatnut Bread **OR** Chef Salad, Lite Italian Dressing, Corn Salad, Wheat Roll **Fresh Fruit**

THURSDAY	FRIDAY
1) **Independence Day Special** **Build a Burger** Grilled Burger, Lettuce/Tomato/Cheese, Warm Potato Salad, Roasted Mixed Vegetables, Hamburger Roll **Blueberry/Strawberry Vanilla Pudding Parfait w/Whipped Topping**	**2)** **Vegetable Soup** Mild Creole Fish, Mashed Potatoes, Peas, Oatnut Bread **OR** Chicken Patty on Hamburger Roll, Lite Mayo, Lettuce Leaf, Potato Salad, Cucumber, Carrot, Onion Salad **Mixed Fruit**
8) **Vegetable Pasta Soup** Pot Roast w/Brown Gravy, Mashed Potatoes, Beets, Whole Wheat Bread **OR** ***Seafood Salad on Dark Rye, Tossed Garden Salad w/Red Onions, Lite Italian Dressing, English Pea Salad **Frosted Chocolate Birthday Cake w/Vanilla Frosting**	9) **Oriental Vegetable Soup** Sweet & Sour Chicken, Rice Pilaf, Green Beans, Rye Bread **OR** Turkey & Cheese on Multigrain, Lettuce Leaf, Tomato & Zucchini Salad **Mandarin Oranges**
15) **Clam Chowder** Baked Haddock, w/Lemon Sauce Rice Marinara, Brussels Sprouts, Muffin **OR** Peppercorn Turkey & Mozzarella Cheese on Whole Wheat Bread, Lite Mayo, Carrot Pineapple Salad, Three Bean Salad **Mixed Fruit**	16) Stuffed Shells, Meatball w/Tomato Sauce, Zucchini & Summer Squash, Tossed Salad w/ Lite Italian Dressing, Oatnut Bread **OR** ***Ham & Swiss on Rye Bread, Sliced Tomato, Mustard, Riviera Salad, Potato Salad **Fresh Fruit**
22) **Minestrone Soup** Meatball Sub w/Tomato Sauce, Parmesan Cheese, Hot Three Beans, Summer Squash Soft Sub Roll **OR** Tuna Salad on Oatnut Bread, Lettuce Leaf, Macaroni Salad, Beet Salad **Fresh Fruit**	23) **Vegetable Soup** Macaroni & Cheese, Broccoli & Cauliflower w/ Tomato Sauce, Whole Wheat Roll **OR** Chicken Salad on Lettuce Leaf, Fruity Rice Salad, Tossed Garden Salad w/Red Onions, Lite Italian Dressing, Rye Bread **Fruited Jell-O w/Topping**
29) **Chicken (Summer) Noodle Soup** Open Faced Chicken Cordon Blue, Mashed Potatoes , Spinach, Rye Bread **OR** Tuna Salad on Oatnut Bread, Lettuce Leaf, Potato Salad, Riviera Salad **Vanilla Pudding w/Topping**	30) **Clam Chowder** Salmon Boat w/Lemon Sauce, Broccoli, Red Bliss Potatoes, Wheat Bread **OR** Sliced Turkey & American Cheese on Multigrain Bread, Lite Mayo, Lettuce Leaf, Pasta Salad, Roman Blend Salad **Brownie**

LUNCHEON SPECIALS FOR JULY

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

Celebrate **Independence Day** on **Thursday, July 1**, at the special Springwell lunch featuring grilled build-a-burgers and red, white, and blue pudding and a sing-along with the Senior Center Chorus (see p. 3).

Tuesday, July 13, is **Springwell's Summer Cold Picnic Day** with cold chicken and other goodies like we used to pack for family outings to the park, ball games, etc.

On **Saturday, July 17, at 1:00 pm**, come one, come all to the annual **BBQ** sponsored and served by Brookline Elks Lodge #866. No reservations are required. Just come and enjoy! (see p. 3).

And don't forget the **July Birthday Lunch** on **Tuesday, July 20**. If your birthday is in July, tell us that when you call for reservations.

The **Let's Go Out to Lunch** group will meet on **Tuesday, July 27, at 12:00 noon** at Panera Bread Bakery/ Café at 299 Harvard Street.

Brookline Senior Center
93 Winchester Street
617-730-2770

JULY 2010

EVENTS CALENDAR

MONDAY	TUESDAY	WEDNESDAY
To reserve a lunch please call 617-730-2770 by 11 am, a day in advance	SHINE counselors are available to answer your individual health insurance questions. Please call 617-730-2777 for an appointment.	For information about BETS discounted taxi tickets, please call 617-730-2740, Mon - Wed., noon - 4 pm
5 INDEPENDENCE DAY HOLIDAY Senior Center is closed. Rogerson Adult Day Health and Fitness First programs are closed.	6 10am Dance & Movement Workshp 10:30am Brookline Bees-Quilters 11am-3:00 pm Food distribution 1:00 pm Bingo 1:30 pm Movie Lovers' Film Series 'Ella Fitzgerald"	7 9 am BLAB lawyer 10:30 am Retired Men's Club 12:30 pm Bridge 1:30 Healthy Eating Workshop-- preregistration required 2-4 pm Open computer lab
12 9 am Podiatry Clinic 10:30 am Poetry Workshop filled 12:30 pm Chinese programs 1-2 pm Blood pressure screening 1 pm Mah Jongg/Scrabble 1-2 pm Line Dancing 2-4 pm Open computer lab	13 10amDance & Movement Workshp 10:30am Brookline Bees-Quilters 11am-3:00 pm Food distribution 12:30 pm French Conversation grp. 1:00 pm Bingo 1:30 pm Movie Lovers' Film Series "Grey Gardens"	14 10:30 am Retired Men's Club 12:30 pm Bridge 1:30 Healthy Eating Workshop-- preregistration required 2-4 pm Open computer lab
19 10:30 am Poetry Workshop filled 12:30 pm Chinese programs 1 pm Mah Jongg/Scrabble 1-2 pm Line Dancing 2 pm Ice Cream Social 2-4 pm Open computer lab	20 10am Dance & Movement Workshp 10:30am Brookline Bees-Quilters 11am-3:00 pm Food distribution Noon July Birthday Lunch 1:00 pm Bingo 1:30 pm Movie Lovers' Film Series "Coco Before Chanel"	21 10:30 am Retired Men's Club 12:30 pm Bridge 1 pm Low Vision Group meeting 1:30 pm Modern Beading 1:30 Healthy Eating Workshop-- preregistration required 2-4 pm Open computer lab
26 10:30 am Poetry Workshop filled 12:30 pm Chinese programs 1 pm Mah Jongg/Scrabble 1-2 pm Line Dancing 2-4 pm Open computer lab	27 10am Dance & Movement Workshp 10:30am Brookline Bees-Quilters 11am-3:00 pm Food distribution Noon Let's Go Out to Lunch group meet at Panera Bread **B**akery/Café 1:00 pm Bingo 1:30 pm Movie Lovers' Film Series "An Education"	28 10:30 am Retired Men's Club 12:30 pm Bridge 1:30 Healthy Eating Workshop-- preregistration required 2-4 pm Open computer lab

THURSDAY	FRIDAY
1 10:30 am Knit and Crochet 10:30 am Athritis Exercise--prereg. Noon Special Independence Day meal with sing-along. 1:30 pm Knit and Crochet 1:30 pm Russian Tea Room 1:30 pm Easy Travel on vacation	2 9 am Bridge 9 am Solemates Walking Group 10 a.m Project Volunteer Group 10:30 am Current Events 1 -2:30 Parkinson's Support Group-not this month
8 10:30 a.m Knit and Crochet 10:30 am Athritis Exercise--prereg. 1:30 pm Russian Tea Room 1:30 pm Knit and Crochet	9) 9 am Bridge 9 am Solemates Walking Group 10am Dance & Movement Workshop 10 a.m Project Volunteer Group 10:30 am Current Events 10:30 am Senior Chorus Afternoon Alzheimers' Support Grp call for time
15 9 am Blood Pressure Screening 10:30 am Athritis Exercise--prereg. 10:30 am Knit and Crochet 1:30 pm Russian Tea Room 1:30 pm Knit and Crochet	16 9 am Bridge 9 am Solemates Walking Group 10am Dance & Movement Workshp 10 a.m Project Volunteer Group 10:30 a.m Craft Fair planning mtg. 10:30 am Current Events 10:30 am Senior Chorus
22 10:30 am Knit and Crochet 10:30 am Athritis Exercise--prereg. 1:30 pm Knit and Crochet 1:30 pm Russian Tea Room	23 9 am Bridge 9 am Solemates Walking Group 10am Dance & Movement Workshp 10 a.m Project Volunteer Group 10:30 am Current Events 10:30 am Senior Chorus
29 10:30 am Knit and Crochet 10:30 am Arthritis Exercise ends 1:30 pm Knit and Crochet 1:30 pm Russian Tea Room Evening Alzheimers group call for time	30 9 am Bridge 9 am Solemates Walking Group 10 a.m Project Volunteer Group 10:30 am Current Events 10:30 am Senior Chorus

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

10:30 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

9:00 am—Solemates, Walking Group
10:30 am—Current Events Discussion Group
10:30 am—Senior Chorus

A TASTE OF GREECE REPRISE

This Greek festival was a great success, with well over 100 people attending. According to one of the organizers, the whole program was very upbeat with very rich content including traditional Greek food and Greek performers such as a bouzouki player. Mrs. Meropi Makroupoulou, as a representative of the Consulate of Greece in Boston, set the tone of the event with her address (excerpted here for space considerations):

…It is an honor for us that we are gathered here today to celebrate the Greek Culture. And speaking of Greek culture, we all know how important family and religion have been to Greek people throughout the centuries. Greek literature from *The Iliad* and *The Odyssey* to our national poets, Seferis and Elytis, has been guiding Greeks and teaching them of *ethos, logos, and pathos.*

This year we celebrated the 2500th anniversary of the historic Battle of Marathon at …the Consulate of Greece in Boston. During that special ceremony golden-coated crowning wreaths for the winners of 114th Boston Marathon were offered to the Boston Athletic Association.

The Battle of Marathon is considered by historians as a pivotal moment in world history. In 490 BC, the Greeks repelled the invasion of the Persian Imperial army to Europe. The Greek victory at Marathon, allowed the continuation of the classical Greek civilization, preserving the path of what is known today as Western civilization and the cradle of democratic values.

Boston was the first city in the United States to embrace the Marathon spirit. That was in 1897, one year right after the Marathon run was introduced in the first modern Olympic Games in Athens…. Since then, the Marathon has taken place uninterruptedly every year and has become one of the most prestigious athletic events in the world.

The Marathon community currently numbers over five million active runners traveling all over the world to participate in more than 700 Marathon races per year! The Marathons in Boston, Berlin, London, New York, and Chicago are the biggest and most famous Marathon races in the world, but all major cities in the world organize at least one Marathon event per year.

Ancient Greece honored its athletes by crowning them with olive branches, as a symbol of peace and personal achievement. Following this tradition, wreaths made of olive branches are offered to Marathon winners as a symbol of sportsmanship and personal achievement.

At this point I would like to mention that I feel privileged, to have the distinct pleasure of speaking today for the Marathon spirit and I feel proud that my country has bequeathed to the rest of the world ideas such as *fair play* and *healthy mind in healthy body*.

Thank you all for being present today honoring the Greek culture and I urge you all to visit our beautiful country and be welcomed by our people, taste our Mediterranean cuisine, enjoy the beautiful sun, and have a *taste from Greece*.

All of us at the COA/Senior Center want to give our special thanks to the people who helped make this event so successful. Our thanks go out to the planning committee members: Helen Bourloukas, Georgia Haramis, Celia Lescarides, Mary Perdikes, and Gerry Phillips.

Many, many thanks also to the Greek Consulate and Meropi Makroupoulou, staff member of the Greek Consulate, and to Elini Vidalis of the Federation of Hellenic-American Societies of New England.

And last, but certainly not least, thanks to Primavera Restaurant for catering the event.

GREECE REPRISE (CONT.)

In addition to the other activities, Celia Lascarides read a poem by CP Cavafy *(from his* Collected Poems*, translated by Edmund Keeley and Philip Sherrard and edited by George Savidis)*:

Ithaka

As you set out for Ithaka
hope your road is a long one
full of adventure, full of discovery.
Laistrygonians, Cyclops,
angry Poseidon—don't be afraid of them:
you'll never find things like that on your way
as long as you keep your thoughts raised high,
as long as a rare excitement
stirs your spirit and your body.
Laistrygonians, Cyclops,
wild Poseidon—you won't encounter them
unless you bring them along inside your soul,
unless your soul sets them up in front of you.

Hope your road is a long one.
May there be many summer mornings when,
with what pleasure, what joy,
you enter harbors you're seeing for the first time;
may you stop at Phoenician trading stations
to buy fine things.
mother of pearl and coral, amber and ebony,
sensual perfumes of every kind—
as many sensual perfumes as you can;
and may you visit many Egyptian cities
to learn and go on learning from their scholars.

Keep Ithaka always in your mind.
Arriving here is what you're destined for.
But don't hurry the journey at all.
Better if it lasts for years,
so you're old by the time you reach the island,
wealthy with all you've gained on the way,
not expecting Ithaka to make you rich.
Ithaka gave you the marvelous journey.
Without her you wouldn't have set out.
She has nothing left to give you now.

And if you find her poor, Ithaka won't have fooled you.
Wise as you will have become, so full of experience,
you'll have understood by then what these Ithakas mean.

CAREERS IN AGING

The 7th Annual Careers in Aging (CIA) program will take place **from Monday, July 12, through Thursday, August 5** at the Senior Center, a program where seniors work with Brookline High School students.

Projects include: photography and scrapbooking, oral history interviews, reminiscence projects, an intergenerational book club, crafts and games, and roundtable discussion on current and controversial topics.

This year in addition to recruiting the many talented seniors who have made this program so successful in the past, we are also seeking veterans of both sexes and of all branches of our armed forces from all foreign conflicts—World War II, Korea, Vietnam, and so forth—to help the students in the CIA program learn about, and understand, the veterans' experiences. For more information or if you'd like to participate in the program in general, call Deidre Waxman at 617-730-2767. For more information about the veterans portion of the program, call Julie Washburn at 617-730-2760.

We are still interviewing interested Brookline High School students to participate in the program. If you have a grandchild or know someone in grades 10, 11, or 12 who is either a resident of Brookline or the offspring of a Town of Brookline employee, and has an interest in Geriatrics or Geriatric Social Work—have them call Deidre Waxman at 617-730-2767 for more information.

Photos of the 2009 CIA group by Miriam Beit-Aharon

SENIOR SCENE

A program about the popular *Drawing for Pleasure* classes at the Senior Center will run on *Senior Scene* through the July.

In early August, a new program about the 2010 Careers in Aging (CIA) summer intergenerational program will begin.

Senior Scene is on BATV three times a week—on Thursdays at 7:00 pm with repeat airings on Fridays at 1:00 pm and Sundays at 7:30 pm.

SUMMER CONCERTS AT EMERSON PARK

Family and friends gather on **Wednesdays** throughout the rest of the summer for an evening of great entertainment! Bring a picnic basket, your lawn chair, and a group of people eager to have a good time (or just come yourself) and then sit back and enjoy a variety of music. Children can play on the equipment within the park or dance along in front of the stage to the music. All concerts are held at Emerson Park, located off of Davis Avenue in Brookline Village. The **concerts start at 6:30 pm sharp** so give yourself some time before the concert to get settled and enjoy your picnic.

Concerts scheduled for the series are:

- July 7 Rick Barron and the Quavers
- July 14 Beatletracks
- July 21 Back Eddy Bluegrass
- July 28 Johnny Ray Band
- August 4 Hipsocket
- August 11 Vanessa Trien and The Jumping Monkeys

In case of inclement weather, decisions on cancellations will be made by 3:00 pm on the day of the performance and will be updated online at www.brooklinema.gov and on the Weather Line at 617-730-2083.

These concerts are sponsored by local businesses and organizations.

ALERT: THE "DONUT HOLE"

Please know that: "Any Medicare beneficiary who reaches the donut hole is automatically eligible to receive a rebate of $250. The elder's drug plan will contact the Centers for Medicare and Medicaid Services (CMS) directly when this threshold is reached; CMS will issue the $250 check directly to the senior during the following quarter.

There is no application process, and no phone calls are associated with the issuance of this check! Any contact(s), or attempted contacts, should be immediately reported to CMS (1-800-633-4227 (1-800-MEDICARE) and the local police."

(Emmett Schmarsow, Program Manager for COAs and Senior Centers at ELD (on behalf of the SHINE Program)

MONKEY SEE, MONKEY DONUT

This is the name of a luscious new donut—filled with Bananas Foster and topped with chocolate frosting and Reese's Peanut Butter Cup shavings. This concoction will be on sale at Dunkin' Donuts stores across the country in the fall.

And what, you well may ask, does this have to do with Brookline seniors and the Senior Center? Well……..the creator is Senior Center's volunteer Lorraine Tobin's granddaughter—Rachel Davis. Rachel won a nationwide contest sponsored by Dunkin' Donuts.

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

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AGING AT HOME

The committees will meet at the Senior Center throughout the summer. If you want to work to help build Brookline's Senior "village," there are still vacancies on the committees. To volunteer for a committee, call Ruthann Dobek at 617-730-2756.

- Community Liaison: Expanded HELP and the instant handyperson (Facilitators Helen Kass and Susann Wilkinson)
- Improved volunteer-based information service and outreach (Facilitator Alberta Lipson)
- Public education programs (Facilitators Susan Krinsky and Marsha Frankel
- Expanded intergenerational volunteering (Facilitator Shari Gershenfeld)
- Promotion of neighborhood-based mutual aid (Facilitators Carol and Frank Caro)
- Financing (Facilitator Ruthann Dobek)
- Publicity (Facilitators Ralph and Sylvia Memolo)

This is your chance to help shape the direction and scope of expanded services that will support more and more seniors' ability to maintain the lifestyles that they have enjoyed in their own homes. In the fall, Aging at Home will resume having large public meetings with all committees present and participating.

For more information about the "village model" for Aging at Home, access beaconhillvillage.org. This site offers loads of information about this prototype village.

QUILT RAFFLE

Have you noticed the magnificent quilt that is hanging in the coffee lounge? It is a king-sized quilt that was hand-pieced by our own Brookline Bees, and is called the Jinny's Challenge Quilt. Would you like to own it? Well, it is being raffled off. Tickets can be bought at the Senior Center and are $1.00 each or 6 tickets for $5.00. The drawing will be on September 1, and the winner need not be present at the drawing.

We are very proud of our Brookline Bees quilters. They meet Tuesday mornings at 10:30 am at the Senior Center. If you are interested in joining or just finding out more about what they are up to, call Charlotte at 617-730-2769 or drop in to see the group in action and talk to the quilters on Tuesday

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Hebrew SeniorLife is about options and choices for seniors. Nowhere is this more evident than at Center Communities of Brookline-three buildings in the heart of Brookline. These buildings provide an affordable home to 600 seniors who live independently, actively and securely. To learn more about senior living options at Center Communities of Brookline, contact the Marketing Office, 617-363-8100 or scarlsen@hrca.harvard.edu

Center Communities of Brookline
Hebrew SeniorLife

BROOKLINE RECREATION —IT'S WHAT WE DO!

Active Adult outings planned for July are:

Patriot Place—Shopping—Friday, July 9—Van leaves the Senior Center at 12:00 noon and returns at approximately 4:00 pm. ***Cost:*** $5.00 per person.

Castle Island—Friday, July 23—Van leaves the Senior Center at 12:00 noon and returns at approximately 4:00 pm. ***Cost:*** $5.00 per person.

And in August there are more outings:

Warren's Lobster House/Outlet Shopping—Thursday, August 5—Bus leaves the Soule Center at 9:45 am and the Senior Center at 10:00 am and returns at approximately 5:00 pm. ***Cost:*** $40.00 per person.

Barbecue at Larz Anderson Park—Friday, August 20—Van leaves the Senior Center at 11:30 am and returns at approximately 2:00 pm. ***Cost:*** $10.00 per person

For more information about, and to register for, the above excursions, call the Brookline Recreation Department at 617-730-2069, or visit their web site at www.brooklinerec.com.

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AT CHESTNUT PARK!

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Call 617-566-1700 today to schedule a complimentary dinner & personal tour!

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Note: The Brookline Recreation Department is no longer doing regular mailings to Active Adults. However, you can keep informed about their excursions by subscribing to the *Senior News and Events* for only $10.00 per year. To subscribe, use the form on p. 31.

SENIOR CENTER THEATER CLUB

Are you interested in attending plays? Do you want to help plan outings to *the theatre*? Pick up a Senior Survey/Theatre form, fill it out, and return it to the Senior Center.

And join the Theater Club by coming to an open meeting on **Wednesday, July 7**, at the Senior Center at **2:00 pm**. Everyone is welcome at the meeting. Refreshments will be served. Make your voice heard about your wishes and needs.

HELP THIS SUMMER

The HELP program is running with an expanded staff in July. Not only is Susan Kanian-Andriole back from maternity leave, but Lis Kalfas and Kelly Burke will be helping Susan with the program.

So call for HELP at 617-730-2752 Monday through Friday. Leave your name and telephone number, and a HELP staff member will get back to you promptly.

HANDICAPPED ACCESS

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

CELL PHONES, IPODS, GLASSES

The Senior Center is seeking donations of used cell phones and iPods to pass along to an organization that rehabilitates them for non-profit use. The Senior Center then receives funds in exchange that help to support our services, equipment, and programs.

The Senior Center also accepts donations of eyeglasses for the Lions Eyeglass Recycling Program. A donation box for eyeglasses is located in the lobby of the Senior Center.

TAX ABATEMENT PROGRAM

The Tax Abatement program for Brookline elders has been ongoing for two years. Many participants have chosen to return to work in the program for a third year. I has recently been expanded for Fiscal Year (FY) 2011 by the Town of Brookline to allow 25 income-eligible residents to participate. By popular demand program hours and payment have increased as well. We are now able to offer each participant who qualifies and is matched to an appropriate job in the Town of Brookline, $1000 of property tax abatement for 125 hours of work. The FY 2011 program begins July 1. We have several slots available to residents with the skills and experience needed by Brookline Town Department heads.

In the past, participants worked at the Senior Center, Town Counsel's Office, Fire Department, Town Assessor's Office, Health Department, Human Resources, BA&CE, and Vets' Affairs.

Currently these positions at the Senior Center are available to Tax Work-Off volunteers:

1. Bulletin Board Decorator
2. Food Distribution Coordinator
3. Warehouse Coordinator—sorting equipment and donations
4. File of Life Coordinator—information updates for seniors in the community

Applications for the program are now being taken. To apply, call Deidre Waxman at 617-730-2767. Eligible seniors are required to provide their 2009 income forms tax showing adjusted gross income of $40,000 or less. Proof of home or condo ownership is also required.

Home Is Still The Best Place

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Each Home Instead Senior Care franchise office is independently owned and operated. homeinstead.com

MINUTES IN MOTION REPRISE

The Minutes in Motion exercise motivation program culminated on May 21 with a *Breakfast of Champions* that featured a presentation by Dr. Vikas Saini, director of the Lown Cardiovascular Research Foundation, about "Exercise: Use it or Lose It" and the awarding of trophies and T-shirts to participants and coaches.

Bruce Wolff was commended for the most artistic statistical report, Betty Moylan and Dan Moylan compiled the most detailed reports, and Dan Moylan also had the most unusual form of exercise—marching with a Fife and Drum group.

Thanks also go to the people who made this program possible: the staff and volunteers from The Brookline Collaborative who helped organize and motivate participants at their facilities; our fabulous community coaches—Ruth Geller, Alice Cassidy, Judith Chernoff, and Trudy Cohen; Helen Bourloukas for compiling statistics; and Julie Washburn for her prowess mixing fruit smoothies. Our thanks also go to Wingate Healthcare Center, Brookline Health Care Center, Brighton House, and Providence House for their support.

IN MEMORIAM: GERTRUDE (TRUDY) M. INGALL COHEN

For over 50 years, Brookline resident Trudy Cohen worked tirelessly to improve the welfare of her community. She earned a BA from Boston University in 1949 and an MS at Simmons School of Social Work in 1952. She then worked as a clinical social worker at various hospitals, ultimately returning to Beth Israel Hospital, as the Assistant Director of the Social Work Department for over 17 years and was briefly Director of the department.

Photo courtesy of Dawn Sibor

Trudy and her husband moved to Arizona in 1976 and to Florida in 1986, where she volunteered for several public health clinics and other clinics aiding migrant workers.

Trudy returned to Brookline in 1998 and remained very involved in helping her community; volunteering at her local Medical Reserve Corps (MRC) because "It has been my desire to assist where appropriate in community emergency situations." She also was an active Council on Aging volunteer, serving on the board. Memorial gifts to the Senior Center will be gratefully accepted.

Trudy will be honored at the 2nd annual Community Emergency Response Team (CERT) and MRC reception on Tuesday, July 13, from 6:00 to 7:00 pm, at Hunneman Hall at Brookline Public Library when these organizations will present the 1st annual *Trudy Cohen Volunteer Service Award* to the Cohen family in memory of Trudy. RSVP to Dawn Sibor at 617-730-2734.

Farewell, Trudy, we will all miss you but we won't forget your service and cheerful spirit.

AT GODDARD HOUSE IN JULY

Friday July, at 2:00 pm: James Kellerman's "One-Man Band" Performance
Celebrate in song and spirit, as James Kellerman, a one-man band, performs in vocals, and on clarinet, piano, flute, and saxophone! James has performed all over the country. He has made two national tours with Troupe American Theater Company as well as performing with the Guthrie Theater and Theater de la Jeune Lune.

Tuesday July 20, at 2:00 pm: Richard Clark's Comedy Show "Keeping History Alive featuring Mark Twain"
You loved him at the Senior Center in June in "Love Letters." Now see Richard Clark bring Mark Twain to life, through an enactment of Twain's biography; laughing along with him at the foibles, follies and fantasies from a bygone era in America.

Monday July 26, at 7:00 pm: "American Tribute Show" concert by the Eastern Sound Orchestra Trio
Join us for an evening featuring the Eastern Sound Orchestra, a music ensemble that performs Polish music with a distinctively Eastern flair. The Eastern Sound Orchestra consists of a skilled musical trio who play a variety of instruments including the piano, violin, accordion, clarinet, saxophone, and drums and percussion. The music performed this evening will include swing, American songbook, and jazz.

Kick it up a Notch.

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GODDARD HOUSE IN BROOKLINE
The Recipe for Living

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

THE ASSISTANCE YOU NEED TO STAY INDEPENDENT

BBQ BAKED BEANS AND SAUSAGE

Ingredients

¼ cup prepared barbecue sauce (see **Tip** below)
¼ cup water
1 tablespoon tomato paste
½ tablespoon molasses
Freshly ground pepper to taste
1½ teaspoons canola oil
½ medium onion, chopped
2 cups chopped collard greens (about 5 ounces), tough stems removed
4½ ounces cooked chicken sausage links (about 1½ links), halved lengthwise and sliced
1 15-ounce can of great northern or navy beans, rinsed (see **Note**)

Active Time: 30 minutes
Total Time: 30 minutes
Ease of Preparation: Easy
Makes 2 servings, 1 1/3 cup each

Preparation Instructions

1. Whisk the barbecue sauce, water, tomato paste, molasses, salt and pepper in a medium bowl.
2. Heat the oil in a large saucepan over medium heat. Add the onion and collard greens, and cook, stirring occasionally, until the collards are wilted, 3 to 5 minutes. Add the sausage and cook, stirring constantly, until the mixture is beginning to brown, about 3 minutes more.
3. Reduce the heat to medium-low; add the beans and the sauce mixture to the pan. Gently stir to combine all the ingredients; then cover and cook until the dish is heated through, about 3 minutes.

Nutritional analysis: Calories per serving: 444; 8g fat (1g sat, 0g trans); 45mg cholesterol; 366mg sodium; 66g carbohydrate (14g fiber, 14g sugar); 28g protein. Vitamin A 50%, Vitamin C 35%, Calcium 25%, Iron 23% Daily Value.

Tip: Check the sodium level of your favorite barbecue sauce—some of these sauces are quite high in sodium. This recipe was developed with a sauce containing 240 mg sodium per 2-tablespoon serving.

Note: Canned beans tend to be high in sodium. Give them a good rinse before adding them to a recipe to rid them of some of their sodium (up to 35%) or opt for low-sodium or no-salt-added varieties. (These recipes are analyzed with rinsed, regular canned beans.) Or, if you have the time, cook your own beans from scratch for an even lower sodium option.

Cost: $1.66 per serving

Recipe supplied by Jewish Family and Children's Services, Nutrition Services. Source: www.eatingwell.com.

BROOKLINE FARMER'S MARKET

It's open again! On Thursdays from 1:30 pm until dusk! And there are all sorts of goodies available.

- Fresh, local fruits and veggies? Of course!
- Local eggs? Absolutely!
- Organically grown beef, pork, and lamb? Without question!
- Cheeses, jams, jellies, and baked goods? Uh huh!

And of course the ice cream truck with flavors to please everyone. It's part of summertime in Brookline and a great tradition. Don't miss it!

FOOD DISTRIBUTION COORDINATOR NEEDED

The Brookline Senior Center is in need of a Food Distribution Coordinator on Tuesdays from 9:00 am to 1:00 pm. Duties include working with volunteers to coordinate food donations and with community members seeking food at the Senior Center Distribution Site.

Qualifications: Low-moderate income applicants accepted. Patience in working with large groups of people a must.

Salary: $8/hour as a member of the BSC Work Opportunities program.

If you are interested and for more information, contact Deidre Waxman at: 617-730-2767 or e-mail her at dwaxman@brookline ma.gov.

THE SENIOR CENTER FOOD DISTRIBUTION SITE

Our Tuesday Food Distribution gets better and better. If you haven't already visited us for the Tuesday distribution, you might want to do so now. The baked goods have expanded greatly; we now have a super collection that includes more wrapped breads, rolls, and even pastries. And we also have a plethora of produce.

The hours are 11:00 am to 3:00 pm. (These times are relative—the opening depending on when we actually get the supplies and the closing depending on when we run out of things.) Bring a bag to take your food home in. For the best pick, come early. For a more leisurely experience, come later.

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STUDIOS WITHOUT WALLS REPRISE

This art, placed along the banks of the Muddy River, speaks for itself. Its all about blending into the environment and coexisting with nature. The pictures above are of works by Karen Klein (top two), Jim Wright (bottom left), Bette Ann Libby (bottom center), and Muriel Angelil (bottom right). This show is always a treat for the eye and a balm for the soul.

This annual exhibit is supported in part by the Brookline Commission on the Arts, a local agency that is supported by the Massachusetts Cultural Council, a state agency.

And don't forget the Brookline Food Pantry at St. Paul's Church. Donations can be dropped off at the Senior Center from 7:30 am to 4:00 pm Monday through Friday. Leave your contributions in the reception lobby under the literature table.

The pantry's customers are always in need of canned (vegetables, fruits, soups, meals, and so forth) and packaged dry (rice, pasta, noodles, flour, and such) foods and toiletries of all sorts.

THANK YOU

Once more we wish to thank all the people who have helped with donations in the past month to support the Senior Center and its programs.

To **Annual Appeal donors** Judith & Herman Chernoff and George Hansen

To Dotty Bell for her contribution **in honor of** Income Tax Preparation

To Sarah Ostroff for her contribution **in honor of** Gertrude Crowley's 90th birthday

To Hans & Helen Edersheim, Livia Frank, Rudy & Helen Kass, Freda & Norman Scotch, Mr. & Mrs. Henry Schwab , Lila Sesholtz, and Yolanda Rodriguez for their contributions **in honor of** Doreen Gordon's 85th birthday

To Neal McGrath, Harry Weiner, and Judy Dorf & Neal Appel for their contributions **in honor of** Peter Houghteling

To Lorraine Tobin for her contribution **in honor of** Rachel Davis for winning the Dunkin' Donuts contest

To Kathryn Kilpatrick for her contribution supporting the Van Fund **in honor of** Sara Rossi

To Debra Brass, Ruthann Dobek, Judith Gimple, Shirley Radlo (supporting the Senior Van), and Mildred Lehman for their contributions **in memory of** Trudy Cohen

To **Van Fund Donors** Kathryn Kilpatrick (wishing a speedy recovery to Sue Welpton), Mary Regan, and Sally Levine (best wishes to Cippy on her birthday)

OUR ADVERTISERS

While the ads placed in this newsletter do not constitute a recommendation from the Brookline Council on Aging (COA) 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 Brookline's senior community.

OUR CONTRIBUTORS

The *Town of Brookline Senior News and Events* is indebted to many people who help in putting it together and who contribute material that enriches its pages. Council on Aging/Senior Center Director Ruthann Dobek deserves recognition for her guidance and suggestions that help maintain the quality of the newsletter. And Charlotte Millman and the staff of the COA/Senior Center provide information about programs each month. Rhona Hirschowitz provides invaluable proofreading skills for each issue.

We also want to thank Netflix for the brief summaries of films used on p. 8; amazon.com for the brief summaries of books on p. 12; the COA/Senior Center Elder Resource Guide for information on Transportation on p. 7 and the "Do Not Call" Registeries on p. 14; poet CP Cavafy, translators Edmund Keely and Philip Sherrard , and editor George Savidis for the English version of "Ithaka" on p. 21; Miriam Beit-Aharon for the photos from the 2009 CIA program on p. 21; Emmett Schmarsow for the Alert on p. 22; Dawn Sibor for information used in the In Memoriam article and for the photo of Trudy Cohen—both on p. 26; Jewish Family and Children's Services Nutrition Services for the recipe adapted from www.eat-ingwell.com on p. 28; and Julie Washburn for the photos on p. 29.

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

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