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

TRY SOMETHING DIFFERENT IN JUNE

Avoid the summer doldrums! Have fun! Exercise your brain and body! Try a new or an ongoing programs you might want to try. Read about them on the pages listed below and wherever you see the sun smiling on you.

The **Catalyst Design Summer Program**, see page **12**.

Words and Witticisms Workshop, see page **10**.

Brookline Senior Center Swing Band, see page **10**.

Drawing for Pleasure Workshop for Beginners, see page **4**.

Line dancing—an ongoing weekly activity, see page **19**.

Let's Go Out to Lunch Group. For June, see p. **17**.

For something different in **July and August**, see page **21**.

JUNE 2009

THE MARIE LAVINE CONCERT

On **Thursday, June 18**, at **2:00 pm,** the Senior Center presents the 6th annual Marie Lavine Memorial Spring Concert, honoring the memory of a well-known friend to seniors who also loved the musical theater. This year the concert will feature Ellen O'Brien who, even when she was an 8-year-old kid in her hometown of Revere, Massachusetts, was called "the singer."

But that was a long time ago. Now, after attending Berklee School of Music, after winning the Apollo Theatre competition three times in a row, after singing solo at Lincoln Center, after forming her own band, touring the United States and Canada, and becoming one of the most sought-after *event* performers in New York City, when people hear Ellen live today, they all want to know is, "How come she isn't famous yet?" and "Where can I get a CD?"

Ellen has a big, big voice with a wide repertoire that includes rhythm and blues, gospel, pop music, and traditional jazz.

This always-popular concert is surely not to be missed. To make reservations, call 617-730-2770.

We particularly want to thank Marie Lavine's daughters, Eileen Solomon and Kathy Lavine, who lovingly underwrite this concert every year.

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

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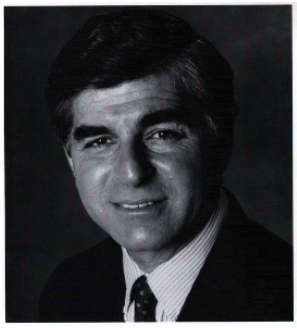
THE 14TH ANNUAL PUBLIC HEALTH POLICY FORUM
UNIVERSAL HEALTH CARE: LESSONS FROM MASSACHUSETTS FOR THE NATION



On **Thursday, June 25**, **from 7:00 to 9:00 pm,** former Massachusetts Governor (and Brookline senior), Michael Dukakis, will moderate the 13th annual Public Health Policy Forum. The event this year will be held at the Senior Center . The topic is *Universal Health Care: Lessons from Massachusetts for the Nation?* The van will run for this event so call the van at 17-730-2750 for van reservations.

The program: In 2006, Massachusetts approved historic legislation to extend health care coverage to all residents of the Commonwealth. Implementation of this initiative has been dramatic and impressive. With the change in leadership in Washington, universal health care is once again on the national stage. In this year's forum, we seek to examine what lessons can be learned from our experience in planning and implementing universal health care at the national level.

The panelists for the forum are:

- **Robert Restuccia,** is the Executive Director of Community Catalyst. Under his direction, Community Catalyst has established an impressive track record working with low income communities and state and local partners to achieve health-care reforms in more than 40 states. Restuccia has represented the interests of health consumers for over 20 years. He is an adjunct professor at the Boston University School of Public Health. He also serves on the Board of Directors of the Blue Cross Blue Shield of Massachusetts Foundation, RealBenefits Inc, Health Care for All, and the Commonwealth Care Alliance.
- **Nancy Turnbull** is a senior lecturer at the Harvard School of Public Health's Department of Health Policy and Management. She also serves as the school's associate dean for educational programs. Throughout her career, she has been committed to the fight for universal health care, having served as both the leader of the Massachusetts Division of Insurance and of the Blue Cross Blue Shield Foundation. She is on the board of a number of state health policy organizations, including the Massachusetts Health Policy Forum, the Commonwealth Care Alliance, and the Massachusetts Health Council.
- **Sara Iselin** is commissioner of the Division of Health Care Finance and Policy for the Commonwealth. She previously served as chief of staff for the Health Care Services group at Blue Cross Blue Shield of Massachusetts and before that was director of policy, research, and evaluation at Blue Cross Blue Shield of Massachusetts Foundation.

The forum is free of charge but preregistration is required as it is a very popular event. For more information and/or to register, call Brookline Adult and Community Education (BA&CE) at 617-730-2700 or access them on the web at www.brooklineadulted.org. Mention course code **X221** when you register. Hors d'oeuvres will be served from 6:00 to 7:00 pm before the event courtesy of EPOCH Senior Healthcare of Chestnut Hill.

The event is presented by Friends of Brookline Public Health and BA&CE in cooperation with the Brookline Department of Public Health, Brookline Council on Aging, The Brookline Human Relations—Youth Resources Commission, the League of Women Voters of Brookline, and the Brookline Department of Veterans Services.

INTRODUCTION TO WATERCOLOR

Watercolor is one of the most pleasurable and satisfying media employed by both beginning and experienced artists. The soft, transparent colors and textures lend themselves to a variety of subjects and techniques, and yield paintings that reflect the unique spontaneity and creativity of each individual artist. In this course, offered this summer by Brookline Adult and Community Education (BA&CE) at the Senior Center, we will explore both representational and abstract methods in an effort to pursue new avenues of creativity. A supply list will be mailed to you upon registration.

Introduction to Watercolor: Anthony Reccardi, instructor. Course code: **A002**. Fee: $122.00.
6 Mondays from 10:00 am to 1:00 pm. Beginning June 1.

COUNCIL ON AGING MEETING

Demands on food pantries all over the country are expanding rapidly into new segments of the general population as unemployment grows and prices skyrocket while salaries shrink. Jim Margolis, Director of the Brookline Food Pantry, will talk to us about *Current Food Needs of the Pantry* at the Council on Aging (COA) meeting on **Wednesday, June 10** at the Senior Center **at 1:00 pm**.

To meet this increasing need, we are asking everyone who comes to the meeting (and in fact, everyone who doesn't come as well) to bring toiletry items for the Brookline Food Pantry to the Senior Center. Items especially needed include (but certainly are not limited to) toothpaste, soap, shampoo, and razors and razor blades. At this meeting, a check for the proceeds from the *Stock Our Shelves* event in March will be presented.

In addition, Richard Leary of the Committee on Town Organization and Structure, will update us on *Hiring Protocol for the Town Administrator*. This meeting should be of great interest to us all, and all are welcome.

DRAWING FOR PLEASURE

Elizabeth Taylor and Louise Weinberg are back, this time offering a beginner's class in learning to draw--"Drawing for Pleasure"--on **Thursdays, from June 4 through July 23**, at the Senior Center **from 9:30 to 11:30 am**. Elizabeth and Louise are a winning combination who have been teaching this popular course at the Senior Center for years.

The program is focused on making drawing a pleasurable event, smoothing out frustrations by learning to look at things as an artist does. In doing so, the class will address such issues as line, value, and composition. These include negative space, contour drawing, and how light and shadow create form. Working from still-life objects, the students will use charcoal, pencil, a kneaded eraser, and a newsprint drawing pad.

This course is aimed at beginners, but former students are invited to come to draw at this time, too, but without added instruction.

Elizabeth Taylor has a BFA from the Massachusetts College of Art and attended the School of the Museum of Fine Arts (SMFA) from 1998 through 2004. She is currently a working artist with a studio in the South End.

Louise Weinberg is a graduate of the SMFA, a practicing artist, and a social worker who received her MSW from Columbia University in 1975.

Space is limited, so call 617-730-2770 to register for the program. There is no fee. The program is supported in part by the Brookline Commisssion for the Arts.

FITNESS FOR SENIORS

As we age, we need to make concerted efforts to be fit. It strengthens our muscIes, improves our stamina, and helps keep us young in mind (helping to stave off Alzheimer's Disease) and body (helping to keep the aches and pains of normal aging in check).

Walking is, of course, wonderful exercise and you can join the Senior Center's walking group, Solemates, every Friday morning. Times for this group vary, so call 617-730-2777 for more detail on this group.

And, if group walking is not what you need, and what you need is help walking, Match-up Interfaith Volunteers has a program called *Walking Buddies* that will find you a trained companion to walk with you around the neighborhood, on errands, or just up and down the corridors of your building. To learn more about this program, call Match-up Interfaith Volunteers at 617-482-1510 and mention that you are interested in their Walking Buddies program.

In addition, this summer BA&CE is offering a slew of courses with just those goals in mind. These courses start in June at the Senior Center:

Tai Chi Chuan for Seniors: Vincent Chu, instructor. Course code **W219**. Fee: $65.00.
7 Fridays from 2:00 to 3:00 pm. Beginning June 5.

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Yoga for Older Adults: Steffi Shapiro, instructor. Course code: **W044**

Section 01: Chair class. Fee: $60.
8 Tuesdays from 2:00 to 3:00 pm. Beginning June 2. Section 02: Mat class
8 Tuesdays from 3:00 to 4:00 pm. Beginning June 2.

Senior S-T-R-E-T-C-H: Sue Katz, Instructor. (co-sponsored by the Council on Aging [COA].) Course code: **D009**. Fee: $70.00 (senior discount does not apply).
8 Mondays and Wednesdays from 10:30 to 11:30 am. Beginning June 1.

Strength Training for Seniors: Sue Katz, Instructor (co-sponsored by the COA). Course code: **D169**. Fee: $80.00 (senior discount does not apply).
8 Mondays and Wednesdays from 98:45 to 10:15 am. Beginning June 1.

BOOK DISCUSSION GROUP

Explore the development of President Barack Obama in *Dreams from My Father*, an autobiographical, soul-searching journey to find his place and purpose in life, written while he was the first black president of the *Harvard Law Review* and just beginning his law career, long before he began his career in government that led him to the White House.

The Book Discussion Group will meet on **Monday, June 22, at 2:00 pm** at Temple Emeth in Putterham Circle.

Happy Fathers Day!

To all Brookline fathers, grandfathers, and great-grandfathers!

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

Ask a Nurse St. Elizabeth's Medical Center's Nurse Practitioner Eileen Currier's visit to the Senior Center will be **on Wednesday, June 24, from 1:00 to 2:00 pm**.

Podiatry Clinic Routine foot care with Dr. John McLoughlin is available by appointment on **Mondays, June 1, 15, and 29, 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 not meet at the Senior Center in June. The group meeting will be outside the Senior Center. Note: We now have a Topaz Desktop Video Magnifier at the Senior Center for your use—see p. 7 for article.

Blood Pressure Screenings
The Brookline Health Care Center will provide a blood pressure screening **at the Senior Center** on **Monday, June 1, 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, June 18, 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 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

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, June 3, at the Brookline Health Department, 11 Pierce Street, from 2:00 to 3:00 pm
- Wednesday, June 10, at Sussman House, 50 Pleasant Street, from 1:00 to 2:00 pm
- Wednesday, June 10, at Temple Emeth, 194 Grove Street in South Brookline (use the Puddingstone Road entrance), from 3:00 to 4:00 pm
- Thursday, June 18, at the Senior Center from 9:00 to 10:30 am
- Wednesday, June 24, at O'Shea House, 61 Park Street, from 1:00 to 2:00 pm

MEDICARE AND LONG-TERM CARE

Long-term care refers to services required by people with disabilities, chronic illnesses, or limitations in their ability to function independently. Long-term care can be given at home, in a nursing home, or at an adult day care center or other facility, and involves both skilled and unskilled care.

Most long-term care assists you with *activities of daily living* like dressing, bathing, and using the bathroom. **Medicare doesn't pay if you <u>only</u> require this type of *custodial care*.** Medicare does pay if there is a need for skilled care. This can be in a skilled nursing facility or at home, but you must meet certain conditions and it is only for a limited time.

Long-term care is expensive. It is important to plan ahead for possible long-term care needs and costs *before* the need for these services arises, rather than in the middle of a *crisis*. There are a variety of ways to pay for long-term care. While some people choose to purchase long-term care insurance (LTCI), others do not. LTCI can be expensive. Premiums are based on your age and health when you buy a policy as well as the level of coverage, benefits and options you choose. If you have very limited income and assets, LTCI is probably not for you.

MassHealth (Massachusetts Medicaid) is a State and Federal Government program that pays for certain health services and nursing-home care for people with low incomes and limited assets. **MassHealth also pays for some long-term care services at home and in the community.** Eligibility is based on income and assets. SHINE counselors can help you understand MassHealth eligibility requirements.

The SHINE Program provides free, confidential counseling on all aspects of health insurance to anyone on Medicare. Call the Senior Center at 617-730-2777 and ask for an appointment with a Certified SHINE Counselor.

You can also reach a SHINE Counselor by telephoning 1-800-AGE-INFO (1-800-243-4636), then pressing or saying 3. Once you get the SHINE answering machine, leave your name and number. A SHINE Counselor will call you back as soon as possible.

—Article courtesy of SHINE

THE FREEDOM SCIENTIFIC TOPAZ DESKTOP VIDEO MAGNIFIER

It's here! At the Senior Center! In the Computer Lab! It's just waiting for Brookline seniors to use. The Topaz Desktop Video Magnifier. It make seeing type, handwriting, and other small details easier than ever before by Magnifying up to 82 times. All you have to do is place a letter, picture, or other item on the moveable reading table and adjust the magnification level and display colors to work best for your eyesight. You item displays in super-large size on the screen.

The forward-mounted camera in the Topaz is a full 8.24 inches above the table, so you have plenty of room to work, write, and do projects like tightening the tiny screws on your eyeglass frames, threading needles, and hand sewing. Some other great activities you can resume include reading the tiny print in contracts, numbers in a phone book, instructions on prescription bottles (even round and square containers), labels from products of all sizes and shapes, crossword puzzles, and controls on portable telephones and remote controls.

To learn more about the Topaz magnifier and to arrange for a demo, call the Senior Center at 617-730-2777.

HOLIDAYS IN JUNE

June is chock full of special days and events—traditionally the most desired month for marriage, it also contains Flag Day (Sunday, June 14), Father's Day (Sunday, June 21), and, of course, the Summer Solstice—the longest day of the year—on Sunday, June 21. Luckily for all of us, however, there are NO weekdays on which the Senior Center or the Rogerson Adult Day Health Program and the Rogerson Fitness Center will be closed. So we will be open Monday through Friday from 8:30 am to 5:00 pm in June.

THANKFUL TO BE HOME WITH THOSE YOU LOVE

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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.

PARKINSON SUPPORT GROUP

On **Friday**, **June 5, from 1:00 to 2:30 pm**, join us at the Senior Center when speaker Cathi Thomas, RN, MS, coordinator of the American Parkinson Disease Association (APDA) Information and Referral (I&R) Center will facilitate a discussion on nutritional issues in Parkinson's disease. Please bring questions or concerns in addition to any tips you'd like to share. All are welcome to attend, and we look forward to seeing you there!. This group will meet on the 1st Friday of every month from 1:00 to 2:30 pm at the Senior Center

The group has been organized by the APDA I&R Center and is being sponsored by that group and The Brookline Aging Collaborative. For more information, call the APDA I&R Center at 617-638-8466.

ALZHEIMER'S CAREGIVERS SUPPORT GROUPS

In June, 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, June 12**. Call group leader December Heffernan at 617-730-2753 to register to attend and/or for further information.

The **Evening** group will meet **Thursday, June 25**. Call Susan Andriole at 617-730-2754 to attend and/or for further information.

SENIOR SERVICES

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

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

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

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

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

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

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

FILE OF LIFE provides individuals with emergency medical ID cards to be used both at home and away from home. This is a very important program. It should be part of your emergency preparedness program. For more information specifically on the File of Life, call 617-730-2777 and leave your name and address. Someone at the Senior Center will call you back as soon as possible. More information about File of Life and Emergency Preparedness is on p. 22.

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.

AT THE GALLERY

You are cordially invited to see

Botanical Portraits

by Elaine Wong

Monday, June 8
to
Monday, August 31

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

Reception for the artist
Thursday, June 11
5:00 to 7:00 pm

BROOKLINE MUSIC SCHOOL

There will be no Brookline Music School concert in May. Stay tuned to later issues of the *Senior News and Events* for their next concert.

WORDS AND WITTICISMS WORKSHOP (KEEP YOUR WITS ABOUT YOU!)

Rae Mintz MEd, CW* will lead this workshop on three **Fridays, June 12, 19, and 26, from 1:00 to 2:00 pm**. We'll supply the paper, pen, and pencil. You bring an appetite for words.

**Certified wordologist—I think Rae is kidding about this.*

FRENCH CONVERSATION

Hone your French conversation skills with Agnes Serenyi and her group on at **12:45 pm on two Tuesdays, June 9 and 23.**

BROOKLINE SENIOR CENTER SWING BAND

Do you play an instrument? Can you read music or learn by ear? Are you looking for a group to play with? Then this band may be just what you are looking for. Join the Senior Center Swing Band with band leader James Demicco. Meetings will be at the Senior Center on **Monday afternoons from 2:30 to 4:30 pm**

EASY TRAVEL

Travel with Lauren Carroll through southern Africa on **Thursday, June 4, at 1:30 pm**. Lauren, a Spanish teacher at the Devotion School in Brookline, traveled with her adventurous parents last summer from the banks of the Zambezi River to Victoria Falls, which they saw from both Zambia and Zimbabwe. Then they visited many other spectacular places in Botswana, Namibia, and South Africa. This is an adventure that is not to be missed!

MOVIE LOVERS SERIES FOR JUNE

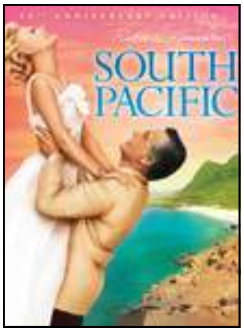
Tuesday afternoon at 1:30 pm is movie day at the Senior Center. Come relax and enjoy a good

June 2 **Lars and the Real Girl** (2007) **106 minutes**

Lars Lindstrom is an awkwardly shy young man in a small northern town who finally brings the girl of his dreams home to his brother and sister-in-law's home. The only problem is that she's not real—she's a sex doll Lars ordered off the Internet. But sex is not what Lars has in mind, but rather a deep, meaningful relationship. His sister-in-law is worried for him, his brother thinks he's nuts, but eventually the entire town goes along with his delusion in support of this sweet natured boy that they've always loved.

June 9 **Frost/Nixon** (2008) **123 minutes**

Ron Howard directs this adaptation of Peter Morgan's popular Broadway play centered on a series of revelatory TV interviews former President Richard Nixon granted British talk show host David Frost in 1977. Nominated for five Oscars, including Best Picture, the film stars Frank Langella, reprising his Tony Award-winning stage role, along with a stellar cast that includes Michael Sheen, Sam Rockwell, Toby Jones, Kevin Bacon and Oliver Platt.



June 16 **South Pacific** (1958) **157 minutes**

In this Oscar-winning Rodgers and Hammerstein musical set in a tropical paradise, two couples from cultures a world apart grapple with love at a time of war. Sparks fly when Nellie (Mitzi Gaynor), a naive Navy nurse stationed in the South Seas, meets the worldly Emile (Rossano Brazzi), a French plantation owner. Meanwhile, in a then-daring depiction of interracial relationships, a young American officer falls for a beautiful island native.

June 23 **Doubt** (2008) **104 minutes**

In a Catholic elementary school in the Bronx, Sister Aloysius (Meryl Streep) begins to have doubts about one of the priests, Father Flynn (Philip Seymour Hoffman) who seems to have become overly involved in the life of a young African-American pupil. But Flynn isn't the only one she has doubts about. Is she overreacting to the situation, or is there a truth that needs to be discovered? John Patrick Shanley's drama was nominated for five Oscars and co-stars Amy Adams and Viola Davis.

June 30 **Cadillac Records** (2008) **109 minutes**

The sounds of 1950s Chicago spring to life in this musical drama based on the true story of Leonard Chess (Adrien Brody), a bar owner turned record mogul who signs a lineup of future legends to his fledgling label, Chess Records. He eventually crosses paths with the likes of Muddy Waters (Jeffrey Wright), Chuck Berry (Mos Def), and Etta James (Beyoncé Knowles), changing the face of popular music forever.

THE CATALYST DESIGN SUMMER PROGRAM

We need your insight and experience in the Catalyst Design Summer program. Explore new ways of problem solving while helping your friends and peers. Work with a team of Suffolk university students to solve a challenge faced by the senior community.

Join us once a week from on **Wednesday afternoons through Wednesday, August 12** at the Senior Center for this exciting multidisciplinary summer project. Times each week will be determined by the availability of participants.

For more information and to register for this program, call Ruthann Dobek at 617-730-2770. We can't wait to work with you!

MODERN BEADING WORKSHOP

Learn modern beading techniques 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, June 17, 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 course.

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- Diabetes instructions/supplies

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

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!

$$ BANGLES AND BAUBLES FOR BRIGHT SHINY BUCKS $$

On **Tuesday, June 2, from 10:00 am to 2:00 pm**, Tony Sharrio from Jewelry Plus on Winter Street in Boston will be at the Senior Center to buy your gold, silver, diamond and costume jewelry, silverware, and watches. Why let the trinkets you don't wear languish in your drawers when they can be turned into cash. Do some late spring cleaning, and bring all those old or broken chains, necklaces, earrings, rings, watches, and so forth that you no longer wear because they are out of style or for whatever reason and walk out with cash. No appointment is necessary.

If you are unable to make this one-time event, Mr. Sharrio will be happy to schedule a one-on-one appointment for a more convenient date. Or you are welcome to visit his retail location. Feel free to call 617-482-8952 (Jewelry Plus) for more information or to schedule an appointment.

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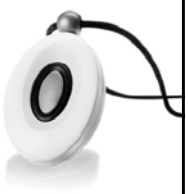

Call for more information:
Home Instead Senior Care Lifeline
617-969-8715

PHILIPS Lifeline

FROM THE DIRECTOR

June is simply loaded with activities and events:

Castle Island is truly a Boston treasure. Where else can you find a beautiful ocean view and throngs of diverse people enjoying fresh air and great walking paths? Of course, my favorite is the yummy ice cream and fried clams! Join us, as walkers from all around the state will stroll Monday June 22. Our bus will be taking a group. I will see you there. (See p. 14.)

One of our special programs of the year will be held on Thursday, June 18. The sixth annual concert in memory of Marie Lavine will begin at 2:00 pm with the fabulous singing voice of Ellen O'Brien. Her blues and Broadway tunes shows get rave reviews. Ms. O'Brien has appeared at Lincoln Center, Symphony Hall, the Regettabar, and Scullers. Afterwards, join your friends at the delectable dessert buffet. This is a concert not to be missed and we appreciate Marie's daughters Eileen and Kathy who lovingly sponsor this annual event. (See p. 1).

On June 25 at 6:00 pm, we are pleased to host the Public Health's 14th Annual Report card on health care. Brookline's own Michael Dukakis will moderate the forum. This is a topic for all ages—encourage a younger friend to attend. With the new Obama administration, this topic is timely and historic. (See p. 3.)

Unbelievably, it is time to begin planning our Annual Holiday Senior Craft Fair! This year will be the 25th annual event. Please attend the important meeting on June 8 as we start the planning process. This year, we will need everyone's help to make the fundraiser successful. (See p. 14.)

You have probably heard lots of talk about the new flu. My advice for this flu and good health every day: Wash your hands often. Cover your mouth when you sneeze and cough. Stay home when ill. And keep supplies available at home for about a week's worth of food and medicine. (See also pp. 22 and 23.) These directives from the federal government and top medical experts are not much different from advice that your mother gave you!

Finally, Happy Father's Day to all you fathers, grandfathers, and great-grandfathers. I was blessed with a very special father indeed who died excessively young. He always encouraged my brother and me: "Find a job that you love so that each day of work will bring you joy, and the time will pass quickly." Moreover, he taught me to be kind to others. This is good advice for all of us. *—Ruthann Dobek, Director*

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COUPON

SOLEMATES

The Solemates, the Senior Center's walking group, meets regularly on Friday mornings for a walk around Jamaica Pond. For more information, call Charlotte at 617-730-2769.

JAN MARBLE MEMORIAL WALK

And I am certain many Solemates walkers will participate in the Commonwealth of Massachusset's Keep Moving Program's annual Jan Marble Memorial Walk at Castle Island on **Monday, June 22**. The walk begins at 11:00 am and concludes at 1 pm. It will take place no matter what the weather—rain or shine.

Last year's participants.

This walk, supported by the Massachusetts Department of Public Health, the Massachusetts Executive Office of Elder Affairs, the Massachusetts Councils on Aging and Senior Center Directors, and Blue Cross Blue Shield of Massachusetts, promises to be an exciting and worthwhile activity with the bonus of providing healthy and friendly walking.

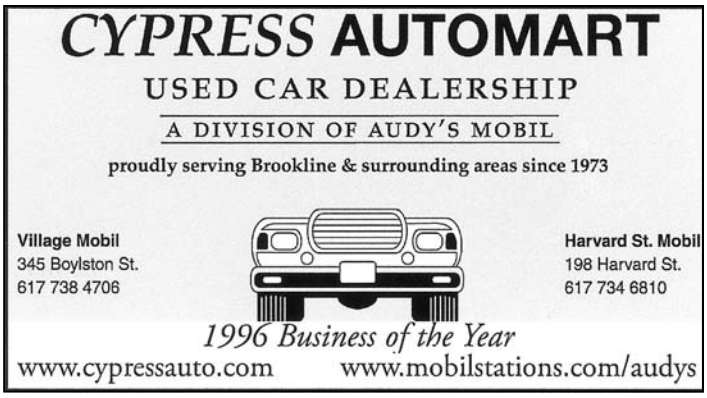
To register for this event and for more information, call the Senior Center at 617-730-2770. If you need transportation to Castle Island, please tell us when you register.

HOLIDAY CRAFT FAIR

Our first planning meeting for the Holiday Craft Fair that we have every November will be at **12:00 noon on Monday, June 8**. Lunch will be served. We wholeheartedly welcome back the people who have volunteered their time in past years *and* new volunteers to help in the planning and implementation of the fair. For more information and to tell us you are coming to the planning session, call Charlotte at 617-730-2769.

On **Monday, June 15, from 10:30 to 11:30 am** artist Mica Knapp and a guide from the Brookline Parks Department will give us a tour of Knapp's new installation that is part of the Studios Without Walls exhibit of temporary art along the Muddy River entitled *Nature and Artiface*. If you want to meet the group near the site, plan on being at the sandwich board behind the Longwood T-stop at 10:30 am, or you can make arrangements for using the van by calling Ron at 617-730-2750 by Friday, June 12 at 11:00 am.

This installation is one of a series of installations that are located between the Longwood Green Line T stop and Park Drive. This exhibit is currently running and will continue through June 29. For further information about the exhibit, contact Studios Without Walls at 617-731-5277 or online at studioswithoutwalls.org.



NEEDED: A FEW GOOD SENIORS

To join in the Senior Center's very popular Careers in Aging program to work on projects with High School students in July.

We have several qualified and interested young people who will intern with us at the Senior Center this summer. Projects include:

- Photography and scrap booking
- Oral history interviews
- Reminiscence projects
- Intergenerational book club
- Crafts and games projects
- Roundtable discussion on current and controversial topics

Come and learn about this program on **Tuesday, June 2, from 11:00 am to 12:00 noon** at the Senior Center.

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

OLD CELL PHONES AND IPODS

Thank you all for your wonderful response to this program. You have brought in many cell phones and IPods. Keep them from hanging around with bad company at malls and on street corners. Instead keep them coming to us at the Senior Center! Just give them to Susan Andriole.

A GOLDEN AGE

A golden age a time does come,
To all and everyone,
Who remembers well
Their "Golden Years" to tell!
For they can be at any time
Because we know life's
Golden rhyme
Sail on of golden age
To everyone there comes that stage
A youthful spirit: never dies
This golden gift
Therein lies the golden time
Life's "Golden Rhyme"!

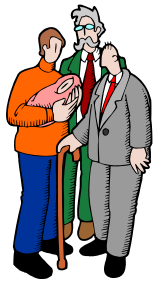
This paeon to the golden years is by long-time supporter of the Brookline Senior Center Frank DiMaria

TAX WORKOFF PROGRAM

We will be re-enrolling current participants for the new fiscal year that begins on July 1. Depending on availability after this re-enroll-ment, we will assess the need and funding availability for the new fiscal year. We will advertise any new Tax Workoff slots if and when they become available. For further information, contact Deidre Waxman at 617-730-2767.

Springwell Nutrition Program JUNE 2009

617-730-2770

MONDAY	TUESDAY	WEDNESDAY
1) Baked Macaroni & Cheese Stewed Tomatoes Oatmeal Bread **OR** Roast Beef & Cheese on Lettuce Leaf English Peas Salad, Tossed Salad w/Lite Thousand Island Dressing, Rye Bread **Mandarin Oranges**	**2) Florentine Soup / Crackers** Pot Roast w/Brown Gravy Mashed Potatoes Butternut Squash Dinner Roll **OR** Breaded Chicken Patty on Hamburger Roll Lite Mayo, Cole Slaw Pasta Vegetable Salad **Peaches**	**3) Tomato Soup / Crackers** Breaded Chicken w/ White Pepper Sauce Butter Noodles Broccoli Whole Wheat Bread **OR** Tuna Salad on Oatmeal Bread Lettuce Leaf, Potato Salad Riviera Blend Salad **Frosted Sprinkle Cake**
8) Beef Stew Parsley Potatoes Spinach Mandarin Salad w/Lite Dressing **OR** Ham & American Cheese on Rye Bread Mustard, Tomato Green Pepper Salad Lo Mein Salad **Carnival Cookie**	**9)** ***Reduced Sodium Hot Dog Baked Beans, Cole Slaw, Ketchup / Mustard / Relish, Hot Dog Roll **OR** Roast Beef & American Cheese on Oat-meal Bread, Lettuce Leaf, Lite Mayo Rice, Tomato, Olive Salad; Beet Salad **Pears**	**10) Spinach Soup/Crackers** Roast Turkey w/Gravy Cranberry Sauce Whipped Potatoes, Butternut Squash Rye Bread **or** Seafood salad, Carrot Raisin Salad, Pasta Vegetable Salad, Hot Dog Roll **Butterscotch Pudding / Topping**
15) Mushroom Barley Soup / Crackers Salisbury Steak w/Roasted Onion Gravy Whipped potatoes, Beets Oatmeal Bread **OR** Breaded Chicken Patty on Hamburger Roll Lite Mayo, Lettuce Leaf, Macaroni Salad Roman Blend Salad **Mixed Fruit**	**16) Birthday Lunch** Baked Fish w/Cheese Sauce Red Bliss Potatoes Spinach Whole Wheat Roll **OR** Turkey & Swiss on Rye Bread, Lite Mayo, Lettuce Leaf, Pineapple Slaw Three Bean Salad **Vanilla Pudding / Topping**	**17)** Lemon Dijon Chicken Tossed Garden Salad w/Lite Dressing Buttered Noodles, Green Beans Wheat Bread **OR** Egg Salad on Oatmeal Bread, Lettuce Leaf Tri-Color Pasta Salad, Cauliflower Carrot Salad **Pineapples**
22) Tomato Soup / Crackers Breaded Fish & Cheese Sandwich on Hamburger Roll, Tartar Sauce, Chuckwagon Corn, Cole Slaw **OR** Egg Salad on Oatmeal Bread, Lettuce Leaf, Tossed Salad w/Lite Dressing, Balsamic Vinaigrette Pasta **Chef's Choice Dessert**	**23)** BBQ Chicken Quarters Green Beans Sweet Potatoes Multigrain Bread **OR** Chef's Salad w/ Italian Dressing Lo Mein Salad, Whole Wheat Roll **Fresh Fruit**	**24) Beef Barley / Crackers** Pot Roast w/Gravy Red Bliss Potatoes, Spring Vegetable Blend Rye Bread **OR** Chicken Salad on White Bread Spinach mandarin Orange Salad w/Lite Dressing Pasta Salad w/Cheese **Ice Cream Cup**
29) Chicken White Bean Soup / Crackers Aloha Chicken Brown Rice, Spinach Wheat Bread **Or** Turkey & Mozzarella Cheese on Oatmeal Bread Lite mayo, English Peas Salad Cucumber Tomato Salad **Oatmeal Raisin Cookie**	**30)** Stuffed Shells w/Tomato Sauce & Meatball Peas, Tossed Garden Salad w/Lite Dressing Garlic Dinner Roll **OR** Ham & American Cheese on Rye Bread, Mustard, Macaroni Salad, Roman Blend Salad **Peaches**	

THURSDAY	FRIDAY
4) Pork rib w/Brown Gravy Sweet Potatoes / Cauliflower Rye Bread **OR** Turkey & American Cheese on Multigrain Bread, Lite Mayo, Lettuce Leaf Cauliflower Carrot Salad German Potato Salad **Vanilla Pudding / Topping**	**5) Vegetable Soup / Crackers** Salmon Boat w/Dill Sauce, Lemon Wedge Green & Waxed Beans Lyonnaise Potatoes Multigrain Bread **OR** Chicken Salad on Wheat Bread Lettuce Leaf Macaroni Salad, Summer Squash Salad **Fresh Fruit**
11) Clam Chowder/Crackers Breaded Fish w/Salsa Sauce Brown Rice Zucchini Corn Bread **OR** California Chicken Salad on Lettuce Leaf Roman Blend Salad German Potato Salad Wheat Bread **Mandarin Oranges**	**12) Minestrone Soup / Crackers** Chicken w/Creamy Italian Sauce Buttered Noodles Tossed Garden Salad w/Lite Italian Dressing Oatmeal Bread **OR** Turkey Salad on Lettuce Leaf Tossed Garden Salad w/Lite Italian Dressing, Potato Salad Rye Bread **Fresh Fruit**
18) Father's Day Special Vegetable Soup / Crackers Beef Rolandine Baked Potato w/Sour Cream Ratatouille Cinnamon Dinner Roll **Strawberry Cheesecake Cup / Topping**	**19) Pasta e Fagioli/Crackers** Stuffed Peppers w/Tomato Sauce Carrots, White Rice Rye Bread **OR** Tuna Salad on Whole Wheat Bread Lettuce Leaf, Lite Mayo, Summer Squash Salad English Pea Salad **Peaches**
25) Baked Ziti, Tossed Garden Salad w/Lite Dressing. Italian Style Blend, Wheat Bread **OR** Roast Beef & American Cheese on Multigrain Bread, Lite Mayo, Lettuce & Tomato Summer Squash Salad, Potato Salad **Mixed Fruit**	**26) Minestrone Soup / Crackers** Meatloaf w/ Mushroom Gravy Whipped Potatoes Beets Oatmeal Bread **OR** Seafood Salad on Hot Dog Roll Carrot Pineapple Salad Pasta Salad **Pears**

ALL MEALS INCLUDE 8 OZ. OF 1% MILK AND MARGARINE.

Low sugar desserts are available, and need to be ordered with the site manager

*****Higher Sodium Content**

Menu subject to change. $1.75 donation

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.

LUNCHEON SPECIALS FOR JUNE

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**. This applies to both regular and special lunches unless otherwise listed below. Call 617-730-2770 for reservations.

Our **Birthday Lunch** this month is on **Tuesday, June 16**. If you have a birthday in June, please let us know when you make your reservation so that we can give you a special birthday gift. And of course, there is Birthday cake for all made by our own cakemaster, Nettie Lesser.

On **Thursday, June 18**, come to Springwell's **Father's Day Special Lunch** featuring Beef Rolandine, a baked potato with sour cream, ratatouille, and a strawberry cheesecake cup. Entertainment following this luncheon is the Marie Lavine Memorial concert. See p. 1 for more information about this concert.

The **Let's Go Out to Lunch Group** will meet at 12:00 noon for lunch on **Tuesday, June 30**, at the Tamarind Bay Coastal Indian Kitchen at 1665 Beacon Street.

Brookline Senior Center
93 Winchester Street
617-730-2770

June 2009

EVENTS CALENDAR

MONDAY	TUESDAY	WEDNESDAY
1) 9 am Podiatry Clinic by appt. 10:30 am Poetry Workshop-filled 12:30 pm Chinese programs 1 pm Mah Jongg 1--2 pm Blood pressure screening 1--2 pm Line Dancing 2-4 pm Open computer lab 2:30 pm Swing band	2 10 am- 2pm Jewelry Buy-Back 10:30am Brookline Bees-Quilters 11 am Careers in Aging meeting for Seniors 1 pm Bingo 1:30 pm Movie Lovers' Film Series "Lars and the Real Girl"	3 9am BLAB lawyer 9:30 am Retired Men's Club 12:30 pm Bridge 2-4 pm Open computer lab
8) Elaine Wong Exhibit Opens 10:30 am Poetry Workshop-filled Noon Craft Fair planning meeting 12:30 pm Chinese programs 1 pm Mah Jongg 1-2 pm Line Dancing 2-4 pm Open computer lab 2:30 pm Swing band	9 10:30am Brookline Bees-Quilters 12:30 pm French Conversation grp. 1 pm Bingo 1:30 pm Movie Lovers' Film Series "Frost/Nixon"	10 9:30 am Retired Men's Club 12:30 pm Bridge 1 pm COA meeting - speakers Jim Margolis, Brookline Food Pantry and Richard Leary of the Com. on Town Org. & Structure 2-4 pm Open computer lab
15 "Nature & Artifice Walk" on the Muddy River-call for information 9 am Podiatry Clinic by appt. 10:30 am Poetry Workshop-filled 12:30 pm Chinese programs 1 pm Mah Jongg 1-2 pm Line Dancing 2-4 pm Open computer lab 2:30 pm Swing band	16 10:30am Brookline Bees-Quilters Noon June birthday lunch 1:00 pm Bingo 1:30 pm Movie Lovers' Film Series "South Pacific"	17 9:30 am Retired Men's Club 12:30 pm Bridge 1:30 pm Modern Beading workshop 2-4 pm Open computer lab
22 Castle Island Walk - call for info. 10:30 am Poetry Workshop-filled 12:30 pm Chinese programs 1 pm Mah Jongg 1--2 pm Line Dancing 2-4 pm Open computer lab 2:30 pm Swing band	23 10:30am Brookline Bees-Quilters 12:30 pm French Conversation grp. 1:00 pm Bingo 1:30 pm Movie Lovers' Film Series "Doubt"	24 9:30 am Retired Men's Club 12:30 pm Bridge 1 -2 pm Eileen Currier, Nurse Practitioner from St. E's. 2-4 pm Open computer lab
29 9 am Podiatry Clinic by appt. 10:30 am Poetry Workshop-filled 12:30 pm Chinese programs 1 pm Mah Jongg 1--2 pm Line Dancing 2-4 pm Open computer lab 2:30 pm Swing band	30 10:30am Brookline Bees-Quilters Noon "Let's Go Out to Lunch" grp. meets at Tamarind Bay Coastal Indian Kitchen 1:30 pm Movie Lovers' Film Series "Cadillac Records"	***To reserve a lunch please call 617-730-2770 by 11 am, a day in advance***

THURSDAY	FRIDAY
4 9:30 am Drawing for Pleasure class Starts. Pre-registration required 10:30 am Arthritis Exercise class 10:30 am & 1:30 pm Knit and Crochet 1:30 pm" Easy Travel" visit Africa with Lauren Carroll 1:30 pm Russian Tea Room	5 9 am Bridge 9:30 am Solemates Walking group 10 am Project Volunteer Group 10:30 am Current Events 10:30 am Senior Chorus 1 pm Parkinson Support Group
11 10:30 am Arthritis Exercise class last session 10:30 am & 1:30 pm Knit and Crochet 1:30 pm Russian Tea Room 5 -7 pm Elaine Wong Reception	12 9 am Bridge 9:30 am Solemates Walking group 10 am Project Volunteer Group 10:30 am Current Events 10:30 am Senior Chorus Afternoon Alzheimer Support Group 1- 2 pm Words & Wit program
18 9-10:30 am Blood Pressure screen 10:30 am & 1:30 pm Knit and Crochet Noon Springwell Fathers' Day Lunch Special No Russian Tea Room today 2 pm Marie Lavine Concert with Ellen O'Brien	19 9 am Bridge 9:30 am Solemates Walking group 10 am Project Volunteer Group 10:30 am Current Events 10:30 am Senior Chorus 1- 2 pm Words & Wit program
25 10:30 am & 1:30 pm Knit and Crochet 1:30 pm Russian Tea Room 7 -9 pm Public Health Forum with Gov. Michael Dukakis, moderator Evening Alzheimers support group	26 9 am Bridge 9:30 am Solemates Walking group 10 am Project Volunteer Group 10:30 am Current Events 10:30 am Senior Chorus 1- 2pm Words & Wit program
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	SHINE counselors are available to answer your individual health insurance questions. Please call 617-730-2777 for an appointment.

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—***NEW!***

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

SENIORS, AN INTERN'S EYE VIEW

Becky Porter's report on academic year at the Council of Aging is definitely worth reading:

My year in the Lowy GEM program has gone by more quickly than I could have imagined. While at the Brookline Council on Aging located within the Brookline Senior Center and during my time at Jewish Community Housing for the Elderly in Brighton, I have gained a new perspective of the older adult population. I have come to better realize that the *older adults* we talk about in the classroom are more than just a population with whom to practice social work. The men and women I have met with weekly, who I have helped to secure benefits and to whom I have taught English conversation skills are so much more than the label of an *older adult*. They are individuals who have lived 60, 70, 80+ years in Brookline, the United States, and many other countries. They have been partners, parents, and part of the workforce. They have seen political figures come and go, the economy rise and fall, and loved ones' births and deaths. Each person has a different life story which has impacted her or his present situation. These life stories are so much more than the basic histories our assessments ask us to gather. Much of the enjoyment I have for working with these older adults stems from listening to them tell their stories of high school, how they first met their now deceased spouse, how they chose to immigrate to the United States, and why they chose Boston as the city to call home. I have learned that so much of the important work I will do as a social worker will be listening to these stories, validating them, and appreciating each individual for the person he or she is today, and who she or he has been in years past. The foundation of the rapport we have constructed lies in their telling and my hearing of stories, both successes and regrets. To really hear someone does not just mean to listen, but to really be present in the moment, and to see the client an individual. I leave Boston University School of Social Work and the Lowy GEM program with a reinforced passion for working with older adults whose cohort spans decades.

Rebecca Porter, April 14, 2009. Thank you, Becky, for allowing us to see ourselves from a fresh and different perspective.

RETIREMENT, RECESSION RESILIENCE—REPRISE

Many thanks to all who made the Retirement, Recession, Resilience group such a comfortable and helpful experience for 10 Brookline residents looking for support and guidance in navigating a tough job market in a particularly difficult time.

Co-leader Lianne Crossette who volunteers her spare time to work in the job search effort at the Senior Center has added much warmth and professional insight to the the group. The speakers, including: John Stewart, Susan Flanagan, Beth Ehrlichman, and Karma Kitaj, volunteered their time to educate and expose mature job seekers to different ways to approach and consider the postretirement years. We thank them all and hope to see them again at the Brookline Senior Center.

THE RETURN OF THE FARMER'S MARKET

It's June! And one of the very welcome signs of summer will return this month—the Brookline Farmer's Market on Thursday, June 18 at the Centre Street parking lot. The market will be open every Thursday from June 18 through October 29 from 1:30 pm until dark

TRY SOMETHING DIFFERENT IN JULY AND AUGUST
—SAVE THE DATES—

Making the Most of Your Leisure Time
With Jeanne Martin, EdD. Retirement brings with it more leisure time. Learn techniques that can help 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 Workshop
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. Lunch is Dutch-treat, and we meet at 12:00 noon at the restaurant.

On **Tuesday, July 28**, we dine at the **Vine Ripe Grill** at the Putterham Golf Course. Call Ron by of Monday, July 27, morning at 617-730-2750 for a van reservation if you need transportation.

On **Tuesday, August 25,** we are eating at **Comella's** at 417 Harvard Street.

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**.

The second section will be **in August, on Tuesdays, August 18 and 25, and Fridays, August 21 and 28**.

Cost: $2.00 per session.

Muscle Conditioning for Seniors
Beth Erlichman, instructor Course code: **D169**
This Brookline Adult & Community Education (BA&CE) course meets Mondays and Wednesdays (two times a week for 3 weeks), beginning **Monday, August 3, from 9:30 to 10:15 am**. Cost: $45. For more information and to register, call 617-730-2700 or access www.brooklineadulted.org on the internet.

Belly dancing Workshop
Learn about the ancient and beautiful art of belly dancing with Susan Senator on **Thursday, August 6, from 10:00 to 11:30 am**. Belly dancing is for everyone of all ages and body types. Feel the magic of the sensuous movements and muscle isolation accompanied by beautiful Arabic music.

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

EMERGENCY PREPAREDNESS

This year's new flu strain, H1N1, has reminded us that in addition to man-made disasters (like the 9/11 Terror Attacks) and natural disasters (like Hurricane Katrina) medical emergencies can also disable the pace of normal life. The world is crowded and vulnerable, and we need to respond with careful planning rather than panic.

BUILDING AN EMERGENCY KIT

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

Food and Water

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

First Aid

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

General, but important items

Soap, toilet paper, toothbrush and toothpaste
Towels (at least a hand towel, more towels might increase the bulk of the kit to unwieldy proportions
A change of clothing (at least underwear)
Crank-up (or at least battery-powered and if so add batteries to the list) flashlight and radio
Important documents (or copies of them), documents such as birth certificate, wills, deeds, a list of bank account numbers (and PINs)
The name of a local and an out-of-area contact

—Information for this article courtesy of Garrett Simonsen, Dawn Sibor, and Michael Raskin

FILE OF LIFE

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

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

Once you have filled out the form, return it to the Senior Center for processing. They will send you the packet to be attached to the refrigerator and the wallet card. **Do not delay this.** It is really important that this information be available in the proper form and placement.

H1N1 FLU ADVISORY

The Brookline Department of Public Health has issued a very inclusive fact sheet on the H1N1 virus (aka swine flu). We have excerpted some of the information contained in this fact sheet. The full fact sheet is available at the Senior Center and online at the town web site www.brook line ma.gov.

What is H1N1 (swine flu)?
H1N1 is a new influenza virus causing illness in people. This new virus was first detected in people in April 2009 in the United States. Other countries, including Mexico and Canada, have reported people sick with this new virus. The virus is spreading from person-to-person, probably in much the same way that regular seasonal influenza viruses spread. This virus was originally referred to as swine flu because laboratory testing showed that many of the genes in this new virus were very similar to influenza viruses that normally occur in pigs in North America.

What are the symptoms of H1N1 flu in people?
H1N1 flu causes symptoms very similar to seasonal (or human) flu. The most common symptoms of H1N1 flu, like seasonal flu, are fever, cough, and sore throat and can include body aches, headache, chills, and fatigue. Some people
also have diarrhea and vomiting. There have been some people with H1N1 who have been sicker and have even died.

Is H1N1 flu treatable in people?
People sick with any type of flu should make sure to drink enough fluids, get plenty of rest, eat healthy foods, wash hands frequently, and stay home to avoid spreading the flu to other people. The kinds of drugs used to treat seasonal flu,called "antivirals," can also be used to treat H1N1 flu.

How would I know if I have H1N1 flu?
If you have symptoms of influenza as described above, and especially if you have recently traveled to an area where there have been human cases of H1N1, contact your health-care provider who will decide what type of testing and treatment is right for you.

If you think you might have H1N1 flu, you need to see your health care provider. Call ahead and let them know you might have flu. That way, precautions can be taken to avoid spreading flu to others.

How can I protect myself and others from H1N1 flu? You can protect yourself and others from H1N1 flu the same way that you can protect yourself from seasonal flu. Avoid holding, hugging, kissing, or shaking hands with anyone who has a cold or the flu. Wash your hands often with soap and warm water, or use an alcohol-based hand sanitizer. Avoid touching your nose, mouth, or eyes. Clean things that are touched often like door handles and telephones, If you get sick with a flu-like illness, stay home from work and school, and avoid contact with others so the virus does not spread.

Get medical care immediately if the sick person at home:

- Has difficulty breathing or chest pain
- Has purple or blue discoloration of the lips
- Is vomiting and unable to keep liquids down
- Has signs of dehydration such as dizziness when standing, absence of urination; or in infants, a lack of tears when they cry
- Has seizures (for example, uncontrolled convulsions), is less responsive than normal or becomes confused

Is there a vaccine for H1N1 flu? No. And according to CDC, it is unlikely that the vaccine for seasonal flu will prevent H1N1 flu.

For more information about seasonal flu, pandemic flu, avian flu,and H1N1 flu, visit the websites http://www.mass.gov/dph/flu or http://www.cdc.gov/H1N1flu/ or call 211, the Massachusetts Department of Public Health Information Line.

ANNUAL VOLUNTEER APPRECIATION LUNCHEON REPRISE REPRISE

We decided to give a second reprise on the Annual Volunteer Appreciation to give a photographic tour of how much fun the luncheon was. The flowers, the food, the camaraderie of the luncheon, the raffle prizes…all of it shows in the pictures. Volunteering is, without doubt, the oil that greases the wheels of all Council on Aging/Senior Center events. But it is so much more. It gives volunteers a sense of serenity with their lives and keeps the adrenalin flowing in their veins—keeping them vital and vibrant. Three cheers for all our volunteers!

Photos courtesy of Jewel Chin.

VIVIAN FREEMAN

Our terrific volunteer coordinator, Vivian, is once more preparing to take a well-earned vacation. She will be leaving in mid-June and will return to us after Labor Day. During her absence, call Charlotte Millman at 617-730-2769 with any questions you may have. She wants particular to thank you all for your good work.

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

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- Skilled Nursing Services
- Intravenous Therapy
- Wound Management
- Specialized Equipment: Lite Gait Ambulation System
- Discharge Teaching

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A TASTE OF PERU REPRISE

A Taste of Peru was a blast. The food, the music, the dancing—all was lively and engaging. The guests—the audience— actually left their tables and danced along with the band and the superb ethnic dancers. Indeed, the Senior Center was jumping!

Photos by Angela V. Eleazar

DTV IS HERE!

After over a year of media hype, and much hemming and hawing, digital (DTV) broadcasting **will** replace analog broadcasting on June 12. And we will have clearer, sharper pictures on our screens. If you have any kind of cable TV, you are ready and need do nothing. If you do not have cable of any sort, get in touch with Stephen Bressler, Brookline's Ombudsman for CATV, at 617-730-2330. And get in touch with him as soon as possible.

BROOKLINE'S PUZZLING HISTORY

The highlight of the Friends of the Brookline Public Library Annual meeting this year is a presentation by Anne D. Williams, Professor Emerita of Economics at Bates College, called "Brookline's Puzzling History." The presentation will be at 7:00 pm on Wednesday, June 3 at the main branch of the Brookline Public Library

Jigsaw puzzles will be 250 years old in 2010. Although they began as educational aids for children, they soon grew into a pastime for adults. Ann D. Williams will cover the great crazes for puzzles from 1907 to 1910 and during the Great Depression of the 1930s, including how Brookline, and other Boston area, residents shaped those manias. She will focus on the craftsmanship, creativity, and artistry of the puzzle makers as well as on how puzzle subjects reflect culture and give us a window into the past.

Professor Williams has written extensively on jigsaw puzzle history. So much so that Will Shortz (NPR puzzle master and crossword editor of *The New York Times*) has called her "the world's foremost expert on jigsaw puzzles."

THERE BE ELFs HERE

In this case ELF (Equipment Loan Fund) is the Council on Aging's program for recycling gently used canes, walkers, shower benches, commodes, bed boards, grabbers, crutches, and wheelchairs.

If you have any such equipment, **do not** just drop it off at the Senior Center. Instead, call December Heffernan at 617-730-2753 to discuss what you have, its condition, and so forth. Because of space limitations and other guidelines, we will not be able to accept all items.

And if you need such equipment on a temporary basis, call December.

I TWEET THEREFORE I AM

I never took a philosophy course, but somewhere along the way, I heard about René Descarte's famous statement, "I think therefore I am." I'm not sure what that means exactly, but lately I have been thinking about those words. As I grow older, I connect Descarte's statement to the joy I get in learning things.

To me, a very important part of life is the pleasure of lifelong learning. It stimulates me and connects me with life. I believe that finding out about things can actually improve our moods and positive outlook. The internet (and the resources available through it) has speeded and enhanced my process of learning and, therefore, my satisfaction in life.

A long-time Google fan, I recently became a devotee of Twitter and twittering. (See "Twittering for Elders" in the May issue of *Brookline Senior News and Events*.) Initially attracted to Twitter by its amusing name, I signed up and now have a small number of fellow twitterers whose tweets I follow and who follow my tweets. (I do this via computer, not by writing text on my cell phone, which seems very arduous and unpleasant to me.) Twittering has actually become a very enjoyable part of my life. It's very social—you get tweets only from those you choose to follow, and only those you permit can follow your tweets. I've made new twitter friends and colleagues, both near and far. I also keep in frequent contact with my brother who lives quite a distance away.

Twitter has become a very agreeable part of my life in a very short time; but the real surprise has been Twitter's potential for facilitating learning. Many of my twitter friends use it to point to the URLs of articles on the web that may be of interest to their twitter friends. URL is short for *Uniform Resource Locator*, and it is the address of the article or web page you are reading, that starts with http://www. (By the way, in case you're interested, http stands for *hypertext transfer protocol*. I just found out through a Google search.)

Sometimes URLs are very long. Because a Twitter message is limited to 140 characters, free services such as TweetDeck or Hoot Suite make it possible to shorten the URLs to fit into (short) Twitter messages that point friends to material on the web.

Twitter is really about sharing. I enjoy finding interesting videos on internet news channels such as MSNBC, YouTube, or cable TV programs that are put on the internet. I send them to my twitter friends by linking the URLs in my tweet. I feel good about this activity because I am sharing things that I have found enjoyable. Recently, I sent my friends the very humorous Barack Obama speech from the White House Correspondents' Dinner and Wanda Sykes' presentation at the same event.

I also like those tweets I get from my Twitter friends that comment on life. Because a tweet is written, it can be composed very thoughtfully into a poetic or insightful message. Amazingly, for all its 140-character limitation, Twittering is truly an art form: one meant to be shared with friends, old and new. *—Laurie Israel, Esq*

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Coolidge Corner

DID YOU KNOW…

That the *Brookline Senior News and Events* is available on the Town of Brookline web site, on the Council on Aging page? And it's in color there!

ANN HIGGINS POETRY WORKSHOP

In late April, the members of Ann Higgin's very popular Poetry Workshop gave a public reading of their poetic efforts at the Brookline Booksmith. It was an evening of creative imagery—both practical and magical, sometimes at the same time, We hope to hear from this group often in the future. What follows is only a sampling of the rich fare the audience was treated to that evening.

FAMILY

by Ruth Geller

The word encompasses the world.
A family can exist through the
blood of the ages.
Passed down over the vagaries of
history,
Or can form by the cohesion of shared ideals
among strangers,
But they Stay through the eff and flow of every-
day life,
Creating the links of need and love that bind
each to the other.

TAKE TIME

by Claire Weston

Take time to listen—we may learn
through others.
Take time to pray—it gives us
power and tranquility.
Take time to love and give love to others.
Take time to make peace with others and one's
self.
Take time to enjoy nature and the flowers.
Take time to read to be able to understand the
world around us.
Take time to sing—it helps you relax and enter-
tains people.
Take time to give and be charitable.
Take time to laugh and have fun.
Take time to be friendly—it's the road to happi-
ness and love.

MISSTEP

by Polly Shakespeare

A day I walked right off a curb
My one good eye had failed to
see.
I landed on my hands and knees,
Embarrassed, as one tends to be.
The only person in the area,
Was a man who came to me
Offering help if I should need it,
I said "Thank you. Let me see.
If I'm hurt I'll just move slowly,
Maybe then I'll need some help."
What I needed most he gave me.
With the offer of his hand,
He gave me back my sense of worth,
My dignity, as from a friend.

4706

by Jewel Chen

The preparation is over.
Food shopping,
Finding fresh dollar bills,
Getting red envelopes,
The Year of the Ox
Has arrived.
Wear red for it brings good luck,
Gold means money and wealth.
Hope for the best.
But there are tough times,
Kung Hay Fat Choy!

BELLS TOLL

by Silvia Peabody

The great cathedrals in France and Italy
Ring forth cacophonies of holy sounds
In the tiny cell of a monk
A single tone fills the space.
A calling to thousands or to one
That God is with them in love and joy.

Photos of Ruth Geller, Claire Weston, Polly Shakespeare, and Silvia Peabody by Jewel Chen. Photo of Jewel Chen by Laurie Lasky.

ABOUT THE SPRINGWELL NUTRITION PROGRAM

Springwell serves a hot (or cold if you prefer) nutritious lunch daily at the Senior Center. Did you know that it costs Springwell $8.14 to provide each meal? And that the federal government provides less than half of the cost needed to produce and deliver these meals? So Springwell depends on your contributions to make this program possible.

A donation of only $1.75 is suggested for each meal you eat. If you have some spare change to add to this amount, it will be gratefully appreciated. In these times of economic crisis such as this time, Springwell depends on your donations now more than ever to help continue this invaluable service to the senior community.

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This year, when you are trying to think of a thoughtful gift for a friend or relative, consider giving our *Senior News and Events*. For just $10.00, you can assure that a copy of our Brookline *Senior News and Events* is delivered your friend or relative by mail every month for a full year. And a gift card will be sent to the recipient telling them of your gift to them. See page 31 for a form.

THANK YOU FOR GIVING

To Dotty Bell **in honor of** Income Tax Preparation

To Senator Cynthia Stone Creem **in memory of** Marie Covey

To friends in the Senior Centre Stretch Exercise Class **in memory of** Gudrun Wolpow

To **Annual Appeal donors** The Bay State Federal Savings Charitable Foundation, Frank DiMaria, Ellen Hertzmark, Ralph Perkins, Gustav Schachter, and Waneta Louis West

To Helen Diamond and Zina Pelzman for their generous support of Senior Center programs.

A special gift in honor of Vivian Richmand's cheerful and wonderful attitude. Wishing her a quick recovery. From Kathryn Kilpatrick.

OUR CONTRIBUTORS

We also thank all those who contributed to this June issue of the *Brookline Senior News and Events:* SHINE for their article on page 7; Rebecca Porter for her report on page 20; Garrett Simonsen, Dawn Sibor, and Michael Raskin for the information on building an emergency kit on page 22; Jewel Chin for the photographs of the Annual Volunteer Luncheon Reprise Reprise on page 24 and for the photographs of Ruth Geller, Claire Weston, Polly Shakespeare, and Silvia Peabody on the Ann Higgins Poetry Workshop on page 28; Angela V. Eleasar for the photographs on the A Taste of Peru Reprise on page 26; Laurie Israel, Esq., for her article on page 27; and Laurie Lasky for her photograph of Jewel Chen in the Ann Higgins Poetry Workshop on page 28.

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

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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.

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.

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