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

HIGHLIGHTS

Learn about Virtual Street Corners running from June 11 to June 30. See p. 7.

Envision your future housing options on June 8. See p.9.

Attend the Marie Lavine Memorial Concert on June 17. See p. 10.

The Farmer's Market returns on June 17. See p. 12.

Attend the 15th annual Public Health Policy Forum on June 17. See p. 15

Join the Jan Marble Memorial Walk on June 21. see p. 23

How do you get information about activities, programs, performances, whatever? Here's another one. Ta dah! Introducing the ***Senior Center Information Hotline***! Call 617-730-2778. for announcements and to ask for more information about this great new service.

JUNE 2010

FITNESS: EDITOR'S NOTE

May was National Physical Fitness Month and to celebrate it, I took a good look at myself, was appalled at what I saw, and decided the time had come to take my own advice—trim down and get fit.

First on the agenda was a revision of my whole way of eating—not just dieting, but actually developing better eating habits—more fruits and vegetables, less red meat, watching carbs and calories, and most important serious portion control. But diet alone was not enough. True, I was losing weight, but not enough, and I was pretty sluggish. So I signed myself up at the **Rogerson Fitness First** program that lives right here in the basement of the Senior Center. And what did I find? The program is great!

The initial evaluation was a real eye-opener. I was weak as a kitten because the only body parts I had been exercising were my fingers (on the computer). How had this happened? I used to be relatively fit but had let myself fall into physical disrepair after some surgery three years ago. But Fitness First Instructor Sharon Devine gave me encouragement and set up a nifty program aimed at building strength and balance, thus making better use of my now somewhat elderly body. At first the cardio exercise (stationary biking) was really tough and my heart rate was not up to what it should be for my age group. And the Nautilus equipment—well, let's leave it as hard work. But slowly I am gaining strength, and I can see real improvement in my balance. I am certainly not there yet, but I can see it ***is*** possible for me to get fit.

And if even I can do it, so can all of you! To get, and/or stay, fit, try the Rogerson Fitness First program and/or the other fitness resources for Brookline seniors on p. 3.

—Judith Gimple, Editor

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

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

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

FITNESS FOR LIVING

The Brookline senior community is especially blessed with ways of getting fit. See the box below for more about the Rogerson Fitness First Program. And there is much more available. Brookline Adult & Community Education (BA&CE) has placed their exercise offerings especially for seniors at the Senior Center. In June, you can take your pick of:

Tai Chi Chuan for Seniors (Vincent Chu, Instructor) The benefits of practicing this art are strength, endurance, coordination, and confidence. Course code: **W219**. Fee: $68. 7 Fridays from 2:00 to 3:30 pm, beginning June 4.

Yoga for Older Adults (Steffi Shapiro, Instructor) Exercises consist of gentle stretches and simple movements, which release tension from the neck , shoulders, back, and other areas of the body. Most exercises can be done in a chair or in a comfortable standing position. Course code: **W044**. Fee: $62. Chair class is 8 Tuesdays from 2:00 to 3:00 p m, beginning June 1. Mat class is 8 Tuesdays from 3:00 to 4:00 pm, beginning June 1.

Strength Training for Seniors (Sue Katz, Instructor) This vigorous, overall workout, cosponsored by the Council on Aging, is structured specifically for seniors who have been exercising regularly. Course code: **D077**. Fee: $85. Mondays and Wednesdays for 8 weeks from 8:45 to 10:15 am, beginning June 2.

Senior S-T-R-E-T-C-H (Sue Katz, Instructor) This class, also cosponsored by the Council on Aging, will improve your range of motion, balance, stamina, and strength. Course code: **D009**. Fee: $76. Mondays and Wednesdays for 8 weeks from 10:30 to 11:30 am, beginning June 2.

Nia for Seniors: Health through Movement (Mary Stevenson, Instructor) Nia is a full-body workout that is easy on joints, promoting flexibility, agility, mobility, stability, and strength. Course code: **D130**. Fee: $48. 6 Tuesdays from 8:30 to 9:30 am, beginning June 8.

Senior discounts do not apply for these courses. For more information and to register, call 617-730-2700 or access BA&CE at www.brookline adulted.org.

Rogerson Fitness First program According to the Rogerson brochure: "Our program encourages participants to perform a range of exercises designed to meet their individual goals for strength, balance, flexibility, and mobility." Using state-of-the-art Nautilus equipment, and more, the program gives excellent tools for exercise. And if you frequent the Senior Center for other programs, you are sure to meet old friends and acquaintances and make new contacts as well.

To join you must get authorization from your primary care physician (a folder with information and authorization forms are available from Instructor Sharon Devine at the Senior Center). Sharon will then do an evaluation of your needs, capabilities, and goals in a one-on-one interview. She sets up an exercise plan based on what you can do to "enhance balance and flexibility, lower the risk for falls and injuries, lower blood pressure, sharpen mental skills, increase immunity, strengthen heart and lungs, boost self-confidence, develop coordination skills, improve quality of sleep, increase strength and mobility, and much, much more"—in essence, to optimize your physical and mental health through exercise tailored to your needs and abilities.

Once you have had your evaluation, you will be able to exercise in two 30- to 45-minute workouts per week. The workout groups are small, and there is always a fitness instructor present.

THE HEALTH PAGE

Beth Israel Deaconess Medical Center | A teaching hospital of Harvard Medical School

www.bidmc.harvard.edu

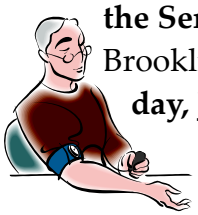
Ask a Nurse St. Elizabeth's Medical Center's Nurse Practitioner Eileen Currier will be at the Senior Center on **Wednesday, June 29, from 1:00 to 2:00 pm** to consult with individuals.

Podiatry Clinic Routine foot care with Dr. John McLaughlin is available by appointment on **Monday, June 7 and June 21, from 9:00 am to 12:00 noon**. 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, June 16, from 1:00 to 2:30 pm**, but not at the Senior Center.

Blood Pressure Screenings
The Brookline Health Care Center will provide blood pressure screening **at the Senior Center** on **Monday, June 7, 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, June 17, from 9:00 to 10:30 am**.



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

The Health Page is sponsored by 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, June 17, at the Senior Center from 9:00 to 10:30 am. Other screenings will take place:

- Wednesday, June 2, at the Brookline Health Department, 11 Pierce Street, from 2:00 to 3:00 pm.
- Wednesday, June 9, at Sussman House, 50 Pleasant Street, from 1:00 to 2:00 pm.
- Wednesday, June 23, at O'Shea House, 61 Park Street, from 1:00 to 2:00 pm.

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MEDICARE FRAUD AND ABUSE

Whenever you receive a payment notice from Medicare, review it for errors. The payment notice shows what Medicare was billed, what Medicare paid, and what you may owe. Make sure Medicare was not billed for health care services or medical supplies and equipment you did not receive. If you have a question or concern regarding a Medicare claim, you should discuss it directly with your physician, provider, or supplier that provided the service.

Tips to prevent fraud and abuse:

- Don't ever give out your Medicare Health Insurance Claim Number (which is on your Medicare card) except to your physician or other Medicare provider.
- Don't allow anyone, except appropriate medical professionals, to review your medical records or recommend services.
- Don't contact your physician to request a service that you do not need.
- Be careful in accepting Medicare services that are represented as being free.
- Be cautious when you are offered free testing or screening in exchange for your Medicare card number.
- Be skeptical of any provider who maintains they have been endorsed by the Federal government or by Medicare.
- Avoid accepting health-care items or services from a provider who tells you that the item or service is not usually covered, but that they know how to bill Medicare to get it paid.

The SHINE Program provides free, confidential counseling on all aspects of health insurance to anyone on Medicare. Call the Senior Center at 671-730-2777 to make an appointment with a Certified SHINE Counselor. Or call a SHINE Counselor st 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Then leave your name and telephone number on the SHINE answering machine, and a SHINE Counselor will call you back as soon as possible. *Source: SHINE*

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 June, the group will have two sessions, which are given at no charge and open to all caregivers. The **Afternoon** group will meet **Friday, June 11.** Call group leader Elaine Yanowitz at 617- 730-2751 to register to attend and/or for further information. The **Evening** group will meet **Thursday, June 24.** 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 meet on **Friday, June 4, from 1:00 to 2:30 pm** at the Senior Center. The guest speaker will be Ken Bernstein, photographer and PD sufferer, who will share his work with the group. For more information, 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).

INTRODUCTION TO RETIREMENT COMMUNITIES & CARE OPTIONS

On **Wednesday, June 16, from 6:00 to 7:30 pm**, untangle the mysteries of independent living and continuing care communities, assisted living, and skilled nursing facilities and also learn more about stay-at-home options at Springhouse, 44 Allandale Street, Jamaica Plain. This workshop is free, but an RSVP is requested. You can RSVP by calling Karen Pollack at 617-971-1678 or e-mailing her at kpollack@springhouse boston .org. This program is being presented by Rogerson House.

COUNCIL ON AGING (COA) MEETING

The COA will meet on Wednesday, June 9, at the Senior Center at 1:00 pm. The speaker, Mary Dewart of Brookline 2010, A Community Climate Call will speak on "Green a Little, Change a Lot!"

Brookline 2010 is a year-long initiative jointly presented by Climate Change Action Brookline and the Selectmen's Climate Action Committee. The challenge is designed to raise awareness about the importance of reducing the carbon footprint of our community. Participating in Brookline 2010 is easy! There are three straightforward requirements:

- Do at least one thing in 2010 to reduce your $C0_2$ emissions. Big or small, commit to doing something green in 2010.
- Green your events. Having a fundraiser for your organization? Planning your kids' birthday party? Commit to reduce the amount of waste your event generates.
- Spread the word. Tell your friends, neighbors and colleagues about Brookline 2010, and get them on board.

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 iswsue the $250 check directly to the senior during the following quarter.

There is no application process and no phone calls 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 Pro gram)

JUNE HOLIDAYS

In addition to June having the distinction of being National Dairy Month and National Rose Month, there are many special days in the month. Among them are: World Environment Day (June 5), Worldwide Knit in Public Day (June 12), **Flag Day (June 14)**, Juneteenth (June 19—which celebrates African-American Freedom and Achievement), **Father's Day (June 20)**, and the Summer Solstice (June 21—which marks the official beginning of summer and the longest day of the year).

All of these fine days are worth noting and celebrating, but the Senior Center and the Rogerson Day Health and Fitness First programs will not close for any of them. The Senior Center and the Rogerson programs will be open every weekday in June!!

THANKFUL TO BE HOME WITH THOSE YOU LOVE

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VIRTUAL STREET CORNERS

These pictures are from the brochure available on the Virtual Street Corners web site (www.virtualconrners.net) taken at the last Roxbury/Brookline happening. We don't know who the lovely lady from Roxbury in the right-hand picture is, but the two ladies from Brookline on the left are Vera Sharma and Sylvia Franklin.

On June 11, storefronts in Coolidge Corner in Brookline (Brookline Booksmith) and in Dudley Square in Roxbury will be transformed into video screens, providing pedestrians of each neighborhood with a portal into one another's worlds. Running 24/7, life-sized screen images and audio-visual (AV) technology will enable real-time communication between residents of these two neighborhoods.

This public art project by John Ewing, assisted by Minotte Romulus and designed by Christopher Robbins, chose these two communities because both are transportation and cultural hibs with rich and intertwined histories. They are only 2.4 miles apart, and a the MBTA's #66 Bus runs directly between them, yet very few people from either neighborhood visits the other. Using technology developed to bridge geographical distances, Virtual Street Corners instead traverses the social boundaries that separate these two important neighborhood centers with significant historical connections.

This project has been awarded a Knight News Challenge Grant (a grant that supports innovative projects that use technology to distribute news in local communities).

The project will be up and running in Brookline and Roxbury from **June 11 to June 30 and since it is out-of-doors will run virtually 24 hours a day, seven days a week**. Read more about the project on PBS.org. For more information, contact Charlotte Millman at 617-730-2769.

The project is cosponsored and supported by Boston Cyberarts and the Knight Foundation and many others. Access http://www.johnewing.org/VirtualCorners/sponsors.php for all sponsors and others involved in the project.

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!

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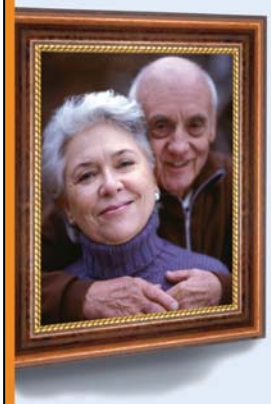
(1-800-AGE-INFO)

free advice

on caring for older adults

CALL US AT 1-800-980-1982 from 9am to 5pm for answers, resources and expert advice on elder care.



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

CJP*senior*direct

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

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, 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 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 Brook-line. **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 2**, and on Wednesday, July 7. 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. Someone at the Senior Center will call you back as soon as possible.

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

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

SNAP (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.

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

ENVISION YOUR FUTURE: HOUSING OPTIONS

This month this ongoing series will explore housing options, dealing with the question: Why, where, and when should I move? It will be held on **Tuesday, June 8, from 6:30 to 8:30 pm** at the Senior Center.

The thought of moving can be overwhelming, given so many choices and details to consider, but there are a variety of housing options that can make life easier and offer more support. Join Marjorie Raskin, LICSW, elder care specialist from Jewish Family & Children's Service (JF&CS) where she is Program Coordinator fo CJP SeniorDirect (which offers free information and advice), to learn about the complete range of local options, including independent housing, assisted living facilities, and skilled nursing care. Also learn which choices are available and how to assess what might be right for you.

For more information and to register for this free program, call 781-693-5013 or access future home@jfcsboston.org . This event is cosponsored by JF&CS, the Brookline Council on Aging, and The Public Library of Brookline.

AGING AT HOME

The committees will meet at the Senior Center at 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 loads of information on this prototype village.

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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

THE MARIE LAVINE MEMORIAL CONCERT

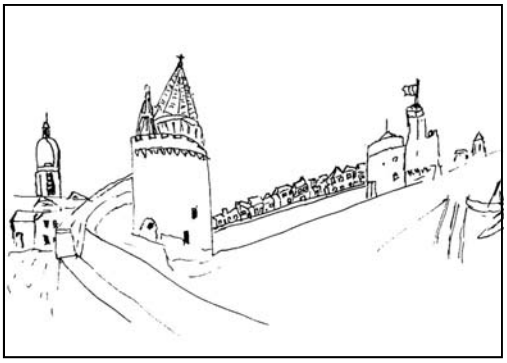
On **Thursday, June 17, at 2:00 pm** the Senior Center proudly presents the 7th annual Marie Lavine Memorial Concert. This concert is a tribute to the memory of a well-known friend to seniors who also loved musical theatre and is lovingly underwritten every year by Marie Lavine's daughters, Eileen Solomon and Kathy Lavine.

This year's concert features the Follen Angels, who return to the Senior Center presenting "What Is This Thing Called Love?" This international cabaret and jazz recording artists are presenting their newest show, which features the greatest love songs from the most celebrated composers and lyricists of the American Songbook. They will perform the best loved songs of George Gershwin *(What Is This Thing Called Love? The Man I Love, Embraceable You)*, Cole Porter *(You'd Be So Nice to Come Home to, Just One of Those Things)*, Irving Berlin *(Blue Skies, What'll I Do?)* Richard Rogers *(My Funny Valentine, This Can't Be Love)*, Duke Ellington *(Don't Get Around Much Anymore, Solitude)* and more!

Hildy Grossman, (vocals), Rieko Tanaka (piano), Ken Dantzig (drums) and Rick Stone (sax) will recreate memories of dancing under the stars and tunes heard over the radio on a summer night. You won't want to miss the Follen Angels celebration of love.

As they say, "What the world needs now is love, sweet love!," and speaking of love , you'll just ***love*** The Follen Angels' brand new and highly acclaimed CD , "I Got Rhythm: In Love with Gershwin and Cole Porter," which will be available at the performance.

AT THE GALLERY



The Brookline Senior Center invites you to a new 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

Monday, June 14, to Thursday, September 30
Hours: 8:30 am to 5:00 pm
Monday through Friday

Reception with the Artists

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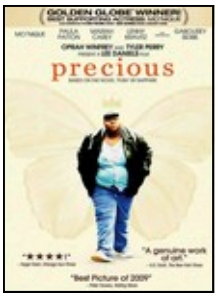
MOVIE LOVERS SERIES FOR JUNE

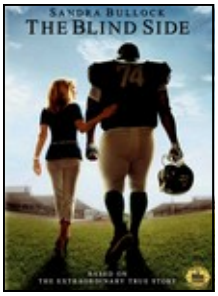
Come to the Senior Center every Tuesday afternoon in June at 1:30 pm to enjoy a top-notch film. If you come for lunch (see pp. 16-17, plan on staying for a movie. Or just come for the movie. It's free and no reservations are required.

June 1
Seraphine (2008) 125 min.
Awestruck by the vibrant and imaginative artwork of uneducated housekeeper Séraphine Louis—who spends her days doing menial chores—German art critic Wilhelm Unde takes the promising painter under his wing. Though her neighbors and others dismiss Séraphine's work, Unde is determined to turn the obscure French artist into a star in this revelatory.

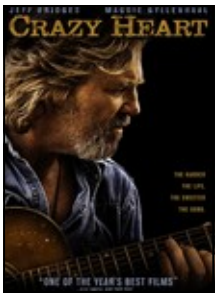
June 8
Precious (2008) 109 min.



Viciously abused by her mother and pregnant by her father, Harlem teen Precious Jones has an unexpected chance at a different life when she enrolls in an alternative school. Teacher Blu Rain encourages her, but Precious must battle unimaginable barriers everywhere in her life. Lee Daniels directs this drama.



June 15
The Blind Side (2009) 126 min.
Oversized African American Michael Oher, the teen from across the tracks and a broken home, has nowhere to sleep at age 16. Taken in by an affluent Memphis couple, Leigh Anne and Sean , Michael embarks on a remarkable rise to play for the NFL.



June 22
Crazy Heart (2009) 111 min.
When reporter Jean Craddock interviews Bad Blake--an alcoholic, seen-better-days country music legend--they connect, and the hard-living crooner sees a possible saving grace in a life with Jean and her young son. But can he leave behind an existence playing in the shadow of Tommy, the upstart kid he once mentored?

June 29
It's Complicated (2009) 121 min.
Ten years after their divorce, Jane and Jake enjoy an amicable friendship. When the two unite for their son's college graduation, their romance is rekindled. But Jake is married, and Jane's architect, Adam, has a thing for her. Now cheating on the younger woman for whom he left Jane, Jake wants his ex-wife back. But Jane's busy getting to know Adam.

EASY TRAVEL

Explore the "Great Palaces of Russia" in all their splendor with Derek Mann, professional travel lecturer, on **Thursday, June 3, at 1:30 pm**. This program is sponsored by the Rogerson Community.

Left: Catherine Palace.
Above: Oranienbaum Palace.

THE SENIOR CENTER FOOD DISTRIBUTION CENTER

Our Tuesday Food Distribution has been a great success. 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 some pastries. And we also have a fine supply 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.

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

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.

SUMMER BARBEQUE

Come to a Summer Barbeque on **Friday, June 4 at 12:00 noon**. Enjoy the sights, smells, and sounds (yum yum, ooo, ahh, and so forth) of summer. The barbeque is sponsored by the Brookline Health Care Center. It is free, but reservations are required. Call 617-730-2770 for reservations.

The Senior Chorus will perform after the BBQ. No Springwell lunch will be served.

THE FARMER'S MARKET IS BACK!

The Brookline Farmer's Market will once again be at the Centre Street West Parking Lot on Thursdays from 1:30 pm until dusk from June 17 through October 28. Shop here for local farm and other goods—vegatables, fruits, cheese, ice cream, plants, herbs, flowers, breads, preserves, pies, maple syrup, beef, lamb, pork, turkey, and fish. Feast on local berries (straw, blue, and rasp), plums, cherries, peaches, nectarines, apples, and honey—each in their season. It may cost a few pennies more than it does at the supermarket—but if you like it fresh and as healthy as possible, it will be worth the higher cost.

For more information, access the internet at www.brooklinema.gov/farmersmarket/ or call Arlene Flowers, Market Master at 617-566-8005.

EGGS ITALIANO

Remember the old ad that the egg people ran about "the incredible, edible egg"? Well, the Jewish Family & Children's Service (JF&CS) has come up with this treat for June to help prove the point.

Ingredients

⅛ cup distilled white vinegar
1 tsp canola or olive oil
1 Tbsp red onion, minced
1 small clove garlic, minced or 1 pinch garlic powder
1 medium zucchini, diced
2 plum tomatoes, diced
1½ Tbsp thinly sliced fresh basil, divided
½ Tbsp balsamic vinegar
1/8 tsp salt
Freshly ground pepper to taste
4 large eggs
2 whole-wheat English muffins, split and toasted
1 Tbsp grated Parmesan cheese

Total Preparation Time: 40 minutes
Ease of Preparation: Easy to Moder-

Preparation Instructions

1. Fill a large, straight-sided skillet or Dutch oven with 2 inches of water; bring the water to a boil. Add white vinegar.
2. Meanwhile, heat oil in a separate large non-stick skillet over medium-high heat. Add red onion and garlic and cook, stirring, until fragrant, about 1 minute. Stir in zucchini and tomatoes and cook, stirring occasionally, until the zucchini is tender, about 10 minutes. Remove the skillet from the heat; stir in 1 tablespoon basil, balsamic vinegar, salt, and pepper.
3. Reduce the boiling water to a gentle simmer; the water should be steaming and small bubbles should come up from the bottom of the pan. Crack each egg into a small bowl and slip them, one at a time, into the simmering water, taking care not to break the yolks. Cook for 4 minutes for soft set, 5 minutes for medium set, and 8 minutes for hard set. Using a slotted spoon, transfer, still one at a time, the eggs to a clean kitchen towel to drain.
4. Top each English muffin half with some of the vegetable mixture, an egg, a sprinkling of cheese, and the remaining basil.

Nutrition Analysis

Per serving: 340 calories; 15g fat (4g saturated, 0g transfat); 425mg cholesterol; 650mg sodium; 35g carbohydrate (6g fiber, 10g sugar); 21g protein. *Daily values:* Vitamin A 25%; Vitamin C 45%; Calcium 30%; Iron 25%.

Cost per serving: $1.49

Modified from: www.eatingwell.com

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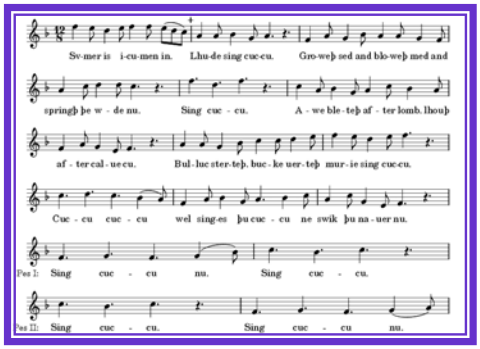
FROM THE DIRECTOR



This is a traditional Middle English round that is a paean to the arrival of summer. It says: Summer has come in,/Loudly sing, Cuckoo!/The seed grows and the meadow blooms/And the wood springs anew,/Sing, Cuckoo! *...and so forth*

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 stroll on Monday June 21 (see p. XX). Our van will be taking a group. I will see you there.

One of our special programs of the year will be held on Thursday June 17. The 7th annual concert in memory of Marie Lavine (see p. 10) will begin at 2:00 pm with the fabulous talent of the Follen Angels. Their Broadway show tunes are given rave reviews. The Follen Angels have appeared at the the Regettabar and Scullers. Afterwards, join your friends at the delectable dessert buffet. This is one concert not to be missed and we appreciate Marie's daughters Eileen and Kathy who lovingly sponsor this annual event.

In addition, on June 17 at 6:00 pm, we are pleased to host the Public Health's 15th Annual Report card on health care (see p. XX). Brookline's own Michael Dukakis will moderate the forum. This is a topic for all ages—encourage a younger friend to attend. With the passage of the new health-care reform bill by the Obama administration, this topic is timely and historic.

Thank you for supporting our Petite Boutique last month. Unbelievably, in two short hours of sales we made over $1000. This money will go toward our entertainment costs. I want to give a special "thank you" to all the volunteers who worked hard at the event with extra bouquets of gratitude to Charlotte Millman and Julie Washburn who chaired the event.

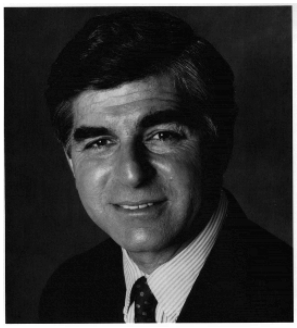
Finally, Happy Father's Day to the fathers and grandfathers. My own father was a very special man. He was a teacher and humanitarian who instilled in me the drive to find the good in people. Indeed , the biggest compliment my husband paid me recently was to say that I ran the Senior Center as my father ran his camp—warm and welcoming and open to all types of people—striving to make the world a better place one act at a time. Please join me in doing something extra this month for someone.

—Ruthann Dobek, Director

ARTHRITIS EXERCISE CLASS

The arthritis exercise class, sponsored by the Brookline Council on Aging and the Arthritis Foundation Exercise Program, continues at the Senior Center this summer in its NEW and IMPROVED format! These gentle stretching and muscle-building exercises will benefit people with arthritis and others interested in improving flexibility, muscle strength, and general fitness level. The use of hand weights and stretch bands will has been incorporated into the new format. Ilse Leeser, PhD, RN, uses guidelines developed by the Arthritis Foundation. Classes will meet on **Thursdays from 10:30-11:30 am beginning June 3 and ending July 29**. There will be no class on July 1. Call the Senior Center at 617-730-2777 to register and to obtain health-care provider authorization forms. (For previous participants, health-care provider information that has been provided within the last year doesn't need to be updated.) Space is limited, so be sure to sign up early!

THE 15TH ANNUAL PUBLIC HEALTH POLICY FORUM
HEALTH-CARE REFORM: WHAT HAPPENED? WHAT'S NEXT?



On **Thursday, June 17**, **from 7:00 to 9:00 pm,** former Massachusetts Governor (and Brookline senior), Michael Dukakis, will moderate the 15th annual Public Health Policy Forum. This event will be held at the Senior Center . The topic is *Health-Care Reform: What Happened? What's Next.* The van will run for this event so call the van at 17-730-2750 for van reservations.

The program: In 2009, President Obama and Congress were on the verge of creating a comprehensive national system of health insurance. On November 7, the House approved a complete overhaul of the nation's health-care system by a vote of 220 to 215. the Senate passes an $871 billion bill on December 24. The House and Senate worked to reconcile their bills in early 2010. However, by February, progress on health-care reform stalled. In this year's forum, we seek to examine what has happened with health-care reform to date and what the nation can expect for the future of reform.

The panelists for the forum are:

- **Marcia Angel**, a senior lecturer in the Department of Social Medicine at Harvard Medical School. Until June of 2000, she was Editor-in-Chief of the *New England Journal of Medicine.* Now Dr. Angell writes frequently for both professional journals and popular media on a wide variety of topics, particularly medical ethics, health policy, the nature of medical evidence, the interfact of medicine and the law, end-of-life care, and the relations between industry and academic medicine.
- **Jonathan Gruber** is a professor of economics at MIT and the Director of the Health-Care Program at the National Bureau of Economic Research, coeditor of the *Journal of Public Economics*, and associate editor of *the Journal of Health Economics*. His research focuses on the areas of public finance and health economics. He was a key architect of Massachusetts's health reform effort and in 2006 became an inaugural member of the Health Connector Board.
- **Amy Whitcomb Slemmer** is a health-care attorney who brings more than 20 years of health policy and management experience in national and local arenas to Health Care for All—a Massachusetts organization that "seeks to create a consumer-centered health-care system that provides comprehensive, affordable, accessible, culturally competent, high-quality care and consumer education for everyone, especially the most vulnerable." *(from Health Care for All's mission statement)*

The forum is free of charge and preregistration is ***not*** required. For more information, call the Brookline Department of Public Health at 617-730-2300.

Light hors d'oeuvres will be served from **6:00 to 7:00 pm** 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, the Brookline Commission for Women, and the Brookline Department of Veterans Services.

Donations for St. Paul's Food Pantry may be dropped off at the Senior Center from 7:30 am to 4:00 pm Monday through Friday.

Springwell Nutrition Program JUNE 2010

617-730-2770

MONDAY	TUESDAY	WEDNESDAY
If soup is served for any meal, crackers are included. **Meals are served at 12:00 noon unless otherwise noted.**	1) **Potato Chowder** Ratatouille W/Beef, White Rice, Biscuit **OR** ***Seafood Salad on Whole Wheat Bread, Lettuce Leaf, Tossed Salad w/Lite Dressing, German Potato Salad **Pineapple**	2) Turkey Broccoli Penne Casserole, Carrots, Oatnut Bread **OR** Cold BBQ Chicken & Mozzarella on Hamburger Roll, Sliced Red Onions, Cole Slaw, Three Bean Salad **Fresh Fruit**
7) Baked Macaroni & Cheese, Spinach & Mushrooms, Multigrain Bread **OR** Egg Salad on Lettuce Leaf, Beet Salad, Cole Slaw, Rye Bread **Fresh Fruit**	8) **Minestrone Soup** Baked Chicken w/ Gravy, Broccoli, Roast Sweet Potato, Dinner Roll **OR** Roast Beef & American Cheese on Multigrain Bread, Lettuce Leaf, Lite Mayo, Greek Pasta Salad, Spinach Mandarin Orange Salad w/Lite Dressing **Pears**	9) **Vegetable Barley Soup** Meatloaf w/Mushroom Gravy, Mashed Potatoes, Green Beans, Oatnut Bread **OR** Honey Turkey & Provolone Cheese on Hamburger Roll, Lettuce Leaf, Lite Mayo, Tomato Red Pepper Salad, Pasta Salad w/Cheese **Vanilla Cake w/Vanilla Frosting**
14) Stuffed Shells, Meatball w/Tomato Sauce, Three Bean Medley, Spinach, Wheat Bread **OR** Egg Salad on Multigrain Bread, Lettuce Leaf, Lo Mein Pasta Salad, Cucumber Creamy Dill Salad **Fresh Fruit**	**15) <u>Father's Day and Birthday Special</u>** **Beef Stroganoff w/Noodles** **Mushroom and Sherry Wine & Parsley Noodles w/Sauce** **Peas & Pearl Onions** **Garlic Dinner Roll** **Apple Bread Pudding w/Rum Sauce**	16) **Mushroom Barley Soup** Pier 17 Fish, w/lemon Pepper Sauce, Red Bliss Potatoes, Italian Blend Vegetables, Rye Bread **OR** Roast Beef & Swiss on Bulkie Roll, Lettuce Leaf, Lite Mayo, Cauliflower Carrot Salad, Red Skin Potato Salad **Tapioca Pudding/Topping**
21) **Lentil Soup** Baked Haddock, w/Florentine Sauce, Brown Rice, Mixed Vegetables, Oatnut Bread **OR** American Sub on Bulkie Roll, Mayo, Lettuce Leaf, Broccoli Tomato Salad, Balsamic Vinaigrette Pasta **Fresh Fruit**	22) Beef Stew, Peas, Multigrain Bread **OR** Roast Beef & Swiss on Wheat Bread, Mustard, Lettuce Leaf, Beet Salad, German Potato Salad **Chef's Choice of Dessert**	23) ***Reduced Sodium Hot Dog, Baked Beans, Cole Slaw, Hot Dog Roll **OR** Turkey & American Cheese on White Bread, Lite Mayo, Spinach Mandarin Orange Salad w/Lite Dressing, Pesto Pasta Salad **Pears**
28) **Cream of Butternut Squash** Turkey Burger, Garlic Potato Wedges, Carrots, Bulkie Roll **OR** Roast Beef & American Cheese on White Bread, Mayo Packet, Lettuce Leaf, German Potato Salad, Cucumber Tomato Salad **Fresh Fruit**	29) Vegetable Cheese Quiche, Roasted Potatoes, Brussels Sprouts, Apple Cinnamon Muffin **OR** Peppercorn Turkey & Provolone Cheese on Oatnut Bread, Mayo Packet, Lettuce Leaf, Pasta Salad w/ Cheese, Cole Slaw **Peaches**	30) **Minestrone Soup** BBQ Grilled Chicken w/Cheddar Cheese, Chuckwagon Corn, Green Beans & Tomatoes, Corn Bread **OR** Egg Salad on Wheat Bread, Lettuce Leaf, Corn Salad, Three Bean Salad **Pineapples**

THURSDAY	FRIDAY
3) **Chicken Noodle Soup** Lemon Dijon Chicken, Mixed Vegetables, Toasted O'Brien Potatoes w/Red & Green Peppers, Rye Bread **OR** Tuna Salad on Oatnut Bread, Lettuce Leaf, Potato Salad, Riviera Salad **Vanilla Pudding/Topping**	4) **Summer Barbeque** Sponsored by Brookline Health Care Center Free! Reservations required. No Springwell Lunch today.
10) **Clam Chowder** Salmon Boat w/Lemon Sauce, Summer Squash, Red Bliss Potatoes, Wheat Bread **OR** Chicken Caesar Salad, Croutons, Parmesan Cheese, Lite Creamy Italian Dressing, German Potato Salad, Half Pita Pocket **Pineapple**	11) Apple Glazed Roast Pork, Potatoes w/ Fresh Cream Sauce, Peas & Carrots, Cranberry Orange Muffin **OR** ***Seafood Salad on Hot Dog Roll, Lettuce Leaf, Three Bean Salad, Carrot Pineapple Raisin Salad **Chocolate Pudding/Topping**
17) **Cream of Butternut Squash** BBQ Pulled Pork Sandwich, Cole Slaw, Chuckwagon Corn, Bulkie Roll **OR** Turkey Salad on a Lettuce Leaf, German Potato Salad, Tomato Red Pepper Salad, Rye Bread **Pears**	18) **Corn Chowder** Chicken Cacciatore, White Rice, Broccoli, Wheat Bread **OR** Tuna Salad on Oatnut Bread, Lettuce Leaf, Greek Pasta Salad, Tossed Garden Salad w/Lite French Dressing **Peaches**
24)**Italian Garden Veggie Soup** Baked Ziti w/Tomato Sauce, Parmesan Cheese, Spinach, Carrots, Italian Bread **OR** Chicken Salad on Hamburger Roll, Lettuce Leaf, English Pea Salad, Riviera Blend Salad **Ice Cream Cup**	25) **Broccoli Cheese Soup** Orange Almond Chicken w/Sauce, Sweet Potatoes, Peas & Onions, Orange Cranberry Muffin **OR** Egg Salad on Oatnut Bread, Lettuce Leaf, Mixed Vegetable Salad, Three Bean Salad **Apple Sauce**

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.
For meal reservations on Tuesdays through Fridays, please call the previous day by 11:00 am.

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**. Call 617-730-2770 for reservations.

On **Friday, June 4**, there will be a barbeque, a real, honest-to-gosh **Summer Barbeque** sponsored by the Brookline Health Care Center (see also p. 12).

Come to the combination **Father's Day and Birthday Special lunch on Wednesday, June 15**. If you have a June birthday, don't forget to mention it when you make your reservations for this luncheon.

And the **Let's Go Out to Lunch** group will meet at 12:00 noon on **Tuesday, June 30** at Dorado Tacos and Cemitas at 401 Harvard Street.

Brookline Senior Center
93 Winchester Street
617-730-2770

JUNE 2010

EVENTS CALENDAR

MONDAY	TUESDAY	WEDNESDAY
To reserve a lunch please call 617-730-2770 by 11 am, a day in advance	1 10:30am Brookline Bees 11a.m-3:00 pm Food distribution 1:00 pm Bingo 1:30 pm Movie Lovers' Film Series "Seraphine"	2 9 am BLAB lawyer 9:30 am Retired Men's Club 12:30 pm Bridge 2-4 pm Open computer lab
7) 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 1:30 pm Jean's group 2-4 pm Open computer lab	8 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 "Precious"	9) 9:30 am Retired Men's Club 12:30 pm Bridge 1 pm Art Walk on Muddy River 1 pm COA meeting, speaker is Mary Dewart on Green A Little, Change A Lot 2-4 pm Open computer lab 3:30-5 pm CIA Orientation Mtg.
14 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 1:30 pm Jean's group	15 10:30am Brookline Bees, Quilters 11am-3:00 pm Food distribution 12 noon Father's Day and June Birthday Lunch 1:00 pm Bingo 1:30 pm Movie Lovers' Film Series "The Blind Side"	16 9:30 am Retired Men's Club 12:30 pm Bridge 1 pm Low Vision Group meeting out of building 1:30 pm Modern Beading 2-4 pm Open computer lab
21 9 am Podiatry Clinic 9:30-1pm Trip to Castle Island 10:30 am Poetry Workshop filled 12:30 pm Chinese programs 1 pm Mah Jongg/Scrabble 1-2 pm Line Dancing 1:30 Jean's group 2-4 pm Open computer lab 5-7 Reception for Artists	22 10:30 am Brookline Bees, Quilters 11am-3:00 pm Food distribution 12 noon Out to Lunch group, Dorado Tacos and Cemitas Rest. 1:30 pm Movie Lovers' Film Series "Crazy Heart" 12:30 pm French Conversation grp. 1:00 pm Bingo	23 9:30 am Retired Men's Club 12:30 pm Bridge 1:30 pm "Love Letters" with Richard Clark 2-4 pm Open computer lab
28 10:30 am Poetry Workshop filled 10:30 am Discussion of End-of-Life issues 1 pm Mah Jongg/Scrabble 1-2 pm Line Dancing 1:30 pm Jean's group 2-4 pm Open computer lab	29 10:30am Brookline Bees-Quilters 11am-3:00 pm Food distribution 1:00 pm Bingo 1:30 pm Movie Lovers' Film Series "It's Complicated"	30 9:30 am Retired Men's Club 12:30 pm Bridge 2-4 pm Open computer lab

THURSDAY	FRIDAY
3 10:30 am Knit and Crochet 10:30 am Athritis Exercise - prereg. 1:30 pm Knit and Crochet 1:30 pm Russian Tea Room 1:30 pm Easy Travel Great Palaces of Russia with Derek Mann	4 9 am Bridge 9:30 am Solemates Walking Group 10 am Project Volunteer Group 10:30 am Current Events 12 noon - BBQ preregistration req. Senior Chorus performs after lunch 1 -2:30 Parkinson's Support Group
10 10:30 am Knit and Crochet 1:30 pm Russian Tea Room 1:30 pm Knit and Crochet	11 9 am Bridge 9:30 am Solemates Walking Group 10 a.m Project Volunteer Group 10:30 am Current Events 10:30 amSenior Chorus Alzheimers' Support Group - call for time
17 9 am Blood Pressure Screening 9:30 am Drawiang Class begins 10:30 am & 1 pm Knit and Crochet 1:30 pm Russian Tea Room 2 pmMARIE LAVINE CONCERT 6:30 pmPublic Health Forum	18 9 am Bridge 9:30 am Solemates Walking Group 10 a.m Project Volunteer Group 10:30 am Current Events 10:30 am Senior Chorus 1 pm "Bait and Hook" presentation on compulsive gambling
24 10:30 am Knit and Crochet 1:30 pm Knit and Crochet 1:30 pm Russian Tea Room Evening Alzheimers group call for time	25 9 am Bridge 9:30 am Solemates Walking Group 10 a.m Project Volunteer Group 10:30 am Current Events 10:30 am Senior Chorus
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., 12 noon-4 pm

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

10:15 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

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

ORIENTATION MEETING: CAREERS IN AGING (CIA) PROGRAM

On **Wednesday, June 9, from 3:30 to 5:00 pm**, meet the staff of this year's CIA program at the Senior Center. Get to know other participants and suggest ideas for the summer programs and activities. For more information and to volunteer to participate in this summer's program, call Deidre Waxman at 617-730-2767 or e-mail her at dwaxman@brooklinema.gov.

STUDIOS WITHOUT WALLS

The Senior Center has scheduled a trip to see the Studios without Walls exhibit on **Wednesday, June 9**. The exhibit is mounted along the Muddy River between the Longwood T-stop and Park Drive.

Participating artists are Muriel Angelil, Myrna Balk, Camilo Cardenas, Donna Dodson, Louise Farrell, Janet Hansen Kawada, Karen Klein, Milan Klic, Bette Ann Libby, Lyn MacDonald, Elizabeth Michelman, Andy Moerlein, Joan Schwarts, Hannah Verlin, Barbara Vogelsang, Jeanne Williamson, and Jim Wright.

The van will leave the Senior Center at **1:00 pm**. The tour of this annual exhibit of art along the Muddy River will be led by Karen Klien. This event is free, but space is limited so reservations are required. Call 617-730-2770 to register for this event.

This 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.

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CAREERS IN AGING

Once again we are looking for seniors to join in the Senior Center's popular Careers in Aging (CIA) program to work with Brookline High School students in July. Projects include: photography and scrapbooking, oral history interviews, reminiscence projects, an intergenerational book club, crafts and games projects, 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 reaching out to all interested seniors early because we want to be sure we reach all of you. We are also reaching out to 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 and an application form .

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.

MODERN BEADING WORKSHOP

This beading workshop for beginners and experienced beaders alike will meet in April 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. Bring beads, earring backs, crimps, and one yard of Soft Flex—all available craft stores.

The workshop is free, and no registration is required. For more information and date and time for this workshop, call Charlotte Millman at 617-730-2769.

END-OF-LIFE ISSUES TALK

Join a nurse and social worker from Brighton House in a discussion of this very current topic on **Monday, June 28 at 10:30 am** at the Senior Center.

FRENCH CONVERSATION

Brush up your French conversation on two Tuesdays in June, June 8 and 22 with Agnes Serenyi facilitating.

Kick it up a Notch.

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CRAFTS DECORATING GROUP

If you noticed the decorations this group did for St. Patrick's Day and Mother's Day, perhaps you would like to join them to make decorations for Father's Day and the Fourth of July. The group, led by Jean Doherty, will meet every Monday afternoon during June from 1:30 to 3:00 pm.

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.

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PRESENTING RICHARD CLARK IN "LOVE LETTERS"

You loved him last year as Clarence Darrow. Now see him at the Senior Center in the two-person play "Love Letters." **On Wednesday, June 23, at 1:30 pm**, don't miss the dramatic performance of this Broadway hit. Richard Clark is an actor with over thirty years of experience in New England regional theater, New York theater, and television. He is a graduate of Clark University and studied at the American Academy of Dramatic Art, The Actor's Connection, and the Actor's Loft in New York City. His Keeping History Alive series brings historical figures such as Mark Twain, Andrew Carnegie, Clarence Darrow, John Barrymore, Ernest Hemingway and William Shakespeare back to life. His shows are based on biographies, autobiographies, personal letters, books, and the works of many playwrights.

Scenes from "Love Letters"

"Love Letters" is set in the World War II era and is a a warm, poignant, and humerous look at life and love told through a series of letters. The reading of these letters reveals complicated feelings and emotions, connections and a reaffirmation of the enduring value of friendship and love.

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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 be among the participate in the annual Jan Marble Memorial Walk at Castle Island on **Monday, June 21**. The walk begins at 10:30 am with registration and warm-up. Bring a picnic lunch or plan on picking up something at Sully's. Space is limited so call 617-730-2770 to reserve transportation. **The van will leave the Senior Center at 9:30 am** and return in the afternoon.

This walk is sponsored by the Commonwealth of Massachusset's Keep Moving Program from the Executive Office of Elder Affairs, and the Massachusetts Department of Public Health the Massachusetts Councils on Aging and Senior Center Directors with the support of the Massachusetts Department of Public Health and Blue Cross/Blue Shield of Massachusetts. It promises to be an exciting and worthwhile activity with the bonus of providing and promoting healthy and friendly walking.

`

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. If you need a ride, call 617-730-2777, and leave your name and telephone number for Nancy Johnson. She will get back to you.

BAIT AND HOOK: PROBLEM GAMBLING AND OLDER ADULTS

The issues facing older adults in relation to problem gambling are incredibly important and relatively unacknowledged. This production illustrates these vital issues dramatically. In 2009, *Bait and Hook* was created by Elizabeth S. Ross and three remarkable seniors who had never acted in, or written a play befor--Donna Greene, Joseph Mathieu, and Albert Merrill. We assembled the script out of their personal experiences combined with other real-life accounts of problem gambling. So while no character in the show represents the total experience of one person, the stories that they describe are typical and derived from real events. Thank you to The Massachusetts Council on Compulsive Gambling for producing this piece and for their continued support without which is production would not be possible.

The dramatization will be presented as a live performance on **Friday, June 18 at 1:00 pm** at the Senior Center. It will be followed by a discussion of the subject and its implications and very real concerns, which is particularly relevant in these times when the issue of casino gambling has become such a hot political topic—so hot, in fact, that it will undoubtedly have real impact on the upcoming gubernatorial race.

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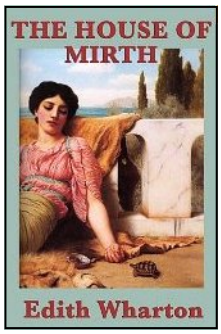
RETIRED MEN'S CLUB

Note that the Retired Men's Club has changed its meeting time. It still will meet **every Wednesday** at the Senior Center, but the time has changed from 9:30 am to **10:30 am**. Members of this group should mark this new time on their calendars.

BOOK DISCUSSION GROUP



The group will meet on **Monday, June 21, at 3:00 pm** at Temple Emeth in Putterham Circle. The book under discussion for this meeting is *House of Mirth* by Edith Wharton.

"The heart of the wise is in the house of mourning; but the heart of fools is in the house of mirth," warns Ecclesiastes 7:4, and so does this novel by Edith Wharton that takes its title from this call to heed. New York at the turn of the century was a time of opulence and frivolity for those who could afford it. But for those who couldn't and yet wanted desperately to keep up with the whirlwind, like Wharton's charming Lily Bart, it was something else altogether: a gilded cage rather than the Gilded Age.

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 will supply the sheet music.

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

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SENIOR SCENE

A magical program featuring readings of their work by members of "Seasoned Voices," the Senior Center's Poetry Workshop is running through Sunday, June 6 on Brookline Access Television's (BATV's)Senior Scene hosted by Betty Joel.

On Thursday, June 10, an equally wonderful program featuring Louise Weinberg, the instructor of our Drawing for Pleasure workshop and three of her students—Sol and Gloria Brenner and Tobey Taylor—will debut. It will run through mid-July.

Senior Scene can be viewed on BATV three times each week: on Thursdays at 7:00 pm with repeat airings on Fridays at 1:00 pm and Sundays at 7:30 pm.

DRAWING FOR PLEASURE

A new session of this award-winning and extremely popular 7-week course in learning to draw will start **Thursday, June 17 at 9:30 am** at the Senior Center. This free workshop is for new, beginning students. Please call 617-730-2770 to register.

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

There will be open studio space for continuing students.

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

Photo by Tobey Taylor

Kudos to LouiseWeinberg and the Drawing for Pleasure *workshop for their award from the Brookline Commission for the Arts*

HELP THIS SUMMER

Let's all give a warm welcome to Kelly Burke and Liz Kalfas who will be taking on the duties of the Council on Aging's (COA's) HELP program this June and July while Susan Kanian-Andriole is on maternity taking care of her brand new daughter , Lily.

Kelly and Liz are not new to us. They have been at the Senior Center as Social Work student interns since last September so you have encountered their cheerful faces often during the course of the academic year.

One or both of them will be on duty at the HELP office (reachable by phone at 617-730-2752) on Mondays, Wednesdays, and Fridays from 9:00 am to 1:00 pm and on Tuesdays and Thursdays from 1:00 to 5:00 pm. So if you find yourself in need of HELP (see p. 8 for a description of the HELP program), call on them.

SUMMER CONCERTS AT EMERSON PARK

Family and friends gather **every Wednesday** throughout 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 that the concert get settled and enjoy your picnic before the music starts.

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 anw will be updated online at www.brooklimema.gov and on the Weather Line at 617-730-2083.

These concerts are sponsored by local businesses and organizations.

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BROOKLINE RECREATION—IT'S WHAT WE DO!

The Brookline Recreation Department has planned excursions galore for the summer:

IN JUNE:

Spirit of Boston Cruise and Lunc—Wednesday, June 3—Bus leaves the Soule Center at 10:15 am and the Senior Center at 10:30 am and returns at approximately 3:00 pm. ***Cost:*** $45.00 per person.

WalkingTour of Fenway Park—Friday, June 11—Van leaves the Senior Center at 11:00 am and returns at approximately 2:30 pm. ***Cost:*** $15.00 per person.

Foxwoods Casino—Saturday, June 26—Bus leaves the Soule Center at 7:45 am and the Arcade Building at 8:00 am; returns at approximately 6:00 (Arcade) and 6:30 (Soule) pm.

Join your friends and spend the day at one of America's largest casinos located in Southeast Connecticut. Foxwoods offers over 7000 slot machines, 380 gaming tables, shops, restaurants, and more! All participants in this trip must be 21 or older.

Cost: $30.00 per person (which includes the round-trip motor coach transportation, a $10 food casino bonus, and two $15 Keno bets (the latter is subject to change).

IN JULY

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.

IN AUGUST

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.

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.

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BROOKLINE ADULT & COMMUNITY EDUCATION (BA&CE) COURSES

In these pages, we have listed many BA&CE courses of interest to seniors starting in June: fitness courses on p. 3, the 15th Annual Public Health Policy Forum on p. 15, and the Continuing to Drive Past 55 course in the box at the bottom of this column. All of these courses and the ones that are mentioned in this article are given at the Senior Center.

A **Literary Discussion Group** (Susan Gorman Grey, instructor) is being offered on 8 Tuesdays from 10:30 am to 12:30 pm, beginning June 1. The fee is $120, and the course code is **H010**.

An **Introduction to Watercolor** (Karine Kadiyska and Anthony Riccardi, instructors) will run 6 Mondays from 10:00 am to 12:30 pm, beginning June 1. A supply list will be mailed to you on registration. The fee is $118, and the course code is **A002**.

CONTINUING TO DRIVE PAST 55

BA&CE is offering a course at the Senior Center called **Continuing to Drive Past 55 (3 Thursdays, beginning June 17**. A fee of $100 fee 9payable to Pleasant Auto) will get you the three Thursday classes plus 2 hours of behind-the-wheel retraining to help you refine your existing driving skills and develop safer and defensive driving techniques on the road. This six-hour course includes four hours of classroom discussion and videos and two hours of behind-the-wheel retraining to help refine existing driving skills and develop some safer defensive driving techniques on the road.

For more information and to register, call BA&CE at 617-730-2700 or access them online at www.brooklineadulted.org. Course code: **N055)**. The senior discount does not apply to this course.

Other BA&CE courses that are not being offered at the Senior Center but that might be of interest to seniors are:

Roland Hayes Tribute Recital: I've Got to Live the Life I Sing About in My Songs. A BA&CE special event on Sunday, June 13 at 3:00 pm at St. Paul's Episcopal Church at 15 St. Paul Street. Fee: $10.00. Course code: **X235**.

Unlaunch'd Voices: An Evening with Walt Whitman. Another BA&CE special event. This is a performance by Stephen Collins, actor, that will be on Wednesday, June 23 from 7:00 to 8:30 pm at Brookline High School. Fee: $10.00, Course code: **X236**.

Volunteering: Alternative Ways to the Job Market (Ruth Levitsky, volunteer) on Thursday, June 3 from 7:00 to 8:00 pm at Brookline High School. Fee: $6.00. Course code: **J399**.

To register for these courses, call 617-730-2700 or go online at www.brooklineadulted.org.

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.

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VOLUNTEERS NOTE!

Vivian Freeman, our volunteer coordinator, will be on vacation from June 14 through Labor Day. In her absence if you want or need to contact someone about the SHOP program, call the HELP number 617-730-2752. For general problems or information, call Charlotte Millman at 617-730-2769. Vivian thanks all the volunteers and wishes them a lovely summer.

THANK YOU…

For your donations in June:

To Annual Appeal Donors: The Reverend George and Mrs. Margaret Chapman, Morgan & Rita Daly, Greater Boston OWL, Richard Leary, Vivian Mosgofian, and Susan C. Wheeler & Christine Westphal.

To Frank Dimaria **for his dona**tion **in honor of** his friends at the Senior Center and the happiness the Senior Center gives to all who walk in

To Diana Kaplan **for her donation in honor of** Peter Rosenbaum

To Celia Lebel & Mario Tavares, Nina's daughter and son-in-law **for their donation in honor of** Nina Lebel **and supporting the Senior Van**

To Central Bank **for its donation in honor of** the English as a second language program

To Trudy Cohen **for her donation in memory of** Raymond Rogers

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.

For many years Bob Berkowitz has been preparing the postcards for the At the Gallery exhibits. He is now retiring from that position. We want to thank him for all his good work on the postcards over the years, and wish him a relaxed, happy retirement!

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

Many thanks to the many contributors to the June issue of the *Senior News and Events*. To SHINE for the article on Medicare Fraud and Abuse on p. 5; to Emmett Schmarsow Alert: the "Donut Hole" on p.6; to the Virtual Street Corners brochure for the photos on p.7; to Netflix for the movie summaries on p. 11; to Jewish Family & Children's Service for the recipe on p. 13 modified from www.eatingwell.com; and to Mimi Katz for the Artbarn Theatre reprise photos and to Julie Washburn for the Petite Boutique reprise photos both on p. 30.

And, of course, thanks to all the staff members and volunteer proofreader Rhona Hershowitz who leant a hand in putting together this issue.

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Photos by Mimi Katz.
Left: The audience was transfixed.
Above and above right: The players were great.
Right: The supper was cozy and friendly.

PETITE BOUTIQUE REPRISE

It was a beautiful Sunday afternoon in May, and the Senior Center was brilliant with beautiful jewelry and giftware. This all combined for a terrific event. We made over $1000, and a good time was had by all. After the Boutique closed there was a lovely concert by the Justin Meyers Trio accompanied by a lavish dessert buffet.

To the many great volunteers who worked to make this event a big success—thank you, thank you, thank you. We hope to see you all again when we start planning the Holiday Craft Fair later in the summer.

Photos by Julie Washburn.
Lots of buyers for everything especially the jewelry, but the bake sale was also successful. And intriquing and mystifying paperweights and brilliant jewelry. Wow! What a combination!

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

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

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