

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



MARCH 2009



Council on Aging **Elderbus Hotline**

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617 730 2778

Senior Center

Van

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www.brooklinema.gov



OTHER HIGHLIGHTS

Attend a Food \$ense Workshop on
March 10—see p. 12

Attend a special visit to the A. Lincoln
bicentennial birthday exhibit on March
12—see p. 14

Have a free Oral Health Screening on
March 13—see p. 5

Find out if American Health Care can
be fixed on March 25—see p. 28

Go to the Senior Book Discussion that
is part of Brookline Reads on March
23—see p. 26.

SOS RESTAURANT EVENT

Join us at the Stock Our Shelves (SOS)
Restaurant Event at the Senior Center on
Monday, March 9, from 4:00 to 6:00 pm
to benefit the Brookline Food Pantry. En-
joy live jazz by the Blues Cabaret while
you *sample* food from local Italian, Chi-
nese, Mexican, and American restaurants.



**Feeding the
Community**

The *admission fee* for this event is a *donation of 3 nonperishable items* from the Pantry's special needs list: instant coffee; cup of soup/ramen noodles; mayonnaise; packets of powdered milk; tea bags; packets of cocoa; canned meats, fish, vegetables, fruit, hearty soups, and dinners; macaroni and cheese; boxed dinners; rice; pasta/pasta sauce; hot and cold cereals; jellies and jams; cooking oil, baby food; shampoo; hand, dish, and laundry soap; toothpaste; and toilet paper *or a donation of \$5.00* to the Brookline Food Pantry.

Bring extra cash as there will be many goodies raffled off—goods and services.

GOLDEN ANNIVERSARY CELEBRATION

This dinner party will take place on **Wednesday, March 25, from 5:00 to 7:00 pm** and will celebrate and honor those couples in our community who have been together for 50 years or more. The dinner will be followed by music for listening and dancing provided by the Winiker Orchestra. Honorees are invited to join us for

dinner and to have a photo taken on this special occasion.

Other people wishing to celebrate the honorees are encouraged to do so for a \$10.00 fee. Reservations are required and can be made by calling 617-730-2770. The event is being sponsored by the Brookline Aging Collaborative.

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

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HOLIDAYS IN MARCH



Though there are many important things to celebrate in March—the return of Daylight Savings Time on March 8, Purim on March 10, St. Patrick’s Day on March 17, the first official day of Spring on March 20—there are NO holidays in March on which the Senior Center is closed. So we will be here Monday through Friday throughout March.

COUNCIL ON AGING MEETING

The Council on Aging (COA) board meeting in March will be on **Wednesday, March 11, at 1:00 pm** at the Senior Center.

The speaker this month is Fran Price, Housing Development Manager, Town of Brookline, Department of Planning and Community Development. Ms. Price will discuss the warrant article for Brookline Town Meeting that, if passed, will allow “accessory dwelling units” (aka in-law apartments) in single-family homes “as a tool for increasing the flexibility of the single-family housing stock to address changing demographics and the housing needs facing a range of households, from single individuals to young families to the aging population.” This article is sure to elicit lively debate at Town Meeting in May. Get an early start on the discussion of this article by coming to the COA meeting in March.

March is here! The days are getting longer. An end of winter is in sight. Whether it comes in as a lion or a lamb, it brings with it the beginning of DAYLIGHT SAVINGS TIME. So before you go to bed on Saturday, March 7, advance your clocks and watches by one hour so that you can spring forward on Sunday, March 8!

UPDATING THE 911 TELEPHONE NUMBER

On Wednesday, February 4, Chet Curtis of the New England News Network gave an update that was both intriguing and informative of recent revisions in the 911 emergency telephone number that make it more valuable than ever. This presentation at the Senior Center was videotaped and is now being processed. Once the videotape is ready for release, the Senior Center will show it to all. Keep your eyes on the *Senior News and Events* and the *TAB* for information about when it will be shown.

BROOKLINE FOOD PANTRY IS ON THE MOVE

As of March 9, the Brookline Food Pantry will be located at the old Lincoln School for about 6 months while some reconstruction is done on St. Paul’s Church.

The Pantry will be open at St. Paul’s on March 3, 5, and 7, but will be closed for moving on March 10. It will reopen at its new temporary quarters on Thursday, March 12.

The Pantry’s temp quarters are in the old Lincoln School at 194 Boylston Street (Boylston Street is also Route 9).

See page 1 about donations to the Brookline Food Bank via the SOS Restaurant Event.



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

Ask a Nurse St. Elizabeth's Medical Center's Nurse Practitioner Eileen Currier's March visit to the Senior Center has yet to be scheduled. Look in the *TAB* for additional information.

Podiatry Clinic Routine foot care with Dr. John McLoughlin is available by appointment on **Mondays, March 2, 16, and 30, 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 hold its regular monthly meeting at the

Senior Center on **Wednesday, March 18, at 1:00 pm**.

Blood Pressure Screenings

The Brookline Health Care Center will provide a blood pressure screening **at the Senior Center on Monday, March 9, 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, March 19, 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
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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, March 4, at the Brookline Health Department, 11 Pierce Street, from 2:00 to 3:00 pm
- Wednesday, March 11, at Sussman House, 50 Pleasant Street, from 1:00 to 2:00 pm
- Wednesday, March 11, at Temple Emeth, 194 Grove Street in South Brookline (use the Puddingstone Road entrance), from 3:00 to 4:00 pm
- Thursday, March 19, at the Senior Center from 9:00 to 10:30 am
- Wednesday, March 25, at O'Shea House, 61 Park Street, from 1:00 to 2:00 pm

ARE YOUR PRESCRIPTION COSTS TOO HIGH?



Prescription Advantage, the state's pharmacy assistance program, can help lower your prescription costs. If you become a Prescription Advantage member and you do not have a Part D plan, you can join a plan now. You do not have to wait for the next Open Enrollment Period in November! If you are unhappy with your current plan, Prescription Advantage members also get one additional time each year to change Medicare Part D plans!

You are eligible to join Prescription Advantage, if you are 65 or older and your annual income is less than \$52,000 for a single person or \$70,000 for a married couple. If you are under 65 and disabled, you may also qualify, but at a lower income. There is no charge for joining Prescription Advantage if you have an annual income of less than \$31,200 for a single person and \$42,000 for a married couple. Depending on your income and the Part D plan you choose, Prescription Advantage may help pay all or part

of your drug plan's monthly premium as well as help when you reach the coverage gap (the dreaded *donut hole*).

Call the Senior Center at 617-730-2777 today for a Prescription Advantage application form. Or you can call Prescription Advantage directly at 1-800-AGE-INFO (1-800-243-4636), then press or say 2.

There is also help available from the SHINE program. Call the Senior Center, and ask for a SHINE appointment. Trained SHINE volunteers offer free, confidential counseling on all aspects of health insurance to anyone on Medicare. You can also reach a SHINE counselor if you call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Once you get the SHINE answering machine, leave your name and number, and a volunteer will call you back, as soon as possible.

SHINE is always looking for more people to train as volunteer SHINE counselors so if you are interested in becoming one, contact Dorene Nemeth at 508-532-5980, ext 4109.



COLLECTING USED MEDICAL EQUIPMENT

Donations are now being accepted toward our Equipment Loan Fund (ELF), a new program at the Council on Aging. We are not yet able to lend equipment out but are collecting gently used items for that purpose in the future. If you have a cane, walker, shower bench, commode, bed board, or grabber you are no longer using and would like to contribute, please contact December Heffernan at 617-730-2753. Because of space limitations and other guidelines, we will not be able to accept all items. Please do not drop off items without first speaking with December about the usefulness of your item.!

A HEALTHY MOUTH A HEALTHY YOU

With or without teeth, dental health is important to your overall health! So on **Friday, March 13, from 1:00 to 3:00 pm** the Massachusetts Department of Public Health Office of Oral Health is offering **free** dental health screenings (with tooth brushes, tooth paste, and more accompanying the screenings) for seniors right here at the Senior Center.



For more information, contact Charlotte Millman at 617-730-2769.

SPRING CLEANING TIME

Many of us have spent a lifetime collecting things — the memorabilia of life. There comes a time, however, when we realize that we need to reduce this clutter. And that time is often when we air and clean our homes in preparation for Spring. A lot of the things we could clear out of our homes are items that can be useful, and of value, to others. Here is a guide with some helpful hints about recirculating the still useful and valuable .

TIPS FOR DONATING ITEMS

- You may need to contact several agencies since some organizations can only accept/use certain types of items.
- Check the agency's website to see if they have a donation *wish list*.
- Inquire as to whether an agency can pick up items or if they need to be dropped off at a certain location.
- Many organizations offer receipts that allow the donor to claim a tax deduction. Ask about this as they do not always automatically give the receipts.
- And most importantly, remember to donate only items that are in a condition in which you would wish to receive them yourself.

BANGLES AND BAUBLES FOR BRIGHT SHINY DOLLARS

On Tuesday, March 17, from 10:-00 am to 2:00 pm, Tony Sharrion from Jewelry Plus on Winter



Street in Boston will be at the Senior Center to buy your gold, silver, diamond and costume jewelry, and watches. Why let the trinkets you don't wear languish

in your drawers when they can be turned into cash. Do some 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.

WHERE TO DONATE – GENERAL

Big Brothers/Big Sisters 800-483-5503
Clothing, jewelry, knickknacks, and small household items such as dishes, clocks, pots, and pans. NO bicycles, large appliances (microwave size or bigger), infant items, computers. Call for additional items.

Boomerangs 617-524-5120
Furniture and some household items; please call in advance to verify.

Goodwill/Morgan Memorial 617-445-1010
Clothing, household items such as dishes and flatware, small working appliances, books, and antiques. Call for drop-off locations. No pickup service available.

Coalition for the Homeless 781-595-7570, x 13
Furniture including beds, sofas, kitchen tables, some appliances, and household items such as

dishes and flatware. Winter coats and blankets are accepted during the winter and NEW toys for the KIDZPROJECT program are always welcome. NO large appliances.

Rosie's Place 617-442-9322
Clean women's clothing/accessories, children's books, buttons and jewelry, and toiletries. NO baby or children's items, cell phones, computers, or furniture.

Salvation Army 800-958-7825
Clothing, shoes, furniture, household items, toys and games, jewelry and accessories. Call for drop off locations or for pick up (allow 4 to 6 weeks).

Second Step 617-965-3999
Small household items, working appliances, and new bedding. Call for additional items.

recycle SENIOR CENTER GIFT CART

The Senior Center Gift Cart is an ideal and convenient place to donate small gift items such as vases, picture frames, scarves, figurines, costume jewelry, and greeting cards. It may also accept some larger items, but NO used clothing or electrical appliances

SPECIALTY DONATION CENTERS

Got Books? 978-327-7600

Hardcover, paperback, and audio books; CDs, VHSs, and DVDs. NO encyclopedias, Reader's Digest condensed books, magazines, or newspapers.

Solutions at Work 617-576-0039

Used PCs (year 2000 and up), children's clothing, women's maternity and interview clothing, and men's interview clothing. Please call in advance to confirm that Solutions at Work has a need for the donations you have.

SPRING CLEANING WEB SITES

Craig's List www.craigslist.org

This is an online community forum on which individuals can post items they wish to give away. Exchange of goods is then negotiated directly between the donor and another interested party. Please be sure to specify whether items are FREE or for sale as this web site is also used disposing of both types of items.

The Free Cycle Network www.freecycle.org

This is an online community forum on which individuals can post items they wish to give away. Exchange of goods is then negotiated directly between the donor and another interested party. Unlike Craig's List, the Free Cycle Network was designed for the FREE exchange of reusable goods with the larger goal of reducing waste in landfills.



See also page 26 for cell phone donation information!



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Did You Know?



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

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Financial advisor.

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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 so that \$25.00 a month gives you \$50.00 worth of cab rides as each coupon book has 10 coupons each worth \$1.00 and it 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 BETS, please bring your latest income tax returns when you meet with Alicia. (Remember that all riders must be recertified every year in order to be able to buy BETS coupon books.)

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 Council on Aging 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, March 4**. BLAB is staffed by volunteer local attorneys who offer individuals legal expertise on matters of law as well as information and referrals. This service is offered free of charge, and no appointment is needed.

FILE OF LIFE provides individuals with emergency medical ID cards to be used both at home and away from home. This is a very important program. It should be part of your emergency preparedness program. For more information 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 promptly.

HELP finds trained, dependable workers to assist individual seniors with such tasks as meal preparation, errands, cleaning, and shopping—for an affordable rate. All workers are trained and screened by the HELP staff. 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, Sonny Saslaw, 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.

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ALZHEIMER'S CAREGIVERS SUPPORT GROUPS

There are two sessions of this group and both will meet in March 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 Brookline residents and town employees.

The **Daytime** group will meet **Friday, March 13**. Call group leader December Heffernan at 617-730-2753 to attend and/or for further information.

The **Evening** group will meet **Thursday, March 26**. Call Susan Andriole at 617-730-2754 to attend and/or for further information.

LOOKING INWARD, GAZING OUTWARD

This group is aimed at reducing stress while exploring life's meaning. The group has already addressed meditation and relaxation techniques and is now exploring the intriguing meaning and wonder of dreams with 2 sessions in March— **Mondays, March 2 and 9**, and will delve into spirituality and reviewing life accomplishments and memories on **Mondays, March 16, March 30, and April 6**. No prior experience is necessary to attend this series, and attendance at all sessions is not required.

Special note: The Monday, March 16, meeting will feature Peter Stringham, retired family practitioner, who works with the RUAH Spirituality Institute in Brookline.

There will also be a wrap-up session to evaluate this whole program on **Monday, April 13** so even if you have not attended all the sessions, you might still want to be at the Senior Center for this final session.

There is no fee for participation. This program meets at the Senior Center, **from 1:00 to 2:30 pm**. For more information, contact Amanda Perry at 617-730-2772.

WALKING

There is no exercise like walking. It is easy and natural. And it is something most of us like to do. In addition, walking with a friend, or *buddy* helps decrease the social isolation of elders and disabled.

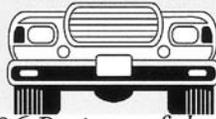
Now Match-Up Interfaith Volunteers has initiated a new program— **Walking Buddies**, a program of Strong for Life. This program provides trained companion volunteers to walk with elders, and it is now available in Brookline. A walking buddy might walk with an elder or disabled person to the corner pharmacy or market, to a coffee shop or café for a treat, around the neighborhood, and up and down the corridors of the elder's residence.

If you would like to take advantage of this service or know someone who would like to use it, call Match-Up Interfaith Volunteers at 617-482-1510 and ask for Walking Buddies.

If you would like to become a Walking Buddy, complete a Volunteer application on the Match-Up web site (www.matchelder.org), and we will get in touch with you. And while you are on the web site, check out all the services Match-Up provides!

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AT THE GALLERY



Come and see this exciting exhibit of watercolor portraits at the Senior Center: ***Inspirational Women of Brookline*** by **Wendy Soneson**. This exhibit will run through Friday, March 13. Hours: 8:30 am to 5:00 pm Mondays through Fridays



A new exhibit—***Images of Brookline***—a group show featuring works about, or inspired by, the Town of Brookline, created by many artists who have exhibited at the Senior Center in the past—will open on March 30 at the Senior Center. Look for more information about the exhibit in announcement postcards, the April *Senior News and Events*, and the *TAB*!



FRENCH CONVERSATION

Sharpen your French conversation skills on **Tuesdays, March 10 and 24 at 12:30 pm** with Agnes Serenyi.

MINOT ROSE GARDEN EXHIBIT

On **Tuesday, March 17, at 10:30 am**, we will meet at the Brookline Arts Center at 86 Monmouth Street to see the center's current exhibit on the Minot Rose Garden. And, weather permitting, we will visit the actual garden.



If you want a ride, reserve a place on the van for this excursion by registering at the reception desk at the Senior Center or by calling 617-730-2770. **DO NOT** make a reservation for this trip through Ron.

BROOKLINE MUSIC SCHOOL CONCERTS

Come to the Senior Center for a performance of the Justin Meyer Jazz Trio on **Wednesday, March 4, at 1:00 pm**. This lively group has performed at the Senior Center many times and is always a treat.



And save **Wednesday, April 1, at 1:00 pm** for another Brookline Music School Concert, this one featuring jazz pianist Amy Bowles, a fabulous performer. Don't miss her concert.



Concerts at the Senior Center sponsored by the Brookline Music School are free of charge. We thank the school for providing such top-notch performers to entertain us.

EASY TRAVEL

Continue our China adventures in March with a visit to "The Jews of Kai Feng, China" on **Thursday, March 5, at 1:30 pm**. This armchair trip is being led by Naogin Tang (Dottie Town).

MOVIE LOVERS SERIES FOR MARCH

Tuesday afternoon at 1:30 is movie day at the Senior Center. Come and relax at a first-class movie experience.



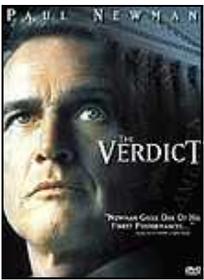
March 3 **The Great Caruso**
109 minutes (1951)

Mario Lanza stars in this Oscar-winning fictionalized account of Italian tenor Enrico Caruso's journey from obscurity in Naples to his celebrated operatic career at the Met in New York. Along the way, he struggles to win the love of several women.



March 17 **In Bruges**
107 minutes (2008)

After accidentally killing an innocent boy in London, hit men Ray (Colin Farrell) and Ken (Brendan Gleeson) are sent by their boss, Harry (Ralph Fiennes), to lay low in Bruges. Uncomfortable in this foreign city, the two professional killers meet eclectic characters and soon get into trouble.



March 10 **The Verdict**
129 minutes (1982)

Washed-up ambulance-chasing attorney Frank Galvin (Paul Newman) gets a chance at redemption when his friend Mickey Morrissey (Jack Warden) tosses him an open-and-shut medical malpractice case. But instead of accepting an easy cash settlement, Galvin takes the powerful defendant to court.



March 24 **Up the Yangtze**
93 minutes (2007)

When the Three Gorges Dam makes life hard for the Yu family, daughter Yu Shui must take a job aboard a cruise ship, where she enters a dizzying microcosm of modern China. Meanwhile, her parents face the rising waters of the Yangtze. English subtitles.



March 31 **Rachel Getting Married**
113 minutes (2008)

When drama queen Kym (Anne Hathaway), a former model who's been in and out of rehab for 10 years, returns to her parents' home just before the wedding of her sister, Rachel (Rosemarie DeWitt), long-standing family conflicts begin to resurface. This touching and humorous drama co-stars Debra Winger.

SENIOR MOVIES AROUND TOWN

There are many organizations around town that have film programs for seniors. Among them:

Senior Cinema (at the **Coolidge Corner branch of Brookline Public Library**) has movies every Thursday afternoon. Call 617-730-2380 for more information. (See also Brookline Reads on p. 26.)

Senior Matinees at the Coolidge Corner Theatre on Wednesdays (\$3.00 for admission to any show before 4:00 pm). Co-sponsored by the Senior Services of JF&CS and the CJP Senior Direct program. For more information, call 617-734-2500.

Coolidge Corner Theatre also has two special series: *Divas in the Dark* (films about opera) and *Europe's Grand Operas* call 617-734-2500 for more information.

Goddard House in Brookline also offers many movies each month. For more information and to make reservations, call 617-731-8500.

DTV

It is still coming. However, the changeover date has changed—from February 17 to June 12. At present, the government is not issuing new coupons for the conversion boxes nor are they replacing lost ones. Stay tuned to the *Senior News and Events* and the *TAB* for further information.

For the most current information and/or with questions, call Stephen Bressler, the Brookline Ombudsman for Cable Television, at 617-730-2330 (TTY 617-730-2327) or e-mail him at steve_bressler@town.Brookline.ma.us.

FOOD \$ENSE WORKSHOP

Come to the Senior Center on **Tuesday, March 10, from 11:00 am to 12:00 noon** to learn how to make your favorite recipes more tasty, healthy, and affordable and to enjoy some delicious food samples. This Food \$ense Workshop is being presented by the Jewish Family & Children Service (JF&CS) Nutrition Services and will feature Kristen Pufahl, MS, RD.

As an added bonus, Riva Berkovitz, COA Needs Counselor, will be on hand to discuss SNAP (Supplemental Nutrition Assistance Program, formerly known as Food Stamps). Find out if you are eligible for this program and, if so, how to apply.

This workshop is sponsored by JF&CS and is free of cost and open to all.

MORE GREEN TIPS

- Limit your time in the shower.
- Air dry clothes to save energy.
- Don't use your wood-burning fireplace. It is not a very energy-efficient source of heat.
- Unplug electrical appliances when you are not using them. This includes cell phone chargers.
- Manipulate shades to let/keep light/heat in/out.



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MODERN BEADING WORKSHOP

If you want to fix broken strings of beads, or create new strings, come to the beading workshop with Marge Harvey on **Thursday, March 26, at 1:00 pm.**

ALZHEIMER'S—RESEARCH UPDATE

The Alzheimer's Association is sponsoring a panel discussion of advances in Alzheimer's research and the applications of cutting-edge work for which the panelists received association grants in 2008.

It is scheduled for Thursday, March 19, at 7:00 pm at the National Heritage Museum, 33 Marrett Road, Lexington, MA (at the intersection of Route 2A and Mass Avenue). For more information and to register, access the association's web site at www.alzmass.org.

FROM THE DIRECTOR

March, despite encompassing the first day of spring, has some of the bleakest weather, and some of us get the winter blues. We at the Senior Center are here to help make the days go by in a warm and enjoyable way with lots of wonderful programs and activities. Certainly, coming through our doors is the perfect antidote to mud, gray days, and wind.

I am always in awe of our elders who bundle up and refuse to let the weather get them down. Your hearty dispositions inspire us all. I chuckled last month when a journalism student came to do a story on elders in the winter, and he could not believe that we were bustling with activity to the point where the bridge game had to find the only available space in the basement. He kept repeating: "This place is just *awesome*."

I personally want to thank everyone who has so far responded to our Annual Appeal and generously donated to us. I know that things are economically tough for so many and I appreciate your gifts. (See also p. 30.)

I am especially grateful for those who included kind words with their checks. A couple of excerpts that moved me: "We are very lucky to have so many dedicated, understanding peo-

ple working on our behalf who oversee the helpful programs, events, and publications." In addition, "I want to thank the Senior Center for all you do to reach out and help everyone. You and the staff do such a great job of creating the warm, cheerful ambience of this wonderful community resource." Please keep sending in the notes and donations!

Please help those who are going hungry this winter by coming to the SOS (Stock our Shelves) Event on Monday, March 9 from 4:00 to 6:00 pm. Samples from local restaurants, including wine tasting and jazz music, will entertain you all for the price of either \$5.00 or 3 items of non-perishable food—all for the Brookline Food Pantry. (See also p. 1.)

Finally, I want to invite all those couples who have been together for at least 50 years to join us on Wednesday, March 25, from 5:00 to 7:00 pm when the Winiker Band will be hosting a dinner dance catered by Vine Ripe. The Brookline Collaborative sponsors this joyous event. (See p. 1.)

Keep warm and remember to bring a donation to the Brookline Food Pantry whenever you visit the Senior Center this month.

—Ruthann Dobek, Director



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BROOKLINE CELEBRATES ABRAHAM LINCOLN

To celebrate the bicentennial of the birth of our 16th president, Abraham Lincoln, the Abraham Lincoln Presidential Library and Museum in Springfield, Illinois, has created a traveling exhibit of archival-quality reproductions of documents, photographs, and memorabilia about the life and accomplishments of the *Great Emancipator*. The exhibit is called **Abraham Lincoln: Self-made in America**. Brookline was selected to be one of the 40 sites to host the exhibit in a nationwide competition. Co-sponsored by the Brookline Historical Society and the Brookline Public Library with the support of the Public Schools of Brookline, Brookline Adult and Community Education (BA&CE), and Friends of the Brookline Public Library, the exhibit will be at the main branch of the Brookline Public Library at 361 Washington Street from March 1 through March 26.

In addition to the special Senior Center event (see box below), you are invited to the opening reception for the exhibit at Hunneman Hall on Sunday, March 1, from 2:00 to 4:00 pm which

will include a theatrical portrayal of a member of Lincoln's administration talking about the events surrounding the assassination of the president.

Other planned events at Hunneman Hall include:

- Tuesday, March 17, from 7:00 to 8:00 pm—A choral program of Civil War era songs performed by the Brookline Public Schools Town-wide Chorus, the Coolidge Corner Chorus Bel Canto, and soloist Thomas Gutheil.
- Sunday, March 22, at 2:00 pm—The 108th Annual Meeting of the Brookline Historical Society at which Professor John Burt, Department Chairman of English and American Literature at Brandeis University, will talk about Lincoln's second inaugural speech.



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SONY

Special Trip for Seniors

The Senior Center has arranged a special time to view the exhibit at Hunneman Hall on *Thursday, March 12, at 10:30 am*, which will include a tour of the exhibit and a special dramatic performance with actor John Dempsey in the role of Lincoln. Mark your calendars for this very special event. This event is free and no reservations are necessary. Just meet us at Hunneman Hall at 10:30 am or call the Senior Center at 617-730-2770 to sign up for going by van to the event.

Happy St. Patrick's Day 

EVENTS IN MARCH AT GODDARD HOUSE

Goddard House in Brookline has also teamed up with the Brookline Historical Society to present programs to celebrate **Abraham Lincoln: Self-made in America.**

Among the offerings at Goddard House in Brookline are:

Discussion: The Connections

Between Abraham Lincoln and Barack Obama (Tuesday, March 3, from 2:00 to 3:00 pm)

Dramatic Presentation of Abraham Lincoln with actor John Dempsey. Questions and answers to follow (Wednesday, March 11, from 2:00 to 3:00 pm)

Film: *Abraham Lincoln: Preserving the Union* (Thursday, March 12, from 2:30 to 4:30 pm)

Lecture: Lincoln—role Model for Lifelong Learning—with Paul McDonald (Friday, March 13, from 9:30 to 10:30 am)

Creative arts project: Take part in the creation of a collaborative 200th birthday card to President Lincoln. Sponsored by the Illinois Abraham Lincoln Bicentennial Commission (Tuesday, March 24, from 2:00 to 3:00 pm)

Film: *Lincoln and Lee at Antietam: The Cost of Freedom* (Thursday, March 26, from 2:30 to 4:30 pm)

Lecture: Abraham Lincoln's Unfinished Work with Paul McDonald (Friday, March 27, from 9:30 to 10:30 am)

Kick it up a Notch.



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



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

THE ASSISTANCE YOU NEED TO STAY INDEPENDENT

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

MONDAY	TUESDAY	WEDNESDAY
<p>2) Chicken White Bean Soup/Crackers Aloha Chicken White Rice - Spinach Wheat Bread</p> <p style="text-align: center;">OR</p> <p>Roast Beef & American Cheese on Rye Bread/Lite Mayo Macaroni Salad / Roman Blend Salad</p> <p style="text-align: center;">Oatmeal Raisin Cookie</p>	<p>3) Vegetable Soup/Crackers Roast Turkey W/Gravy Garlic mashed Potatoes / Butternut Squash Cranberry Sauce / Corn Bread</p> <p style="text-align: center;">OR</p> <p>Seafood Salad on Hot Dog Roll Carrot Pineapple Salad Pasta Salad</p> <p style="text-align: center;">Vanilla Pudding/Topping</p>	<p>4) Stuffed Shells w/Tomato Sauce & meat-ball Peas / 3 Bean Medley Garlic Dinner Roll</p> <p style="text-align: center;">OR</p> <p>Turkey & Mozzarella Cheese on Oat meal Bread/Lite Mayo Eng. Pea Salad /Cuke-Tomato Salad</p> <p style="text-align: center;">Peaches</p>
<p>9) Split Pea Soup/Crackers Chicken Quarter w/Creamy Italian Sauce Oven Roasted Potatoes / Seasoned Broccoli Rye Bread</p> <p style="text-align: center;">OR</p> <p>*** Ham & Swiss Cheese on Oatmeal Bread Mustard Carrot Raisin Salad English Pea Salad</p> <p style="text-align: center;">Fresh Fruit</p>	<p>10) Vegetable Soup/Crackers Stuffed Cabbage w/ Tomato Sauce Brown Rice / Herbed Green Beans Oatmeal Bread</p> <p style="text-align: center;">OR</p> <p>Roast Beef & American Cheese on Hamburger Roll / Lite mayo Potato Salad Tomato Red Pepper Salad</p> <p style="text-align: center;">Diced Pears</p>	<p>11) Reduced Sodium Hot Dog on Hot Dog Roll Ketchup / Mustard / Relish Baked Beans / Cole Slaw</p> <p style="text-align: center;">OR</p> <p>California Chicken Salad on Multigrain Bread Lettuce Leaf Cole Slaw Pasta Vegetable Salad</p> <p style="text-align: center;">Peaches</p>
<p>16) Cream of Butternut Squash/Crackers Beef Steak Patty w/Brown Gravy Whipped Potatoes / Green Beans Wheat Bread</p> <p style="text-align: center;">OR</p> <p>Egg Salad on Lettuce Leaf Lemon Rice Salad / Tomato Red Pepper Salad / Multigrain Bread</p> <p style="text-align: center;">Mixed Fruit</p>	<p>17) Birthday & St. Patrick's Day Special ***Corned Beef Stew Parsley Boiled Potatoes Golden Biscuit</p> <p style="text-align: center;">Ambrosia Chocolate Gold Coins</p>	<p>18) Vegetable Soup/Crackers Orange Almond Chicken w/ Sauce O'Brien Potatoes / Broccoli Oatmeal Bread</p> <p style="text-align: center;">OR</p> <p>Roast Beef & Mozzarella on Rye Bread Lite Mayo / Lettuce Leaf Rice Broccoli Cheese Salad/Beet Salad</p> <p style="text-align: center;">Chocolate Brownie</p>
<p>23) ***Chicken Kielbasa w/ Onions & Peppers Oven Roasted Potatoes / Honey Glazed Carrots Mustard / Sub Roll</p> <p style="text-align: center;">OR</p> <p>Roast Beef & Swiss Cheese on Oatmeal Bread Lite Mayo / Lettuce Leaf Tomato broccoli Salad / Potato Salad</p> <p style="text-align: center;">Pear Crisp</p>	<p>24) Split Pea Soup/Crackers Baked Chicken w/Brown Gravy Whipped Potatoes / Peas Rye Bread</p> <p style="text-align: center;">OR</p> <p>Turkey Salad on Wheat Bread Lo Mein Salad / Spinach Mandarin Orange Salad w/Lite Italian Dressing</p> <p style="text-align: center;">Pineapple</p>	<p>25) Clam Chowder/Crackers Crumb Topped Baked Fish w/Lemon Butter Sauce / Sweet Potatoes / Tossed Salad w/Lite Dressing / Whole Wheat Bread</p> <p style="text-align: center;">OR</p> <p>California Chicken Salad on Hamburger Bun Lettuce Leaf German Potato Salad / Riviera Salad</p> <p style="text-align: center;">Pistachio Pudding/Topping</p>
<p>30) Tomato Soup/Crackers Pot Roast w/Brown Gravy Mashed Potatoes / Butternut Squash Dinner Roll</p> <p style="text-align: center;">OR</p> <p>Chicken Patty on Hamburger Roll Lite Mayo / Lettuce Leaf Tri-Color Pasta Salad / Roman Blend Salad</p> <p style="text-align: center;">Butterscotch Pudding/Topping</p>	<p>31) Potato Chowder/Crackers Pier 17 Fish Tartar Sauce / Lemon Wedge Rice Pilaf / Peas & Onions / Rye Bread</p> <p style="text-align: center;">OR</p> <p>Roast Beef & Swiss Cheese on Multigrain Bread / Lite Mayo Beet Salad / Potato Salad</p> <p style="text-align: center;">Fresh Fruit</p>	

MARCH FOOD SPECIALS

THURSDAY	FRIDAY
5) Pork rib w/Brown Gravy Sweet Potatoes / Cauliflower Rye Bread OR Breaded Chicken patty on Hamburger Roll Lite Mayo Cole Slaw / Pasta Vegetable Salad Fresh Fruit	6) Florentine Soup/Crackers Crab Stuffed Fish w/Newburg Sauce Lemon Wedge Carrots / Lyonnaise Potatoes Oatmeal Bread OR Egg Salad on Multigrain Bread Riviera Salad / Potato Salad Mixed Fruit
12) Tomato Soup/Crackers Pier 17 Fish Tartar Sauce Whipped Potatoes / Zucchini Multi Grain Bread OR Chef Salad w/ Italian Dressing Lo Mein Salad Whole Wheat Roll Tapioca Pudding/Topping	13) Baked Crumb Topped Macaroni & Cheese Brussels Sprouts / Tossed Garden Salad w/ Lite Italian Dressing / Wheat Bread OR Seafood Salad on Lettuce Leaf Tri-Color Pasta Salad Tossed Garden Salad w/Lite Fr. Dressing Rye Bread Cake
19) Turkey Vegetable Pasta Bake Corn Tossed Salad w/Italian Dressing Biscuit OR Chicken Salad Whole Wheat Bread Lettuce Leaf Cucumber & Tomato Salad / Pasta Salad Mandarin Oranges	20) Seafood Chowder/Crackers Potato Crunch Fish w/White Sauce Spinach / Brown Rice Rye Bread OR Vegetarian Chef Salad w/Lite Dressing Potato Salad Whole wheat Roll Fresh Fruit
26) Beef Stew Green Beans Apple Cinnamon Muffin OR *** Ham & American Cheese on Multigrain Bread / Lettuce Leaf / Mustard Cole Slaw / English Pea Salad Fresh Fruit	27) Mixed Bean Soup/Crackers Cheese Lasagna w./Tomato Sauce Tuscany Style Blend Multigrain Bread OR Tuna Salad Rye Bread Lettuce Leaf / Carrot Raisin Salad Pasta Salad w/Cheese Chef's Choice Dessert

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.

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.

On **Monday, March 9**, plan on attending the SOS Restaurant Event from **4:00 to 6:00 pm** to **sample** fare from Brookline restaurants to benefit the Brookline Food Pantry. See p. 1 for full information.

Celebrate St. Patrick's Day and people with March birthdays on **Tuesday, March 17.** When you call for reservations for this special lunch, tell us if you have a March birthday.

On **Tuesday, March 24, at 12 noon**, the Out to Lunch Group will dine at Newbury College's Weltman Dining Room on Mediterranean cuisine from an *a la carte* menu. Van service will be available. Reservations are required. Call 617-730-2770.

And don't forget the Golden Anniversary Celebration from **5:00 to 7:00 pm on Wednesday, March 25.** See p. 1 for full information.

Brookline Senior Center
 93 Winchester Street
 617-730-2770

MARCH 2009

EVENTS CALENDAR

MONDAY	TUESDAY	WEDNESDAY
2) 9 am Podiatry Clinic by appt. 10:30 am Poetry Workshop-filled 12:30 pm Chinese programs 1 pm Mah jongg 1 pm Gazing Inward, Looking Out.. 2:30 pm Cantonese Conversation . 1--2 pm Line Dancing today 2-4 pm Open computer lab	3 10:30amBrookline Bees-Quilters 1 pm Bingo 1:30 pm Movie Lovers' Film Series "The Great Caruso"	4 9am - BLAB lawyer 9:30 am Retired Men's Club 12:30 pm Bridge 1 pm Justin Meyers' Jazz Trio - in concert from Bos Music Schl 2-4 pm Open computer lab
9) 10:30 am Poetry Workshop-filled 12:30 pmChinese programs 1pm Blood Pressure Screen 1 pm Mah jongg 1 pm Gazing Inward, Looking Out 1-2 pm Line Dancing today 2:30 pm Cantonese Conversation 2-4pm Open computer lab 4 -6 pm SOS dinner, pre-reg req.	10 10:30amBrookline Bees-Quilters 11 am Food \$ense Workshop with Kristen Pufahl, M.S., R.D. 12:30 pm French Conversation grp. 1 pm Bingo 1:30 pm Movie Lovers' Film Series "The Verdict"	11 9:30 am Retired Men's Club 12:30 pm Bridge 1 pm COA meeting,speaker is Fran Price- Housing Developmt. Mgr. 2-4 pm Open computer lab
16 9 am Podiatry Clinic by appt. 10:30 am Poetry Workshop-filled 12:30 pm Chinese programs 1 pm Gazing Inward, Looking Out 1 pm Mah jongg 2:30 pm Cantonese Conversation . 1--2 pm Line Dancing today 2-4 pm Open computer lab	17)HAPPY ST. PATRICK'S DAY! 10 am- 3 pm Cash for Jewelry 10:30amBrookline Bees-Quilters 10:30 am Trip to Brookline Art Center- Noon - March Birthday lunch & special St. Patrick's Day lunch 1:00 pm Bingo 1:30 pm Movie Lovers' Film Series "In Bruges"	18 9:30 am Retired Men's Club 12:30 pm Bridge 1 pm Low Vision Group 2-4 pm Open computer lab
23 10:30 am Poetry Workshop-filled 12:30 pm Chinese programs 1 pm Mah jongg 2:30 pm Cantonese Conversation . 1-2 pm Line Dancing today 2-4 pm Open computer lab	24 Noon-Let's Go Out to Lunch Group meets at Weltman DR at Newbury College - reservations required 12:30 pm French Conversation grp. 1:00 pm Bingo 1:30 pm Movie Lovers' Film Series "Up The Yangtze"	25 9:30 am Retired Men's Club 12:30 pm Bridge 2-4 pm Open computer lab 5 -7 pm Golden Anniv. Celebration Reservations required
30 9 am Podiatry Clinic by appt. 10:30 am Poetry Workshop-filled 12:30 pm Chinese programs 1 pm Mah jongg 2:30 pm Cantonese Conversation . 1-2 pm Line Dancing today 2-4 pm Open computer lab	31 10:30amBrookline Bees-Quilters 1:00 pm Bingo 1:30 pm Movie Lovers' Film Series "Rachel Getting Married"	<i>To reserve a lunch please call 617-730-2770 by 11 am, a day in advance</i>

ONGOING SENIOR CENTER EVENTS

THURSDAY	FRIDAY
<p>5 10 am Census Jobs Test Site 10:30 am Knit and Crochet 1 pm Knit and Crochet 1:30 pm " Easy Travel" learns about Jews if Kai Feng China with Dottie Town 1:30 pm Russian Tea Room</p>	<p>6 9 am Bridge 9:30 am Solemates Walking Group 10 am Project Volunteer Group 10:30 am Senior Chorus 10:30 am Current Events</p>
<p>12 AM Trip to Lincoln Exhibit at Library 10:30 am Knit and Crochet 10:30 am Bill McGroarty speaks on Veterans' Benefits 1 pm Knit and Crochet 1:30 pm Russian Tea Room</p>	<p>13) 9 am Bridge 9:30 am Solemates Walking Group 10 am Project Volunteer Group 10:30 am Current Events 10:30 am Senior Chorus 1-3 pm Oral Health Screening from Mass. Dept. Of Public Health Afternoon Alzheimers Support Grp</p>
<p>19 9-10:30 am Blood pressure screen 10:30 am Knit and Crochet 1 pm Knit and Crochet 1:30 pm Russian Tea Room 1:30 pm Active Adults meeting</p>	<p>20 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</p>
<p>26 10:30 am Knit and Crochet 1 pm Knit and Crochet 1:30 pm Russian Tea Room Evening Alzheimers support group</p>	<p>27 9 am Bridge 9:30 am Solemates Walking Group 10 am Project Volunteer Group 10:30 am Current Events 10:30 am Senior Chorus</p>
<p>BETS discount taxi coupons can be purchased at the Senior Center or through the mail. For more information or to apply for the program please call (617)730-2740</p>	<p>SHINE counselors are available to answer your individual health insurance questions. Please call 617-730-2777 for an appointment.</p>

MONDAY

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

TUESDAY

10:30 am— Brookline Bees, Quilters
12 noon -4 pm— BETS
1:00 pm— Bingo
1:30 pm— Movies

WEDNESDAY

9:30 am— Retired Men's Club
12 noon-4 pm— BETS
12:30 pm— Bridge

THURSDAY

10:30 am— Knit and Crochet
1:00 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



Making Your Home a Safe Haven: Simple Changes that Protect Independence

It's a common story. An older friend or relative falls at home and breaks a hip. In the blink of an eye, the world is turned upside down, and, bingo, home modification is necessary. With limited time, there is a scramble to install grab bars in the bathroom and remove tripping hazards throughout the house, hoping these changes will make the home manageable. All the while, everyone is thinking, "Why weren't these changes made *before* the fall."

Unfortunately, most of us live in *Peter Pan* housing—designed for people who never grow old. What's more, we like the familiarity of our homes and resist the idea of making changes that remind us of our advancing years. However, what must be done to preserve our independence, must be done.

According to recent research, 3 in 10 older adults fall each year and 1 in 10 suffers a serious injury, such as a broken hip. Fortunately, simple home modifications can significantly improve the odds for avoiding such disabling injuries.

Entryway

- Keep entryways well lit by using motion-sensitive lights inside and out.
- Keep a well-lit path from the front door to the garage or car.
- Install a small shelf for holding packages while one is unlocking the door.
- Install overhangs above exterior doors to keep entryways dry and prevent ice build-up.

Kitchen

- Make sure stove controls are clearly visible and in good working order.
- Install pullout shelving in lower cabinets making items easier to reach.
- If a stepping stool is needed, buy one with a wide base and safety handles.

Bedroom

- Make sure a lamp (or light switch) and a phone are within easy reach of each bed.

- Install lights in closets.
- Store heavy items low; don't stack items on high shelves.
- Create a clear and direct path from the bed to the bathroom.

Bathroom

- Have grab bars properly installed at the shower, tub, and toilet.
- Make sure light is bright enough to read prescription labels. Keep a magnifying glass in easy reach
- Place frequently used items in easy reach.
- Use nonskid mats or strips in the tub and shower.

Stairways and Paths of Travel

- Install secure handrails on *both sides* of all stairways.
- Install light switches at the *top and bottom* of all stairways.
- Repair loose carpeting and worn stair treads.
- Keep electrical cords and telephone wires against the walls.

Fortunately, most of the changes recommended above cost very little and can be made by a willing friend or family member. Others, like grab bar installation and structural changes, require professional attention. When it comes to protecting your future independence, taking simple steps to make your home safer may be the smartest investment you'll ever make. For modifications that are beyond a senior's budget and resources, help is often available.

by Andrea Cohen. CEO and co-founder of HouseWorks, a private-pay home care agency that also offers home modification services for Greater Boston seniors.

Editor's note: While we cannot recommend a service or agency, seniors in Massachusetts can call 1-800-Age-Info to learn about home modification resources in their communities. They can also call on private-pay home care agencies such as HouseWorks at 617-928-1010 (www.house-works.com) or home modification services such as Operation Independence at 617-923-4545 (www.operationindependence.net)

JENNIFER A LYNCH COMMITTEE AGAINST DOMESTIC VIOLENCE THIRD ANNUAL FORUM



Former US ambassador to Canada and governor of Massachusetts Argeo Paul Cellucci will be the keynote speaker at the Third Annual Jennifer A. Lynch Committee Against Domestic Violence Forum, at Newbury College Auditorium, 129 Fisher Avenue, in Brookline on Thursday, March 5, from 5:30 to 8:30 pm.

Mr. Cellucci has been a critical leader in the fight against domestic violence for over 20 years. One of his first acts as governor was to issue an Executive Order that instituted a zero tolerance policy for domestic violence among state employees. A unique feature of this policy was that it offered not only protection and services, but also 15 days per year of paid leave and 6 months of unpaid leave to employees who were (and are) victims of domestic violence.

TEAM MCMANUS CONCERT

On March 14, from 7:00 to 9:00 pm, the professional *a capella* group, Ball in the House (www.ballinthehouse.com) and Brookline High School's very own *a capella* group (featured in the opening selection of the concert) will be rockin' at Brookline High School in a benefit concert for Spaulding Rehab's Team McManus (www.firstgiving.com/teammcmanus). For details about tickets and more information, contact Team McManus at www.firstgiving.com/ballinthehouse.



VOLUNTEER LUNCH — SAVE THE DATE —

April, in addition to bringing hope that spring (finally!), is arriving also brings with it the Annual Volunteer Lunch as part of Volunteer Appreciation Month.

To thank all of our wonderful volunteers, the Council on Aging is inviting all of them to the Annual Volunteer Luncheon on **Wednesday, April 22, at 12:30 pm** at the Senior Center. Save this date!

In addition, it is not too early to send in your nominations for Volunteer of the Year. Send nominations to Vivian Freeman, Brookline Senior Center, 93 Winchester Street, Brookline, MA 02446. Or call with nominations to Vivian at 617-277-2743, or just drop by and talk with Vivian about your nomination ideas when you are at the Senior Center.

ROGERSON IN BROOKLINE ADULT DAY HEALTH PROGRAM

Rogerson Communities was chosen by the Town of Brookline to operate the town's first adult day health community as it is a pioneer in providing health services and housing for elders. Located at the Brookline Senior Center, it offers elders an on-site staff that includes a registered nurse and a licensed social worker.

It offers activities for everyone, both through regular exercise and other programs and by taking advantage of the facilities offered at the Senior Center—movies, walking, hot lunches, concerts, and so forth—as well as fitness activities at the Rogerson Fitness Center, also located at the Brookline Senior Center.

To arrange for a visit or for information about enrolling in the Rogerson Adult Day Health Program and fees, call the director or social worker at 617-383-6012.



HOW TO SAVE MONEY AND STILL EAT OUT

My family of origin enjoyed eating out as a family pastime. I remember many wonderful moments with my dearly departed parents in restaurants, talking, enjoying the food. One special memory is with my parents during my college years, in a Chinese restaurant in New York City. My father ordered, and ate, a wonderful large whole fish from the menu. I still remember that meal and my father's gustatory joy at the eating experience.

My siblings and I still remember many wonderful food treats and experiences from our childhood and young adulthood, especially those involving our food-loving father. I still enjoy eating out very much, but I need to watch both my wallet and my waistline. Here are some tips on how you can do both and still eat out:

1. **Eat a half of a meal.** We all have the tendency to eat everything on our plate when we go out because we don't want to waste food. This isn't good for our health or our pocketbooks or wallets. Ask for a takeout bag. You will find that you can put half of the restaurant meal into the container. You have now bought two meals for the price of one and saved yourself from eating too much.
2. **Eat appetizers, not a main dish.** Another effective restaurant technique is to order from the appetizer menu. This is usually a pleasant and adequate meal for us elders.
3. **Drink before you go to the restaurant.** Admittedly I like to have some wine with my restaurant meal. When I go with a group of four, this becomes quite pricey, adding about \$50 to the bill. We have found that having a nice \$6 to \$10 bottle of wine before we leave the house gives us that same relaxing feeling, and we can happily drink tap water at the restaurant.
4. **Drink regular water.** Water is the most wonderful drink of all, notwithstanding the foregoing discussion of wine. Drinking water at the restaurant will save you several dollars, even if you are not ordering wine.
5. **Go out for lunch, not dinner.** Many restaurants have wonderful lunch menus consisting of the same food as dinner, in almost the same amounts, but at a reduced price. Take advantage of this.
6. **Share food with a friend.** I have been doing this for a couple of years with my spouse. It reduces the cost by 50% and reduces the overeating that often is a result of eating out. Recently, on a business lunch with a 68-year-old man, after seeing him eyeing the menu warily, I suggested that we share a large sandwich. He jumped at the chance! We didn't overeat and cut the bill in half.
7. **Be inventive on choice of restaurant.** I have found great, inexpensive hot meals during lunchtimes at public places. The Tip O'Neill Federal Office Building on Causeway Street downtown has a wonderful cafeteria with excellent food. A hot lunch there (with tap water as the drink) runs about \$6 and is so large that you can save half of it for a future meal.
8. **Make going out to eat an outing.** Use your T pass to go to different parts of the metropolitan area to have a meal out. Quincy has a multitude of wonderful, inexpensive Chinese restaurants, many located within walking distance of the North Quincy redline T stop. At *East Chinatown Restaurant* on Hancock Street, three people could share their "small" wonton soup. You'll find the outing very inexpensive, and quite fun.

—Laurie Israel, Esq.



CHICKEN, CARROT, AND APPLE STEW

This month, in honor of National Nutrition Month, we challenge you to include more nutrition in your meals by adding more colors to your plate (or bowl). This **Chicken, Carrot, and Apple Stew** includes produce of three colors (carrots, apples, and onions). It is also a great source of protein and produce with plenty of Vitamins A and C and potassium. Make this stew a complete meal by enjoying it with whole wheat toast. Save on meal preparation time by refrigerating leftovers for up to 3 days or freezing for up to 3 months. At only \$1.78 per serving, this stew expands the colors (and nutrition) in your diet without expanding your wallet.

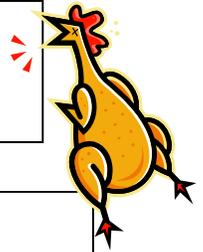
Ingredients

4 tsp plus 2 tsp canola or olive oil, keep divided
2 small onions, chopped
6 carrots, peeled and chopped
2 Granny Smith apples, peeled and chopped
1 tsp dried rosemary (or 2 tsp chopped fresh)
¼ tsp salt
¼ tsp freshly ground pepper
2 14-oz cans low sodium chicken broth
2 cups water
2 tsp cider vinegar
16 oz raw, bone-in chicken thighs, trimmed of skin and cut into bite size pieces

Preparation Instructions

1. Heat 4 tsps oil in a large saucepan or pot over medium-high heat. Add onion, carrots, apple, rosemary, salt, and pepper, and cook, stirring often, until the vegetables begin to soften, about 8 minutes. Add chicken broth and water and bring to a simmer over high heat. Reduce heat to maintain a simmer and cook, stirring often, until the vegetables are very tender, about 10 mins.
2. Transfer the soup to a blender; add vinegar, cover, and pulse until it forms a chunky puree. (Use caution when pureeing hot liquids; see Tip.)

Yield: 4 servings
Total Time: 35 minutes
Ease of Preparation: Easy



Kitchen Equipment

Knife Can opener
Cutting board Measuring spoons
Vegetable peeler Large pot
Blender

3. Rinse the pot, return it to medium-high heat, and add the remaining 2 tsps oil. Add the raw chicken to the pot and cook, stirring occasionally until lightly browned, 3 to 4 mins.
4. Pour the soup back into the pot. Cook, scraping up any browned bits from the bottom of the pot, until heated through, about 1 min.

Nutrition Analysis and Tips

Per serving: 310 calories; 15g fat (3g saturated fat, 0g trans fat); 55mg cholesterol; 25g carbohydrate (4g fiber); 21g protein; 320mg sodium.

% Daily Values: vitamin A 310%; vitamin C 20%; calcium 6%; iron 10%; potassium 16%.

Tip: Hot liquids can splatter out of a blender when it's turned on. To avoid this, remove the center piece of the lid. Loosely cover the hole with a folded kitchen towel and turn the blender on. Better airflow will keep the contents from spilling all over the kitchen—and you.

by Jewish Family & Children's Service (JF&CS) Nutrition Services. Recipe adapted from www.eatingwell.com.

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INCOME TAX PREPARATION



AARP Tax Aide Program at the Senior Center

617-730-2777

As the annual April 15th tax deadline approaches, our wonderful AARP tax volunteers still have a few appointments available! However, their schedules are filling up fast, so call immediately to take advantage of their presence at the Senior Center. If you still require assistance with preparing your taxes and you are not able to secure an appointment here at the Senior Center, you can contact the following resources for assistance.



AARP Tax-Aide Program

888-227-7669

www.aarp.org/money/taxaide

Contact AARP directly to locate sites outside the Brookline area that offer free tax preparation assistance. In-home assistance *may* be available to certain homebound individuals who are unable to travel to an identified site.

Community Tax Aid of Boston

www.ctaboston.org

Provides free tax preparation assistance to low-income individuals who meet income-eligibility guidelines. These services are provided in con-

junction with Northeastern University's College of Business Administration, and are available on Saturdays from 10:00 am to 12:00 noon. No appointment IS necessary, but proof of income-eligibility is necessary.

H&R Block

617-738-0209

247 Harvard Street

Brookline, MA

Offers tax preparation services for a fee. This Brookline location is a seasonal office that is only open during tax season.

H&R Block Customer Support Line

800-472-5625

Contact this number to locate other local H&R Block offices that are open year-round.

Computer software

There are now income tax preparation programs for use on your home computer that allow you to fill out your income tax forms without *any* outside assistance. Programs such as **TURBOTAX** and **TAX CUT** are updated each year to reflect current tax-law changes and are often the same programs that tax preparers themselves use when completing your returns.

OTHER HELPFUL NUMBERS:

Federal tax information line 800-829-1040

State tax information line 800-392-6089



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ADVANCE DIRECTIVES AND PLANNING AHEAD

—SAVE THE DATE—

Don't let someone else make important decisions for you. Join the Brookline Senior Center for the "**Planning Ahead Workshop Series: A Practical Approach to Tough Decisions.**" This three-part series will focus on the importance of understanding and completing advance directives (such as health-care proxies and DNR [Do Not Resuscitate] forms), hospice and end-of-life care, and preneed funeral planning. Attend one or all three sessions depending on your interest.

The first workshop on **Wednesday, April 15, at 1:00 pm** will be on **Advance Directives** and the legal aspects of end-of-life planning. Subsequent workshops will take place on **Monday, April 27, 2009 at 1:00 pm** (Hospice) and **Wednesday, April 29, 2009 at 12:30 pm** (Pre-need funeral planning). Mark your calendars for these very important dates and look for more details in April's *Senior News and Events*. Please contact Emma Banks at 617-730-2772 or Julie Washburn at 617-730-2760 for more information.

CELL PHONES

Calling all stray, lost, and retired cell phones! There is still a need for you. Contact people who care, and ask them to drop you off at the Senior Center. There is still use for you, and money for Senior Center programs.

WHAT WOULD WE DO WITHOUT THE VAN?

For a ride from your home in Brookline to the Senior Center the suggested donation is \$1.00. And it is simple to use. Just call 617-730-2750 by 3:00 pm the day before you need it to pick you up, and Ron will call you back that same evening to confirm.

It runs Mondays through Wednesdays from 9:00 am to 4:00 pm and Thursdays from 10:00 am to 4:00 pm.

BROOKLINE READS

From March 10 to April 7, instead of picking one book for all to read, Brookline Reads is focusing on popular mysteries by local authors and that are set in the Metro Boston area.

The Council on Aging (COA) is sponsoring two Brookline Reads events: The film *The Verdict* on **Tuesday, March 10 at 1:30 pm** (see the Movie Lovers Series on p. 11) and this month's **Book Discussion Group** meeting (see article below).

Among the many other events that under the Brookline Reads umbrella are several movies being shown at the Coolidge Corner branch of the Brookline Public Library

- *The Thomas Crown Affair*, the 1968 version filmed in Boston (Thursday, March 19, 2:00 pm)
- *Mystery Street* (Tuesday, March 24, 7:00 pm)
- *Gone, Baby, Gone* (Tuesday, March 31, 7:00 pm)

To learn more about the Brookline Reads events, access www.brooklinelibrary.org on the internet or call or drop in at any branch of the Brookline Public Library.

BOOK DISCUSSION GROUP

On **Monday, March 23**, the book discussion group will meet, but this month it will be part of **Brookline Reads**, and it will meet at the Putterham the branch of Brookline Public Library at **2:00 pm**. The book for this fits into the theme of this year's Brookline Reads events and is *Murder at the Gardner* by Jane Langton. This meeting will be led by Barbara Warner, the Putterham's Branch Supervisor.

Langton's detective, Homer Kelly investigates a series of bizarre pranks at the Gardner Museum that escalates into a bomb threat, the theft of two famous paintings, and murder.



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CAN AMERICAN HEALTH CARE BE FIXED?

Brookline Adult & Community Education (BA&CE) has planned a special event on Wednesday, March 25 from 7:00 to 9:00 pm at Brookline High School, 115 Greenough Street. Dr. John Abramson will take on this extremely hot topic and address the paradox that the United States, while spending twice as much per capita on health care than any other industrialized nation, is less healthy than those countries.

Dr. Abramson is the author of *Overdosed America: The Broken Promise of American Medicine* and has had articles published in the *New York Times* and the *Los Angeles Times*. He has made more than 65 appearances on national television and lectures frequently to both medical and nonmedical audiences about the crisis in American health care. He also serves as an expert for plaintiffs' attorneys in litigation involving the pharmaceutical industry.

This event will cost \$5. If you want to go to this extremely interesting BA&CE event, call 617-730-2700 or go to www.brooklineadulthood.org to register. Course code: **X215**

ROGER R. LIPSON

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DOES IT COMPUTE?

BA&CE and the Council on Aging (COA) are sponsoring computer classes at the Senior Center this spring. To register, access www.brooklineadulthood.org on the web, or call 617-730-2700. Each class is limited to 6 participants so register as soon as possible. The fee for each 4-week session is \$67.00

Computer Basics for Seniors

Bob Roll, Instructor Course code: **C116**
9:30 to 11:30 am

Section 01—4 Thursdays beginning March 26
Section 02—4 Thursdays beginning April 30

Advanced Computer Basics/Seniors

Bob Roll, Instructor Course Code: **C157**
9:30 to 11:30 am

Section 01—4 Fridays beginning March 27
Section 02—4 Fridays beginning May 1

e-Mail Workshop for Seniors

Bob Roll, Instructor Course Code: **C171**
2:00 to 4:00 pm—4 Fridays beginning March 27

Introduction to the Internet for Seniors

Mimi Katz, Instructor Course Code: **C103**
9:30 to 11:30 am—4 Wednesdays beginning
March 25

Microsoft Word for Seniors

Phyllis Mays, Instructor Course Code: **C198**
9:30 to 11:30—4 Mondays beginning March 23

Basic Computer Maintenance

Phyllis Mays, Instructor Course Code: **C220**
11:45 am to 1:45 pm—4 Mondays beginning
March 23

OUR CONTRIBUTORS

Many thanks to the contributors to the March *Senior News and Events*: to SHINE for the article on p. 5; to Andrea Cohen for the article on p. 20; to Laurie Israel, Esq., for the article on p. 22; to Jewish Family & Children's Service for the recipe adapted from www.eatingwell.com on p. 23; and to Jewel Chin for the photos on p. 29.

CHINESE NEW YEAR REPRISE

*Photos courtesy of
Jewel Chin*



Our auditorium was transformed in January, the walls full of red lanterns, fans, and more—all for the celebration of the Chinese New Year—Year of the Ox. A feast, entertainment, and party favors—all made for a good time in good company.



THANK YOU FOR GIVING

We want to give a heart-felt “thank you” to all of you who donated to the COA/Senior Center in February. There was a bumper crop of donations in spite of the hard economic times.

To Rose and Norman Bell for their gift in honor of Chris Dippel for tax return preparation

To Gloria and Sol Brenner for their gift in honor of Louise Weinberg and *Drawing for Pleasure*

To Toni Delisi and Hank Shafran for their gift in honor of Jack and Janice Shafran

To Alan Fisch for his gift to the senior van fund in honor of Allene Fisch

To Ruth Geller for her gift in honor of the Information and Referral staff

To Kathryn Kilpatrick for her gift to the senior van fund in honor of Deborah Brass

To Rhona Hirschowitz for her gift in honor of Elizabeth Kirsten on her birthday



To Ruthann Dobek and Jean and Peter Stringham for their gifts in memory of Mildred Axelrod

To Jean Kramer for her gift to *Telling Your Story* in memory of Clare Dewart

To Lorraine Tobin for her gift in memory of Maguy Marek



To Annual Appeal Donors: Anonymous, The Bay State Federal Savings Charitable Foundation, Nancy Blanchard, David and Deborah Brooks, Rachel Buckman, Carol and Frank Caro,

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