

# TOWN OF BROOKLINE SENIOR NEWS AND EVENTS

Council on Aging

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

Brookline Senior Center  
93 Winchester Street  
Brookline, Massachusetts 02446



**Council on Aging Elderbus Hotline**

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## HIGHLIGHTS

Attend *Aging at Home* on Mar. 22—  
see p. 3.

Hear a symphony on Mar. 12, and  
enjoy masses of flowers on Mar. 26—  
see p. 5.

Attend a flute/piano concert on Mar.  
3—see p. 5.

Visit Israel on Mar. 4—see p. 9.

Attend a series on *Mindfulness* on  
Mar. 8, 15, and 22—see p. 14.

Find an interesting educational opportunity in Mar.—see p. 23.



MARCH 2010

## SOS RESTAURANT EVENT

Join us at the Stock Our Shelves (SOS) Restaurant Event at the Senior Center on **Tuesday March 16, from 4:00 to 6:00 pm** to benefit the Brookline Food Pantry. Enjoy live entertainment while you *sample* cuisine from local Italian, Asian, Mexican, and American restaurants.

The *admission fee* for this event is a *donation of 5 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 and other 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.

ALERT! ALERT!  
Spring will soon be here and  
with it the return of longer days!  
Set your clocks ahead one hour  
on **Sunday, March 14**. In other  
words, **SPRING FORWARD!**

## VOLUNTEER APPRECIATION LUNCH

— SAVE THE DATE —

March is Volunteer Appreciation Month, and we are celebrating with our annual luncheon honoring and for Senior Center volunteers on Wednesday, April 14 at 12:30 pm.

It is now a good time to call Vivian at 617-730-2743 with your nominees for Volunteer of the Year!

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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.

## AGING AT HOME: A COMMUNITY RESPONSE

Come to the Senior Center on **Monday, March 22, at 7:00 pm** to learn about “Aging at Home: A Community Response.” Find out what already exists; identify gaps in services; explore what you can do to help. Guest speaker Ann Bookman will lead an evening forum that will bring together people in the community who are interested in Aging at Home issues. She will highlight the “village” concept.

This topic will be especially relevant to Brookline elders who want to continue living in their own homes and others who want to give up their homes but still want to live independently. This sort of independent living can be very challenging for older people when they are faced with chronic illness, disabilities, or just the normal restraints aging places on individuals. They find they need support and services from the community, but they do not want to give up their homes to get the necessary support and services. The Brookline Council on Aging (COA) has offered many of these services for many years: the HELP program (see p. 10), the SHOP program, and programs that partner with the Brookline Public Library, friendly visitors, and many state-, federal-, and privately-funded programs to help the growing elder population who want to age at home.

Dr. Ann Bookman, currently Visiting Scholar in the Heller School for Social Policy and Management at Brandeis University, is a social anthropologist who has published widely in the areas of aging, family caregiving for elders, work and family issues, community organizations, and public policy. From 2001 to 2008, she was Executive Director of the MIT Workplace Center at the Sloan School of Management where she led research projects on redesigning our workplaces—focusing on the health-care workplace. She was lead author of the *Family Caregiver Handbook: Finding Elder Care Resources in Massachusetts* (MIT 2007) and author of *Starting in Our Own Backyards: How Working Families*

*Can Build Community and Survive the New Economy* (Routledge, 2003), an ethnography of working families in Boston that extends the discourse on work-family balance to include issues of community involvement and civil society.

Dr. Bookman will lead a discussion that will explore the variety of services that are available to support older people who live independently. Among these are the state-funded home-care program that is available to Brookline residents through Springwell, a nonprofit organization based in Watertown. These subsidized home-care services are means-tested and restricted to those who have very severe self-care limitations.

There are also a number of for-profit and nonprofit organizations that offer home care services on a fee basis.

The Boston-based Beacon Hill Village program is stimulating efforts throughout the country by older people themselves to strengthen their support network. At the heart of this “village model” is mutual aid among members and sharing information about services that members pay for themselves. Cambridge, Wellesley, and Newton are among the communities in which efforts are underway to develop programs with features of the village model.

All of the above services and structures and many more will be explored at this meeting.

We invite all Brookline residents interested in these models and this topic to come to this meeting in hopes that the meeting will introduce additional ideas and stimulate community-wide interest. Our goal is to create a community response to Aging at Home that is sustainable. All are invited to this free forum, but we do ask that you call 617-730-2770 to reserve a seat.

*We thank Ruthann Dobek, Director of the Brookline COA/Senior Center, Frank Caro, PhD, retired from the University of Massachusetts Boston Gerontology Institute, and the Brandeis University Faculty Guide for the information used in putting together this article.*

## THEATER TRIP

On Sunday, March 7, let the players at the Turtle Lane Playhouse in Auburndale, Massachusetts, whisk you off to Cervantes's Spain—full of windmills, illusions of virtue, honor, and impossible dreams—at a performance of *Man of La Mancha*.

If you have tickets, plan on boarding the Van on March 7 at 1:00 pm at one of three locations:

93 Winchester Street, 100 Centre Street, and 1550 Beacon Street.



Should you become unable to attend the show for any reason, try to arrange for someone to take your ticket as there are no ticket refunds.

## VETERANS, WE WANT YOU!

Calling seniors of both sexes who are veterans and from all branches of the service and from all foreign conflicts—World War II, Korea, Vietnam, etc. Come and spend a few days this coming summer with our Careers in Aging (CIA) high school students who are interested in talking to you about your experiences. We are reaching out to veterans early because we want to be sure to reach you all. And the more of you who respond, the happier we will be!



If you'd like more information or if you'd like to participate, please call Deidre Waxman at 617-730-2767.

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



Do you know someone who does?

**If so, please call us!**  
**1-800-243-4636**  
(1-800-AGE-INFO)

## COUNCIL ON AGING MEETING

Brookline Director of Recreation Lisa M. Paradis will be the guest speaker at the Council on Aging Board Meeting on Wednesday, March 10, at the Senior Center at 1:00 pm.

The Department of Recreation has revamped its programs, activities, and excursions for adults over 55 years of age (formerly called the "Active Adults" program). Encouraged by the great success of the Open House that the Department of Recreation held at the Senior Center in November, Ms. Paradis will build on this expansion of the Recreation Department's activities in general. This should be a most informative meeting, so don't miss it.

## ALZHEIMER'S CAREGIVERS SUPPORT GROUPS

Although there have been some advances in treating this disease's tragic symptoms, it is still a heartbreaking task for caregivers. This support group has been designed to help caregivers cope with the stresses and demands of helping their Alzheimer-stricken family members and friends.

In March, the group will have two sessions, which are given at no charge and open to all caregivers.

The **Afternoon** group will meet **Friday, March 12**. Call group leader Elaine Yanowitz at 617-730-2751 to register to attend and/or for further information.

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

**Safety tips** (from the Executive Office of Elder Affairs)

**Indoors:** ♦Keep floors clean, clear, and dry ♦Make sure areas are well lit ♦Keep things within easy reach.

**Outdoors:** ♦Keep your steps and walkways free of snow/ice and moisture ♦Stay away from Ice ♦Keep railings free of moisture and ice

## BROOKLINE RECREATION— IT'S WHAT WE DO!

Brookline Recreation has big plans for 2010. In March, there are two excursions:

- **Friday, March 12—Boston Symphony Orchestra—cost: \$35.00 per person**  
Attend a concert conducted by Rafael Fru-heck de Burgos, with Hilary Hahn on violin, featuring excerpts from *Iberia* and *Scheherazade*. The Van leaves the Senior Center at 12:30 pm and returns to the Senior Center at approximately 4:30 pm.
- **Friday, March 26—Boston Flower and Garden Show—cost: \$20.00 per person**  
Spend the afternoon celebrating the return of spring with a feast for the senses. Visit more than 30 gardens at the Seaport World Trade Center. The Van leaves the Senior Center at 12:00 noon and returns to the Senior Center at approximately 5:00 pm.

Another excursion is scheduled for April, so **SAVE THE DATE:**

- **Sunday, April 11—Opus at the New Repertory Theatre—cost: \$35.00 per person.**  
This drama was written by Michael Hollinger. According to *The New York Post*, "... you'll never quite listen to a chamber music group the same way again."

The cost for all of these events includes tickets/entry to all the venues AND transportation to and from the events. For more information and to register, call 617-730-2069 or access the Recreation web site at [www.brooklinerec.com](http://www.brooklinerec.com).

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## BROOKLINE MUSIC SCHOOL CONCERT

Enjoy a free concert sponsored by the Brookline Music School on **Wednesday, March 3, at 1:00 pm**, featuring Karen Robbins on the flute and Jennifer Douville at the piano.

Karen Robbins is a veteran music educator and a graduate of the San Francisco Conservatory and SUNY-Binghamton. Specializing in Baroque and contemporary music, she has performed more than 15 world premieres. She has been featured on radio and television in San Francisco, Boston, New York, and Holland and performs with the Quincy Symphony.

Jennifer Douville has been collaborating with various artists in the Boston area since 2008, presenting recitals of both classical and cabaret music. She has also presented chamber music recitals with fellow faculty members of the Brookline Music School and the Newton Music Academy. She holds a Bachelor of Music from McGill University (Schulich School of Music) in Montréal and a Master of Music from the Cleveland Institute of Music.



## BOOK DISCUSSION GROUP

On Monday, March 15, the Book Discussion Group will meet at 2:00 pm at Temple Emeth in Putterham Circle to discuss *Strapless* by Deborah Davis.

This is the story behind the legendary John Singer Sargent painting that propelled the artist to international renown but condemned his subject to a life of public ridicule. to Paris and quickly became the "it girl" of her day. All the leading artists wanted to paint her, but it was Sargent, a relative nobody, who won the commission. Today, his work is admired, and Madame X has become an iconic image of an age.

*Amazon.com*



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

**Ask a Nurse** St. Elizabeth's Medical Center's Nurse Practitioner Eileen Currier will be at the Senior Center on **Wednesday, March 24, 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 three **Mondays in March, the 1st, the 15th, and the 22nd, 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, March 17, at 1:00 pm**.

Call 617-730-2777 to set up a demonstration on how to use the Topaz Desktop Video Magnifier in the Computer Room at the Senior Center.

### Blood Pressure Screenings

The Brookline Health Care Center will provide a blood pressure screening **at the Senior Center** in March. The nurse who presides at this session is bilingual. (She speaks English and Chinese.) At press time the date and time had not been formalized so please call Charlotte at 617-730-2769 for schedule.

There will be no blood pressure screening **at the Senior Center** with a nurse from the Brookline Health Department this month.

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

The Health Page is sponsored by  
Beth Israel Deaconess Medical Center

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 **DANA-FARBER/HARVARD CANCER CENTER**  
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Boston Red Sox

### BLOOD PRESSURE SCREENINGS

Blood pressure screenings with a Brookline Health Department Nurse will not be available at the Senior Center this month. Other screenings will take place:

- Wednesday, March 3, at the Brookline Health Department, 11 Pierce Street, from 2:00 to 3:00 pm.
- Wednesday, March 10, at Sussman House, 50 Pleasant Street, from 1:00 to 2:00 pm.
- Wednesday, March 24, at O'Shea House, 61 Park Street, from 1:00 to 2:00 pm.



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## PRESCRIPTION ADVANTAGE'S STATE PHARMACY ASSISTANCE PROGRAM

*For Members of Prescription Advantage:* Since Prescription Advantage has *not* been paying any part of your Medicare drug (Part D) premium this year, you should be paying your full monthly premium directly to your prescription drug plan. But for most of you, Prescription Advantage will continue to help pay for your prescriptions if you reach the Part D coverage gap (donut hole). Also, if you are unhappy with your current plan, you get one additional time each year to change your plan.

*For those who may wish to become members of Prescription Advantage:* Prescription Advantage can help lower your prescription costs. If you become a 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 that begins in November. If you are unhappy with your current drug plan, becoming a member gives you a chance to choose a different plan.

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### RECYCLING MEDICAL SUPPLIES

In the February 2010 *Senior News and Events*, we reported that unused medical supplies (like gauze, bandages, surgical tape, etc.) could not be recycled for other use. We have since found that some of this material can be recycled in foreign countries like Haiti.

If you want to donate, St. Mary's Church at 5 Linden Place in Brookline is a local group (phone is 617-734-0444). Father Butler collects supplies for his trips to Haiti.

. Other resources include: MedWish International at 17325 Euclid Avenue, Cleveland, OH 44112 (phone: 216-692-1685; web: [www.medwish.org](http://www.medwish.org)) and World Medical Relief at 11745 Rosa Parks Blvd, Detroit, MI 48206-1270 (phone: 313-866-5333; web: [www.worldmedicalrelief.com](http://www.worldmedicalrelief.com))

You are eligible to join Prescription Advantage, if you are 65 or older and your annual income is less than \$54,150 for a single person or \$72,850 for a married couple. If you are under 65 and disabled, you may also qualify, but at a lower total annual income.

There is no charge for joining Prescription Advantage if you have an annual income less than \$32,490 for a single person and \$43,710 for a married couple. There is no asset limit!

Call Prescription Advantage today for an application form. You can reach Prescription Advantage at 1-800-AGE-INFO (1-800-243-4636), then press or say "2."



Help is available from the SHINE program. Call the Senior Center at 617-730-2777 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 by calling 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. A volunteer will call you back as soon as possible.

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### SHINGLES VACCINE AVAILABLE

The Brookline Health Department has a limited amount of shingles vaccine for individuals with limited, or no, health insurance.

A single dose of shingles vaccine is indicated for adults 60 years of age and older. Shingles vaccine can help prevent shingles and can also reduce the pain associated with shingles.



If you are interested in receiving a dose of shingles vaccine, call the Town of Brookline Public Health Nurse, Barbara Westley, at 617-730-2320.

## HOLIDAYS IN MARCH

Though there are many important dates to celebrate in March—the return of Daylight Savings time on the 14th, St. Patrick’s day on the 17th, the first day of Spring on the 20th, Palm Sunday on the 28th, the beginning of Passover on Monday evening, the 29th—there are **no** holidays in March on which the Senior Center or the Rogerson Adult Day Health Program are closed.

## ETHICS LAW ONLINE TRAINING

Don’t forget that the online training on the Commonwealth’s Ethics Law must be completed by Friday, April 2. The training is available online at [http://db.state.ma.us/ethics/quiz\\_MEthics/index.asp](http://db.state.ma.us/ethics/quiz_MEthics/index.asp). If you need to do this training and are having any kind of trouble doing it online, call Ruthann Dobek at 617-730-2756, and she will arrange help for you.

## PARKINSON DISEASE SUPPORT GROUP

This month the Parkinson Disease (PD) Support Group will meet on **Friday, March 5, at 1:00 pm** at the Senior Center. The speaker will be Greg Rice, composer and artist, who will share his inspirational story and musical discovery after a diagnosis of PD. This promises to be a very enriching meeting.

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 Parkinson Disease Association.

*According to Doyle’s* ★ On March 5 in 1770 the infamous “Boston Massacre” took place ★ On March 10 in 1910 China ended slavery ★ On March 14 in 1900 gold became the official US standard ★ On March 17 in 1870 Wellesley College was founded ★ On March 23 in 1775 Patrick Henry’s oration to the Virginia House of Burgesses ended with: “Give me liberty or give me death”

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 March 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 at the Pear Tree Shop in Brookline and other craft stores.

The workshop is free, and no registration is required. It will meet on **Wednesday, March 24, at 1:00 pm.**

## FRENCH CONVERSATION

Brush up your conversational French at the Senior Center on **two Tuesdays in March, the 9th and the 23rd, at 12:30 pm.** The group is led by Agnes Serenyi.

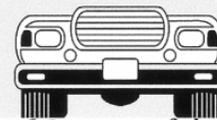
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## AT THE GALLERY



*You are cordially invited to see an exhibit of*

### *Photographs by Josephine Shields*

Monday, March 8, to Friday, May 28  
From 8:30 am to 5:00 pm  
Monday through Friday

*And come to the Reception with the Artist on  
Thursday, March 11, from 5:00 to 7:00 pm.*

## EASY TRAVEL

Visit Israel from a Christian perspective on **Thursday, March 4, at 1:30 pm** at the Senior Center. Miriam Teitelbaum, from Rogerson Adult Day Health, will be your guide for this Christian view of the Holy Land.

## LUCK OF THE IRISH BINGO!



Faith and begorra! **Wednesday, March 17**, is St. Patrick's Day, and we will celebrate it at the Senior Center with a special Bingo session after the Springwell St. Patrick's Day Special lunch. See pp. 16 and 17 for more on the lunch.

## 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 March. Please call Charlotte at 617-730-2769 for schedule.

## 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 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.

## MINUTES IN MOTION FOR SENIORS —SAVE THE DATE

Coming in April! *Minutes in Motion for Seniors* is a six-week *fitness challenge* open to all Brookline seniors. The goal of this program is to help make Brookline a healthier community by encouraging Brookline seniors to make exercise part of their daily lives. There will be a kick-off event in the beginning of April, and a culminating *banquet* in the middle of May. Watch for more details about this exciting program in the *TAB* and the April *Senior News and Events*.

## SENIOR SERVICES

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

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

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

If you want to apply, or be recertified, for the BETS program, please bring your 2008 income tax returns when you meet with Alicia. Bring your 2009 return if you have already filed it. (Remember that all riders must be recertified every year in order to be able to buy BETS coupon books.)

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

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

**BLAB** The Brookline Legal Assistance Bureau (BLAB) will be at the Senior Center from **9:00 am to 12:00 noon on Wednesday, March 3**, and on Wednesday, April 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 specifically 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** The 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.

**NEEDS** helps seniors stretch food dollars with such aids as food stamps (now known as the SNAP program). If you need assistance at any time during the process, call on Sonia Wong at the Senior Center. Call her at 617-730-2777 and leave a message, 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.

## JOB SEARCHING ONLINE FOR SENIORS – SAVE THE DATE

The rules of job searching have dramatically changed over the past few years with the advent of the internet. So the Council on Aging's JOBS program is presenting a two-session practical workshop—*Job Searching Online for Seniors: Interneting Your Way to a New Job* at the Senior Center on Thursdays, April 22 and April 29, from 2:00 to 4:00 pm.

This workshop, facilitated by Joel Skolnick, MBA, CPA, a recent retiree from his business who is now actively seeking a job in today's workplace via the internet, will offer a hands-on introduction to many of the resources and tools that are available on the internet and that need to be used to land a job in today's workplace. Attend these workshops and become familiar with:

- Accessing company web sites for job listings.
- CraigsList.com
- CareerBuilder.com
- HotJobs.com
- Jobster.com
- Monster.com
- LinkedIn.com

If you are seeking more information or want to register for this workshop, call Deidre Waxman at 617-730-2767 or e-mail her at Deidre\_Waxman@town.brookline.ma.us.

## VOLUNTEER OPPORTUNITIES

If you would like to help by delivering books from, and returning them to, the Brookline Public Library to homebound seniors, call Vivian at 617-730-2743.

And if you are a senior who would like to have a Brookline High School student do your grocery shopping, you, too, should contact Vivian at 617-730-2743.

*According to Doyle's* ★ On March 7, 1935, New York City revoked organ grinders licenses as noise violations ★ On March 16 in 1850 Hawthorne's *Scarlet Letter* was published ★ March 18, 1990, was the date of the Gardner Museum robbery.

## SPANISH IMMERSION

The Spanish Immersion program is expanding and offering Spanish classes for beginners in 2010 on **Thursday afternoons at 1:00 pm starting March 4.** There is a fee of \$25.00 for this 6-week course. The instructor is now-Brookline resident Lourdes Murray, originally from Columbia. She has lived in the United States for many years. If you are interested in learning Spanish from scratch, call Mercedes Brinceña at 617-730-2644 or e-mail her at brookline.spanish.immersion@gmail.com.

Spanish conversation skills by talking one-on-one with Spanish-speaking Brookline elder teachers (also for a small fee) are also still very much available.

Add to that the chance to learn to sing and to accompany yourself in Spanish on the guitar and other musical instruments. The facilitator has lots of teaching experience. The course is designed for seniors. It is free for people over 55. For people under 55, a small donation is requested. It is at the Senior Center on Tuesdays from 3:00 to 4:30 pm For more information and to register, call Mercedes Brinceña at 617-730-2644, or e-mail her at brookline.spanish.immersion@gmail.com.

These programs are sponsored by the Brookline Senior Center and JPC:Tree of Life/Arbol de Vida.



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## THE RELAXATION RESPONSE

On Monday, March 1, from 7:00 to 9:00 pm, come to Brookline High School (115 Greenough Street) for *The Relaxation Response: How to Counteract the Harmful Effects of Stress*. This evening with Dr. Herbert Benson at the Brookline High School Auditorium will focus on stress as a major contributor to illness in our society. Whether its cause is deadlines, difficult people at work, lack of time spent with loved ones, or the increasing stack of bills at home, the stressors of life are never far away. Prolonged stress can have seriously detrimental consequences, ranging from depression and sleep disorders to physical tissue changes and organ dysfunction.



Forty years ago, Dr. Herbert Benson, Director Emeritus at the Benson-Henry Institute for Mind Body Medicine at Massachusetts General Hospital, led the way in the field of mind/body medicine by defining a way of gaining some control over the debilitating effects of stress. His bestselling book, *The Relaxation Response*, helped validate the effects of meditation and prayers as authentic healing forces. Join us as we hear this pioneer articulate developments in the next wave of mind/body medicine.

The fee is \$10. To register, call Brookline Adult and Community Education at 617-730-2700, or access them online at [www.brooklineadulted.org](http://www.brooklineadulted.org).

## SENIOR CENTER FOOD DISTRIBUTION

Food distribution (produce and baked goods) takes place at the Senior Center **every Tuesday between 11:00 am and 3:30pm**. Times are approximate: the beginning depending on when the food arrives; the end, on when the food has been distributed. Numbered tickets, which determine the order participants get to “shop,” are distributed at 10:00 am. Come early for best selection; come after 12:00 noon if you do not want to wait in line.

**Volunteers are needed!** If you are interested in serving as a volunteer for this program, please call Vivian at the Senior Center at 617-730-2743 for more information.

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## MOVIE LOVERS SERIES FOR MARCH

Enjoy a film every Tuesday afternoon at 1:30 pm at the Senior Center. These movies are free and a great way to spend an afternoon. If you come for lunch (see pp. 16-17), stay for a movie.



**March 2** 2008 124 minutes  
**Cherry Blossoms**

*In German with English subtitles*  
After finding out that her husband, Rudi, has a fatal illness, Trudi Angermeier arranges a trip to Berlin so they can see

their children.

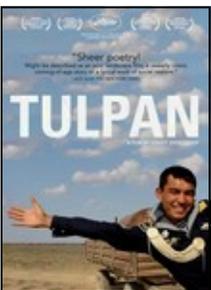
Of course, the kids don't know the real reason they're visiting—and the catch is, neither does Rudi. Complications ensue after a tragic, unexpected turn of events that leads Rudi to learn unsettling secrets about his wife.



**March 9** 2008 107 minutes  
**Adventureland**

Unable to afford the European vacation he'd dreamed of, recent college grad James Brennan reluctantly takes a gig at a local amusement park, only to learn

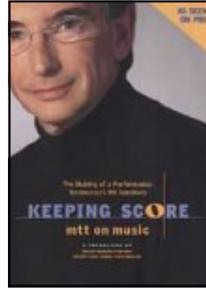
that the dead-end job is, in fact, excellent preparation for the real world. Writer-director Greg Mottola's semi-autobiographical comedy-drama was filmed in Pittsburgh's Kennywood Park.



**March 16** 2008 100 minutes  
**Tulpan**

*In Kazakh with English subtitles*  
Freshly discharged from the Russian navy, young Asa returns to the arid Kazakh steppe to find a bride and become a shepherd.

But his plans go awry when Tulpan, the only eligible bachelorette around, rejects him because his ears are too big. What's more, Asa turns out to be a lousy shepherd. Can his persistence win Tulpan's love, the respect of his flock, and the life he dreams of?



**March 23** 2008 100 minutes  
**Keeping Score: MTT on Music**

In this compelling documentary, prominent San Francisco Symphony conductor Michael Tilson Thomas discusses and demonstrates why he considers Tchai-

kovsky's Symphony no. 4 one of the greatest symphonic works ever composed. First, Thomas provides a thorough and discerning look at the four parts of the composition; then, he leads the San Francisco Symphony in a brilliant performance of the piece.



**March 30** 2009 106 minutes  
**In the Loop**

When the US president and the UK prime minister decide to invade a certain Middle Eastern country, skeptical American and British operatives do their best to

stop the runaway train to war in director Armando Iannucci's scathing political comedy.

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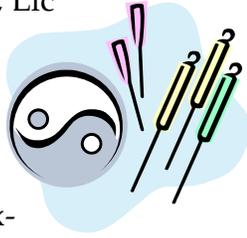


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## MINDFULNESS IN MARCH

In March, one of our Social Work interns has planned a series of workshops on Mindfulness for **Mondays at 10:00 am**. For more information about the series, call Kelly Burke at 617-730-2772. This series will be on a variety of relevant and interesting topics:

- **March 8, An Introduction to Chinese Medicine: Acupuncture and Herbs**  
Presented by CJ Allen, Mac, Lic  
Ac Dipl CH—Assistant  
Professor and Faculty  
Chair, New England  
School of Acupuncture.  
Chinese medicine will be examined from a historical and cultural perspective, and will include a discussion about the basic concepts of Qi, Yin and Yang, Shen and Jing to help understand this ancient, holistic medicine and its applications for wellness. In addition, there will be an overview of acupuncture and herbal medicine as differing treatment strategies derived from the same diagnostic principles and often used in combination to treat a variety of acute and chronic illnesses.



- **March 15, What Is Meditation?**  
Presented by Ted Aransky, CPT,  
Med—Corporate Director of Fitness at  
Hebrew SeniorLife.  
Mr. Aransky focuses on a variety of things in his job but has a particular interest in, and runs, a weekly group on Meditation at Centre Communities of Brookline. In this presentation, he will discuss exactly what meditation is and what the research says about how it affects overall wellness, concluding with a group Meditation activity.



- **March 22, Friendship: What Is It? Where Is It? Who Needs It?**



Presented by Shirley Miller Stein MSW—social worker, community speaker, and freelance writer who offers educational seminars throughout greater Boston.

In this presentation Ms. Stein will explore the dynamics of friendship as we go through various stages of our lives. As we age, friendship adds a crucial dimension to our well being. Research confirms that having friends extends our very lives! Social interaction is a life-sustaining force as we cope with loss of spouses, relatives, neighbors, even our homes. Friends provide mutual support and are an integral part of a meaningful life.



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## IT'S INCOME TAX TIME!

We are now well into the season for preparing income tax returns, and once again volunteer tax counselors trained by AARP are on hand at the Senior Center to help. Chris Dippel will be here on Tuesdays; John Knutson, on Wednesdays; and Peter Rosenbaum, on Fridays. The service is free of charge, but you must schedule an appointment by calling 617-730-2777. There are still a few appointments available, but call as soon as possible as this is a very popular service.

Note that:

- Tax appointments are open to all. You do not have to be a Brookline resident.
- Returns will be filed electronically but you will receive a paper copy of them for your records.
- You need to bring copies of your 2008 tax returns and receipts for 2009 donations, rent, real estate taxes, and so forth when you come in.
- You need to bring the Massachusetts form #1099-HC, which provides evidence of health insurance coverage (this form should have come to you in the mail from your health insurance provider—public or private) *unless you are a medicare beneficiary in which case you are NOT required to have this form.*

When you call for your appointment, please tell us if you have had your taxes prepared at the Senior Center in the past.

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## BOSTON UNIVERSITY SCHOOL OF PUBLIC HEALTH STUDY

The Boston University School of Public Health is conducting a study, and if you are over 60, your participation is a great opportunity to earn \$20 while you help in this study.

The goal of the study is to create a new questionnaire to measure function and disability in older adults.

What is involved in participation? If you are eligible, you will participate in a one-time interview to answer the questions in the new questionnaire. The interview will last about an hour and can be done at your home, on the phone, or at a mutually convenient location. You will be asked a list of questions about your physical function and participation in activities. Your responses will be confidential, and you will not be identified by name.

To sign up give your name and phone number to Obi Chidi at Boston University at 617-638-8940. A study representative will call you to check your eligibility.

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# Springwell Nutrition Program

## MARCH 2010

617-730-2770

MONDAY	TUESDAY	WEDNESDAY
<p>1) <b>Vegetable Soup/Crackers</b> Roast Turkey, Whipped Potatoes, Cranberry Sauce, Honey Glazed Carrots &amp; Parsnips, Rye Bread</p> <p><b>OR</b></p> <p>Chicken Patty on Hamburger Roll, Lite Mayo, Lettuce Leaf, Potato Salad, Cucumber, Carrot, Onion Salad</p> <p><b>Apple Turnover</b></p>	<p>2) <b>Corn Chowder/Crackers</b> Greek Chicken, Lemon Olive Rice, Riviera Vegetable Blend, Wheat Bread</p> <p><b>OR</b></p> <p>Chef Salad w/Lite Italian Dressing, Macaroni Salad, Wheat Roll</p> <p><b>Tapioca Pudding / Topping</b></p>	<p>3) <b>Tomato Soup/Crackers</b> Pier 17 Fish, Tartar Sauce, Spinach, Red Bliss Potatoes, Multigrain Bread</p> <p><b>OR</b></p> <p>Tuna Fish on Multigrain Bread, Lettuce Leaf, Lemon Rice Salad, Purple Cabbage Cole Slaw</p> <p><b>Peaches</b></p>
<p>8) <b>Vegetable Pasta Soup/Crackers</b> Chicken Paprika, Parsley Potatoes, Broccoli, Multigrain Bread</p> <p><b>OR</b></p> <p>Tuna Salad on Hot Dog Roll, Lettuce Leaf, Pineapple Salad, Three Bean Salad</p> <p><b>Dark Chocolate Mousse/Topping</b></p>	<p>9) <b>Split Pea Soup/Crackers</b> American Chop Suey, Grated Parmesan Cheese, Green Beans, Italian Bread</p> <p><b>OR</b></p> <p>***Deli-cooked Corned Beef &amp; Swiss on Dark Rye, Russian Dressing, Sauerkraut, English Peas Salad</p> <p><b>Fresh Fruit</b></p>	<p>10) <b>Lentil Soup/Crackers</b> Ham Pasta Bake w/ white Cheese Sauce, Carrots, Oatnut Bread</p> <p><b>OR</b></p> <p>Roast Beef &amp; Provolone on White Bread, Mustard, Lettuce Leaf, Tomato Red Pepper Salad, Potato Salad</p> <p><b>Tropical Mixed Fruit</b></p>
<p>15) <b>Cream of Butternut Squash Soup/Crackers</b> Pot Roast w/ Brown Gravy, O'Brien Potatoes, Broccoli &amp; Cauliflower, Whole Wheat Roll</p> <p><b>OR</b></p> <p>Chicken Patty on Hamburger Roll, Lite Mayo, Lettuce Leaf, Cucumber Creamy Dill Salad, Pasta Salad w/Cheese</p> <p><b>Fresh Fruit</b></p>	<p>16) <b><u>Birthday Lunch Special</u></b> <b>Vegetable Barley Soup/Crackers</b> Creamy Italian Chicken, Sweet Potatoes, Brussels Sprouts, Oatnut Bread</p> <p><b>OR</b></p> <p>Peppercorn Turkey &amp; Mozzarella Cheese on Whole Wheat Bread, Lite Mayo, Carrot Pineapple Salad, Three Bean Salad</p> <p><b>Peaches</b></p>	<p>17) <b><u>St. Patrick's Day Special</u></b></p> <p><b>***Corned Beef Stew</b> <b>Parsley Boiled Potatoes</b> <b>Golden Biscuit</b> <b>Gel Cake/Whipped Topping</b></p> <p><b>Chocolate Gold Coins</b></p>
<p>22) <b>Florentine Soup/Crackers</b> Hawaiian Chicken, Whipped Sweet Potatoes, Mixed Vegetables, Multigrain Bread</p> <p><b>Or</b></p> <p>Roast Beef &amp; Swiss on Wheat Bread, Lite Mayo, Orzo Vegetable Salad, Tomato Red Pepper Salad</p> <p><b>Chef's Choice of Dessert</b></p>	<p>23)</p> <p>***Reduced Sodium Hot Dog Baked Beans, Ketchup, Mustard/Relish, Hot Dog Roll</p> <p><b>OR</b></p> <p>Tuna Salad on White Bread, Spinach Mandarin Orange Salad w/Lite Dressing, Red Potato Salad</p> <p><b>Butterscotch Pudding/Topping</b></p>	<p>24) <b>Vegetable Barley Soup/Crackers</b> Beef Stir Fry, Brown Rice, Red Pepper, Mushrooms &amp; Onions, Rye Bread</p> <p><b>OR</b></p> <p>Turkey &amp; Amer Cheese/Oatnut Bread, Lite Mayo, Lettuce Leaf, Macaroni Salad, Beet Salad</p> <p><b>Mandarin Oranges</b></p>
<p>29) <b>Italian Vegetable Soup/Crackers</b> Roast Pork, Roasted Onion Gravy, Mashed Potatoes, Peas &amp; Onions, Orange Cranberry Muffin</p> <p><b>OR</b></p> <p>Roast Beef, Roast Turkey &amp; Swiss on Oatnut Bread, Russian Dressing, Lettuce Leaf, Broccoli Tomato Salad, Basamic Vinaigrette Pasta</p> <p><b>Applesauce</b></p>	<p>30) <b>Potato Chowder/Crackers</b> Salisbury Steak w/ Brown Gravy, Green and Wax Beans, Whipped Butternut Squash, Biscuit</p> <p><b>OR</b></p> <p>***Seafood Salad on Whole Wheat Bread, Lettuce Leaf, Tossed Salad w/ Lite Italian Dressing, German Potato Salad</p> <p><b>Fresh Fruit</b></p>	<p>31) <b>Vegetable Soup/Crackers</b> Turkey Broccoli Penne Casserole, Carrots, Oatnut Bread</p> <p><b>OR</b></p> <p>Cold BBQ Grilled Chicken on Hamburger Roll, Sliced Mozzarella Cheese, Sliced Red Onions, Cole Slaw, Three Bean Salad</p> <p><b>Banana Cake</b></p>

## LUNCHEON SPECIALS FOR MARCH

THURSDAY	FRIDAY
4) Beef Stew, Peas, Apple/Cinnamon Muffin <p style="text-align: center;"><b>OR</b></p> Turkey & Swiss on Rye Bread, Lite Mayo, Lettuce Leaf, Roman Blend Vegetable Salad, Macaroni Salad w/ Cheese <p style="text-align: center;"><b>Pineapples</b></p>	5) Baked Macaroni & Cheese, Collard Greens, Whole Wheat Roll <p style="text-align: center;"><b>OR</b></p> Seafood Salad on Multigrain Bread, Lettuce Leaf, German Potato Salad, Broccoli Tomato Salad <p style="text-align: center;"><b>Fresh Fruit</b></p>
11) <b>Mushroom Barley Soup/Crackers</b> Meatloaf w/ Brown Gravy, Mashed Potatoes, Beets, Wheat Bread <p style="text-align: center;"><b>OR</b></p> Turkey & Cheese on Multigrain Bread, Lite Mayo, Lettuce Leaf, Tomato Zucchini Salad, German Potato Salad <p style="text-align: center;"><b>Frosted Cake</b></p>	12) <b>Seafood Chowder/Crackers</b> Baked Haddock, Lemon Butter Sauce, Mixed Vegetables, Wild Rice, Rye Bread <p style="text-align: center;"><b>OR</b></p> Egg Salad on Wheat Bread, Lettuce Leaf, Spinach Mandarin Orange Salad w/ Dressing, Corn Salad <p style="text-align: center;"><b>Mandarin Oranges</b></p>
18) <b>Clam Chowder/Crackers</b> Baked Haddock, Lemon Sauce, Rice Pilaf Zucchini & Summer Squash, Apple/Cinnamon Muffin <p style="text-align: center;"><b>OR</b></p> Roast Beef & Cheddar on Oatnut Bread, Lettuce Leaf / Sliced Tomato, Lite Mayo, Riviera Salad, Potato Salad <p style="text-align: center;"><b>Mandarin Oranges</b></p>	19) <b>Lentil Spinach Soup/Crackers</b> Cheese Lasagna, Peas, Carrots Wheat Bread <p style="text-align: center;"><b>OR</b></p> Tuna Salad on Rye Bread, Lo Mein Pasta Salad, Spinach Mandarin Orange Salad w/Lite Italian Dressing <p style="text-align: center;"><b>Pistachio Pudding/Topping</b></p>
25) <b>Split Pea Soup/Crackers</b> Meatball Sub w/Tomato Sauce, Parmesan Cheese, Ziti w/Tomato Sauce, Spinach <p style="text-align: center;"><b>OR</b></p> Chicken Salad on Lettuce Leaf, Rice Tomato Black Olive Salad, English Pea Salad <p style="text-align: center;"><b>Fresh Fruit</b></p>	26) <b>Tomato Soup/Crackers</b> Haddock w/Creamy Red Pepper Sauce Chuckwagon Corn, Broccoli, Oatnut Bread <p style="text-align: center;"><b>OR</b></p> Egg Salad on Multigrain Bread, Lettuce Leaf, Purple Cabbage Cole Slaw, Three Bean Salad <p style="text-align: center;"><b>Peaches</b></p>

**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**

**Meals are served at 12:00 noon unless otherwise noted.**

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

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

Join in the fun at the **March Birthday Lunch Special on Tuesday, March 16.** Don't forget that there will one of Nettie's special Be sure to tell us if you or someone in your party have a March birthday., please let us know when you make reservations.

**And on Wednesday, March 17,** we will have a **St. Patrick's Day Special** lunch with traditional Irish-style corned beef and trimmings. Entertainment will be a special Luck of the Irish Bingo game (see p. 9).

The **Let's Go Out to Lunch** group will meet at noon at the new Persian restaurant—**Khayyam** at 404 Harvard Street at noon on **Tuesday, March 23.**

Brookline Senior Center  
 93 Winchester Street  
 617-730-2770

**MARCH 2010**

**EVENTS CALENDAR**

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>
1 9 am Podiatry Clinic 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	2 10:30 am Brookline Bees-Quilters 11 am - 3:30 pm Food distribution 1:00 pm Bingo 1:30 pm Movie Lovers' Film Series "Cherry Blossoms"	3 9 am - BLAB lawyer 9:30 am Retired Men's Club 12:30 pm Bridge 1-2 pm Brookline Music School Robbins & Douville in concert 2-4 pm Open computer lab
8 10:30 am Poetry Wrkshp(not today) 10 am Mindfulness-Chinese Med 12:30 pm Chinese programs 1 pm Mah Jongg/Scrabble 1-2 pm Line Dancing (not today) 2-4 pm Open computer lab	9 10:30 am Brookline Bees-Quilters 11 am - 3:30 pm Food distribution 12:30 pm French Conversation grp. 1:00 pm Bingo 1:30 pm Movie Lovers' Film Series "Adventureland"	10 9:30 am Retired Men's Club 12:30 pm Bridge 1 pm COA meeting, Lisa Paradis. director of Rec. Dept. is speaker 2-4 pm Open computer lab
15 9 am Podiatry Clinic 10 am Mindfulness-Meditation 10:30 am Poetry Workshop-filled 1 pm Mah Jongg/Scrabble 1-2 pm Line Dancing 2-4 pm Open computer lab	16 10:30am Brookline Bees-Quilters 11am - 3:30 pm Food distribution 12 noon -March Birthday Lunch 1:00 pm Bingo 1:30 pm Movie Lovers' Film Series "Tulpan"	17 9:30 am Retired Men's Club 12 noon St. Pat's Day Lunch spec. 12:30 pm Bridge 1 pm Luck of the Irish Bingo games 1 pm Low Vision Group 2-4 pm Open computer lab
22 10 am Minfulness-Friendship 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 7 pm Aging at Home program	23)10:30 am Brkline Bees-Quilters 11 am - 3:30 pm Food distribution 12 noon-"Let's Go Out to Lunch" grp meets at Khayyam Restaurant 12:30 pm French Conversation grp. 1:00 pm Bingo 1:30 pm Movie Lovers' Film Series "Keeping Score at MIT...."	24 9:30 am Retired Men's Club 12:30 pm Bridge 1-2 pm Eileen Currier, Nurse Practitioner from St. E's Med. Ctr. 1 pm Modern Beading workshop
29 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	30 10:30amBrookline Bees-Quilters 11am - 3:30 pm Food distribution 1:00 pm Bingo 1:30 pmMovie Lovers' Film Series "In the Loop"	31 9:30 am Retired Men's Club 12:30 pm Bridge 2-4 pm Open computer lab

## ONGOING SENIOR CENTER EVENTS

THURSDAY	FRIDAY
<p>4</p> <p>10:30 am Knit and Crochet</p> <p>1:30 pm Russian Tea Room</p> <p>1:30 pm Knit and Crochet</p> <p>1:30 pm Easy Travel visits Israel Miriam Teitelbaum is our guide</p>	<p>5</p> <p>9 am Bridge</p> <p>10 am Solemates Walking group</p> <p>10 am Project Volunteer Group</p> <p>10:30 am Current Events</p> <p>10:30 am Senior Chorus</p> <p>1 -2:30 Parkinson's Support Group</p>
<p>11</p> <p>10:30 am Knit and Crochet</p> <p>1:30 pm Russian Tea Room</p>	<p>12</p> <p>9 am Bridge</p> <p>10 am Solemates Walking group</p> <p>10 am Project Volunteer Group</p> <p>10:30 am Current Events</p> <p>10:30 am Senior Chorus</p> <p>Alzheimers' Support Group-call for time</p>
<p>5 -7 pm Reception with the artist Jo Shields</p>	
<p>18</p> <p>10:30 am Knit and Crochet</p> <p>1:30 pm Knit and Crochet</p> <p>1:30 pm Russian Tea Room</p>	<p>19</p> <p>9 am Bridge</p> <p>10 am Solemates Walking group</p> <p>10 am Project Volunteer Group</p> <p>10:30 am Current Events</p> <p>10:30 am Senior Chorus</p>
<p>25</p> <p>10:30 am Knit and Crochet</p> <p>1:30 pm Knit and Crochet</p> <p>1:30 pm Russian Tea Room</p> <p>Evening Alzheimers group</p>	<p>26</p> <p>9 am Bridge</p> <p>10 am Solemates Walking group</p> <p>10 am Project Volunteer Group</p> <p>10:30 am Current Events</p> <p>10:30 am Senior Chorus</p>
<p>BAOS Salon</p>	
<p>SHINE counselors are available to answer your individual health insurance questions. Please call 617-730-2777 for an appointment.</p>	<p><b>To reserve a lunch please call 617-730-2770 by 11 am, a day in advance</b></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

1:00 pm—Scrabble

2-4 pm—Computer lab open

### TUESDAY

10:30 am—Brookline Bees, Quilters

12 noon -4 pm—BETS

1:00 pm—Bingo

1:30 pm—Movies

### WEDNESDAY

9:30 am—Retired Men's Club

12 noon-4 pm—BETS

12:30 pm—Bridge

2-4 pm Computer Lab open

### THURSDAY

10:30 am—Knit and Crochet

1:30 pm—Knit and Crochet

1:30 pm—Russian Tea Room

### FRIDAY

10:00 am—Solemates, Walking Group

10:30 am—Current Events Discussion Group

10:30 am—Senior Chorus

## TAI CHI FOR HEALTHY AGING:

### *A Collaboration of Brookline Tai Chi and the Brookline Council on Aging*

I've just realized I've been trying to walk with my shoulders" is the kind of comment, from a Brookline Tai Chi (BTC) seniors program student, that shines a light on one of the program's strengths. Tai chi makes it possible at any age to unlearn limiting old habits.

Now these "Tai Chi for Healthy Aging" classes—with a decade-long track record of success and new subsidization by a Tufts Health Plan Foundation grant—are more readily accessible to seniors in Brookline. The Council on Aging (COA) is currently exploring how to bring the program to one or more of Brookline's low-income housing facilities.

The Tufts Foundation gave grants to about 60 Massachusetts nonprofits. The BTC grant has allowed more seniors from area assisted-living centers to experience the increasingly well-documented health impacts of tai chi. Students have reported improvement in areas of concern such as balance, flexibility, and tension as they gain more body awareness.

A checklist of habits that BTC's seniors teachers—Ruth Schechter and Kathleen Ahern—typically address includes holding tension in the shoulders, keeping the knees locked, not moving the hip joints, and forgetting to breathe. It is often a revelation to students that balance issues considered inevitable for this age group clear up significantly when they start to bend their knees and feel their feet.

"Tai Chi for Healthy Aging" skips the more complicated movement sequences usually covered in beginning tai chi courses and focuses on developing body awareness through specific movements that exercise the same principles. The program's daytime classes are geared to mixed abilities and levels of mobility. If standing for an hour is too much, there are movements that can be learned seated. BTC teachers always tune in to whoever is in the class and the

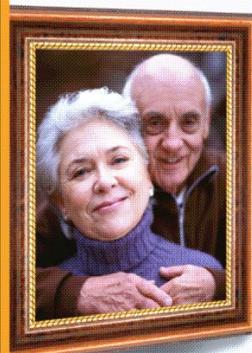
needs of the moment.

*How to take it home* is an added focus. "I'm always trying to connect with what people are doing in their daily life," says Ruth Schechter. She gives *homework* such as noticing your feet while walking up stairs or massaging them if your ankles start hurting. "People have been taught to avoid what hurts or take a pill, but avoiding things tenses you up more," she says. BTC's healthy aging course takes an opposite tack, teaching students to notice which parts of the body feel like they're there and start paying more attention to the parts that don't. "Even being more aware of your body can make you feel safer and more stable as you move around the world."

The course also provides a relaxing place to exercise and be social. It's all about heightening "quality of life."

*Our thanks go to Brookline Tai Chi for this article*

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## CELL PHONES AND IPODS

The Senior Center accepts donations of used cell phones and iPods and passes them along to an organization that rehabilitates them for nonprofit use. The Senior Center then receives funds in exchange that help to support our services, equipment, and programs.

## DRIVING AIN'T EASY, PART II

Last month, I wrote about the dangers of driving as we age. If you or your family members are concerned about your driving, these are some things you can do about it.

The Department of Neurology at Beth Israel Deaconess Hospital runs an evaluation program for elder drivers called *Drivewise*. The program offers a complete clinical assessment of elder drivers and a driving test given by a driving specialist. Lissa Kapust, MSW, the clinical coordinator, says that the dangers pick up around age 75, when the normal aging process affects the cognitive and physical aspects of driving. The average age of the clients in this program is 79. "What we've learned over the years is that the individual driver is usually not a very reliable reporter" of his or her own driving ability, Kapust said. To make an appointment, call *Drivewise* at 617-667-4074. The cost (not generally covered by insurance) is \$331 plus \$120 for the driving test.

The Massachusetts Registry of Motor Vehicles (RMV) has a medical affairs office and some helpful information on its web site for elder drivers. Access [www.mass.gov/rmv](http://www.mass.gov/rmv) (search "elder drivers"). The RMV also runs a program called *Shifting Gears* for elder drivers. Call Michelle Ellicks at 617-973-8895 for further information.

You can also arrange an *informal* driving test for yourself. Ask a younger friend or acquaintance who you know to be a good driver to go driving with you for an hour in Metro Boston, and on another day, an hour on the highway. See what that person says about your driving and how good and quick your reactions are while driving.

In Massachusetts, currently there is no *duty to report* an unsafe driver on the part of a treating physician, social worker, or other medical professional. Recent Massachusetts legislation has been proposed that would give doctors legal immunity so that they would be able to report

patients who are not competent to drive. In addition, the proposed legislation would require elders over 75 to have an eye test each time a license is renewed, i.e., every five years. While this would be helpful, it is too infrequent to ensure safe driving. This legislation is being opposed by AARP and other groups as being discriminatory and *ageist*.

In my law practice, I see many elder clients. Part of my screening is to ask my elder clients if they are still driving. I find some of my clients quite realistic (and some have stopped driving for the reasons I've discussed in these articles), but some stay on the road longer than is safe.

I hope these articles on elder driving have helped some of my readers make the difficult decision that driving is no longer a socially responsible part of their lives.

*by Laurie Israel, Esq., Brookline*

**Editor's note:** There is also a Brookline Adult & Community Education (BA&CE) course offered at the Senior Center called **Continuing to Drive Past 55 (3 Thursdays, beginning April 1—\$100 fee payable to Pleasant Auto. Course code: N055)**. 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](http://www.brooklineadulted.org).

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## MARCH OFFERINGS BY BROOKLINE ADULT & COMMUNITY EDUCATION

And here is a sampling of BA&CE courses being offered in March at the Senior Center and co-sponsored by the Brookline Council on Aging.

### **Telling Your Story: Senior Seminar in Autobiographical Writing**

Instructors: Jean Kramer and Irving Schwartz  
8 Wednesdays from 10:15 to 11:45 am beginning March 24 (Fee: \$70. **Course code: H065**)

### **Introduction to Computer Basics for Seniors**

Instructor: Bob Roll  
4 Thursdays from 9:30 to 11:30 am beginning March 25 (Fee: \$70. **Course code: C116**)—repeats in April.

### **Intermediate Computer Basics for Seniors**

Instructor: Bob Roll  
4 Fridays from 9:30 to 11:30 am beginning March 26 (Fee: \$70. **Course code: C157**)—repeats in April.

### **E-mail Workshop for Seniors**

Instructor: Bob Roll  
4 Wednesdays from 11:45 am to 1:45 pm beginning March 24 (Fee: \$70. **Course code: C171**)

### **Introduction to the Internet for Seniors**

Instructor: Mimi Katz  
4 Wednesdays from 9:30 to 11:30 am beginning March 24 (Fee: \$70. **Course code: C103**)—repeats in April.

### **Microsoft Word for Seniors**

Instructor: Phyllis Mays  
4 Mondays from 9:30 to 11:30 am beginning March 22 (Fee: \$70. **Course code: C198**)

### **Basic Computer Maintenance for Seniors**

Instructor: Phyllis Mays  
4 Mondays from 11:45 am to 1:45 pm beginning March 22 (Fee: \$70. **Course code: C220**)

### **Strength Training for Seniors**

Instructor: Sue Katz  
Mondays and Wednesdays (two times per week for eight weeks) from 8:45 to 10:15 am beginning March 22 (Fee: \$85. **Course code: D077**)

### **Senior S-T-R-E-T-C-H**

Instructor: Sue Katz  
Mondays and Wednesdays (two times per week for eight weeks) from 10:30 to 11:30 am beginning March 22 (Fee: \$76. **Course code: D009**)



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## REGISTRY OFFICE COMES TO BROOKLINE

Norfolk County Register of Deeds William P. O'Donnell will hold scheduled office hours in Room 111 of Brookline Town Hall at 333 Washington Street in Brookline on Wednesday, March 31, from 10:00 am to 12:00 noon.

The Register and his staff will answer questions or concerns about any Registry of Deeds matter. The Register will also have information about the Massachusetts Homestead Act as well as an internet computer and printer that can be used to confirm the status of a mortgage discharge, print out a deed,

or demonstrate how the Registry's web site works. No appointment is necessary.

This is a community outreach program sponsored by Register O'Donnell to make it convenient for residents who may have a Registry question, an interest in understanding the recording process, or difficulty traveling to the Registry building in Dedham. Although the Registry staff cannot provide legal advice, they can provide answers to basic questions, give general information, provide Homestead Declaration forms, and take a document for recording or confirm that a document has been recorded.

The Norfolk County Registry of Deeds, located at 649 High Street, Dedham, is the principal office for real property in Norfolk County. The Registry is the basic resource for homeowners, title examiners, mortgage lenders, municipalities, and others with a need for secure, accurate, accessible land-record information. The Registry land records go back to the founding of Norfolk County in 1793 are available for online viewing. The Registry's online index is available from 1937 forward and continues to expand to include earlier records. Contact the Registry of Deeds by telephone at 781-461-6101 or on the internet at [www.norfolkdeeds.org](http://www.norfolkdeeds.org).

## SOCIABLE SINGLES AND WIDOWS/WIDOWERS GROUP

Singles who have recently experienced a loss are welcome to join a group that will meet at the Senior Center to share experiences and social experiences. Group activities may include lunching out, sporting events, concerts, theater, museums, and lectures. It's up to the group. If you would like to help organize or join this group that will energize members to rediscover life and all it has to offer, please call Deidre Waxman at 617-730-2767 or Charlotte Millman at 617-730-2769.

## HAITIAN RELIEF

Haiti is still in need of practically everything—food, temporary and permanent housing, medical attention of all kinds.



The best way to help is

to make monetary donations to the organizations that are experienced in disaster relief. Please be as generous as you can as the need for food, medical supplies, building materials—*everything*—is truly awesome.

For a list of these organizations, access the Town of Brookline web page at [www.brookline.ma.gov](http://www.brookline.ma.gov). Scroll pretty far down on that page to *Haitian Earthquake Relief* toward the bottom of the page, and click on the headline for more information. If you don't have web access and want to contribute, call the American Red Cross at 800-733-2767.

The Senior Center will collect money in March with a series of raffles that will focus on Haiti.

See p. 7 for a list of organizations that will recycle unused medical supplies such as gauze, bandages, surgical tape. One of the organizations is St. Mary's Church in Brookline.

## FROM THE DIRECTOR

The first day of spring is one thing, and the first spring day is another. The difference between them is sometimes as great as a month.

Fisherman's Luck (1899) by Henry Van Dyke  
(1852–1933)

March, despite its claim to have the first day of spring, has some of the bleakest weather and, because of the bleakness, 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. Stop by today.

I personally want to thank everyone who has so far responded to our Annual Appeal and generously sent in a check to us. I know that things are economically tough for so many, and I appreciate your gifts. Everyone needs to be aware that donations support the van, equipment, and our food expenses.

Please keep sending in your donations. Our goal is to raise at least \$25,000 by the end of our fiscal year June 30, 2010. Be as generous as you possibly can.

Keep the letters coming! I enjoy hearing from you and yes, I even read and try to resolve your complaints. I was thrilled to receive a thank you after we cleaned up a ramshackle closet. *"Thank you for your prompt and gracious response to my letter Even better was seeing the improvement ....of the closet...I'll take this opportunity to state that I think the Brookline Senior Center*

*is one of the greatest facilities anywhere with its myriad activities and warm embrace of Brookline seniors."*

Please help those who are going hungry this winter by coming to the Stock our Shelves (SOS) Event at the Senior Center on March 16 from 4:00 to 6:00 pm. Delectable samples from local restaurants, including wine tasting, and jazz music will entertain you all for the price of either \$5.00 or five cans of food – all for our Food Programs. (See also p. 1) In addition, remember that no senior should be hungry in Brookline. We have the SNAP (food stamps), hot lunches at the Senior Center, Brookline Co-op's weekly bread and produce distribution programs, and the Brookline Food Pantry. Ample nourishment abounds, ensuring sound nutrition.

In the Senior Center/Council on Aging, we are fortunate to have the dedication of many people who go beyond their normal duties to make the world a better place. March is Social Work Month, and this year's theme is that social workers' inspire community action to improve lives. I want to acknowledge the important work of our social workers. We have social work interns, professional staff, and retired social worker volunteers—each one contributes to Brookline's strong sense of community. Thank one today.

Buy some daffodils or shamrocks, eat a slice of Irish bread, and take a walk when the sun shines. And please remember to bring a donation to the Food Pantry when you visit this month.

*Ruthann Dobek, Director*

## FROM THE EDITOR

Sometimes fate intervenes when you least expect it to. And sometimes computer technology, that wonderful tool that has changed our lives and that seems to solve many of our problems, shows its ugly side and causes us major problems. Well, this is one of the latter times.

The *Senior News and Events* for March was a victim of a technological nightmare, and so is late in getting to you all. However, the glitches have been identified, and we won't be late again because of this particular set of problems. Thank you for your patience.

## WHAT IS PREPLANNING, AND WHY BOTHER WITH IT?

When we are young, we make plans for our future: what we will do, where we will live, what we want for our children. This is actually *preplanning* for the younger stages of adult life. As we age, we fail to realize that we need new plans for the lives we lead now. Actors might call this reinventing yourself! The first step is to consider what *you want and need* for a physically and emotionally healthy aging lifestyle. The second step is to contact an appropriate professional to help create this plan. You should probably start with an elder law attorney or a geriatric care manager.

Since this is what I do for a living, my mother and mother-in-law prevailed on me to help achieve their goals and meet their needs in their older age with the financial resources available to them.

My 99-year-old mother-in-law lives with my sister and brother-in-law. They are the primary caregivers, but because of her income and asset

structure, we were able to obtain assistance in the home for her through government benefits. My mother-in-law is the *grand dame* of her family, and there is a lot of the social and cultural interaction in that household that she enjoys greatly.

My mother's situation is more typical. She was living in New York. None of her children were close by so she opted to move to Pennsylvania to be close to my sister and her two younger children. She lives in an Assisted Living Facility that provides meals, medication reminders, and transportation for her. She is close enough to Philadelphia to avail herself of the many cultural events that city offers. Owing to proper planning, and long-term care insurance, my mother can afford to live where she is, enjoy her grandchildren, and do the things she likes to do. She does not rely on government benefits, and it is anticipated that she will not need to do so for many years to come, if ever.

The moral of this story is that utilizing preplanning enables you to enjoy the lifestyle you want and deserve in old age. What are you waiting for?

*by Susana Lannik, LLC, Visit her on the web at LannikLaw.*



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## HOLOCAUST TRACING SERVICE—SAVE THE DATE

The American Red Cross (ARC) is redoubling its efforts to find answers for aging Holocaust survivors and their families through their free Holocaust Tracing Service. In the 18 years they have been running this service, they have found more than 1500 survivors alive.

Plan on attending a presentation about this

service on Wednesday, April 18, at 1:00 pm at the Senior Center. Susan Berger, a long-time ARC Holocaust Tracing Service volunteer will talk about the program—its scope and what it has meant to the many people who have come to them over the years.

## DOINGS AT GODDARD HOUSE

March 5, 2:00 pm

### **Who's on Mount Rushmore and Why!** with

Professor Gary Hylander, PhD

Located in the Black Hills of SD, Mount Rushmore is the world's largest public sculpture and foremost mountain carving. Join us as we discuss why Borglum chose to chisel the features of Washington, Jefferson, Lincoln, and Theodore Roosevelt onto the face of Mount Rushmore and why his work remains today a source of deep controversy and bitterness among Native Americans.

March 9, 7:00 pm

### **Irish Step Dancing** per-

formance by students from Mass Motion Dance (MMD) Academy. MMD has offered quality dance training in Sturbridge since 1983. It is under the direction of Terri Gordon, a former member of the Boston Ballet Company and Tanz Forum, the modern dance company of Cologne, Germany.

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THE ASSISTANCE YOU NEED TO STAY INDEPENDENT

March 29, 2:30 pm Lecture on **Women in Massachusetts's Politics** with Paige Ransford, a research assistant at The Center for Women in Politics and Public at U Mass, Boston. An overview of the status of women's political representation across New England. Given the appeal of politics and political issues in the state of Massachusetts, this talk is intended be more of a discussion than a presentation. We look forward to lively audience participation.

## HOME MODIFICATION LOAN PROGRAM (HMLP)

If you or a member of your family is a frail elder or has a disability that makes it difficult to bathe, climb stairs, or access your home, there is a program that can help. The HMLP provides loans to homeowners and small landlords for access and safety modifications to the homes of Massachusetts residents.

For more information about this program, visit [www.mas.gov/mrc/hmlp](http://www.mas.gov/mrc/hmlp) on the web. Or contact Susan Gilliam at the Massachusetts Rehabilitation Commission at 617-204-3739 (voice/TDD: 1-800-245-6543 or at [Susan.Gilliam@state.ma.us](mailto:Susan.Gilliam@state.ma.us)).

## HANDICAPPED ACCESS

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

## OUR ADVERTISERS

While the ads placed in this newsletter do not constitute a recommendation from the Brookline Council on Aging or the Brookline Senior Center, we do want to thank all of the advertisers in the newsletter for helping to support the *Senior Center News and Events* so that we can continue our service to Brookline's senior community.

## OUR CONTRIBUTORS

There were many contributors to this March issue of the *Senior News and Events* and we want to thank them all: Ruthann Dobek, Frank Caro, and the Brandeis University Faculty Guide for the material in the article *Aging at Home* on p. 3; to the Executive Office of Elder Affairs for the safety tips on p. 4; to [amazon.com](http://amazon.com) for the information about *Strapless* on p. 5; to SHINE for the

## FUEL ASSISTANCE

The Senior Center is an intake site for ABCD Fuel Assistance applications. Social work interns, Kelly Burke, Alex Davis, Liz Kalfas, and Jamie Donchin will be available, by appointment only, to assist individuals with the application process. Appointments are available on Mondays from 9:00 am to 1:00 pm, Tuesdays from 1:00 to 4:00 pm, and Wednesdays from 2:00 to 4:00 pm. To make an appointment for help with your application, call 617-730-2777.

Please note that an individual does not have to be an elder in order to apply for fuel assistance or make an appointment. For more information and answers to your questions, contact one of the Senior Center's social work interns at 617-730-2772. If you get a voice-mail message at this phone number, leave your name and telephone number and one of the social work interns will call you back very quickly.

Other intake sites that are available to Brookline residents are located at:

- ABCD, Inc (Central Office), 178 Tremont Street 4<sup>th</sup> Floor, Boston—617-348-6000 (Chinese, Polish, Spanish, Vietnamese, Burmese, Mandarin, Taiwanese speaking intake workers are available at this site)
- Allston/Brighton APAC, 143 Harvard Avenue, Allston—617-783-1485 (Italian, Spanish, Cambodian, and Chinese speaking intake workers are available at this site).

State Pharmacy Assistance Program article on p. 7; to Doyle's in Jamaica Plain for the *According to Doyle's* tidbits on pp. 8 and 11; to Brookline Tai Chi for the article on p. 20; to Laurie Israel for her essay on p. 22; to Susana Lannik for her essay on p. 26, and to Jewel Chin for her photos on p. 30. You have all helped to enrich our newsletter.

## THANK YOU FOR YOUR CONTRIBUTIONS

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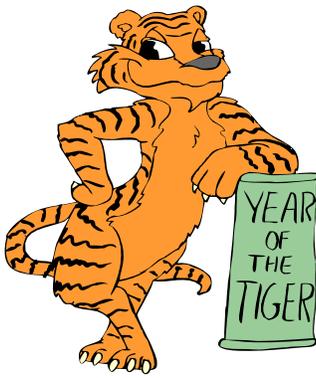
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## DONATIONS ARE NOT ONLY MONETARY

Here's a special thank you to Karen Bergthold who made the delicious birthday cakes for our February Birthday lunch..

And thanks to George Settle, our lifeline with Town Hall who does so many things for us that they are almost beyond listing. Among his services to us are: the distribution of the *Senior News and Events* all over town (including delivery of them to the Senior Center), linking the Senior Center to Town Hall for payroll, picking up supplies and program needs (like the food for the SOS Event). He is at present recuperating from illness. We all wish him a speedy and complete recovery,

Last but certainly not least, our thanks go out to Providence House at Corey Park for the delicious red velvet cupcakes they provided for our Valentine's Day celebrations in February.



## ***CHINESE NEW YEAR CELEBRATION REPRISE***

The Year of the Tiger was celebrated with pomp (good food, good company) and circumstance (beautiful decorations and lots of dancing). We all enjoyed the Yi Tribe Dance and Di Tribe Dance—both from southwest China, the Ribbon Dance, Sunset Tai Chi Kung Fu Fan dance, and Beautiful Daughter-in-Law. The performers were the Evergreen Group and the Cambridge Sunset Chinese Cultural Group.

*Photos by Jewel Chin*



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PLEASE PRINT CLEARLY the following:

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CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

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

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