

# TOWN OF BROOKLINE SENIOR CALENDAR

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**  
617 730 2777      617 730 2778  
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[www.townofbrooklinemass.com](http://www.townofbrooklinemass.com)



## HIGHLIGHTS

**Telling Stories**, reading from the autobiographical writing course. See **page 1**.

Join in **A Celebration of Russian Culture and Cuisine**. See **pages 1 and 15**.

**Dr. Ann Webster's Tips for Successful Aging**. See **page 9**.

Go intergenerational. See **Needed: A Few Good Seniors** on **page 9**.

**Be Prepared** lectures. See **page 13**.

Enjoy the townwide **Bike Parade and Fitness Fair**. See **page 22**.



MAY 2008

## TELLING STORIES

Brookline Adult and Community Education has sponsored a senior course in autobiographical writing, *Telling Your Story*, for 23 years. On **Wednesday, May 21, at 10:15 am** at the Senior Center, members of the class will present the annual public reading of excerpts from their works.

The writing is fresh and funny, touching and wise, and we invite you to join us in rediscovering and reaffirming what rich resources older writers offer to us all.

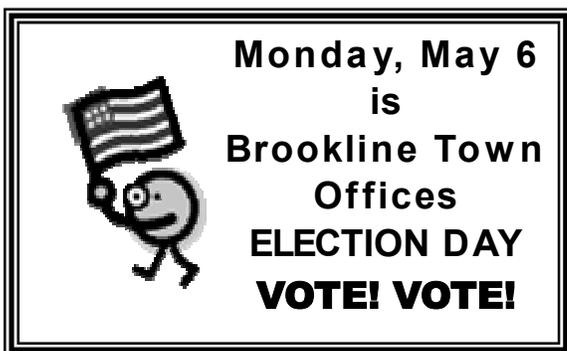
## A CELEBRATION OF RUSSIAN CULTURE AND CUISINE

The Russian Tea Room, the Council on Aging, and Brookline Adult and Community Education are co-sponsoring a Russian festival at the Senior Center on **Thursday, May 22, at 12:00 noon**. Call 617-730-2700 to register for course code X190-01. The fee of \$5.00 includes the lunch.

Sample classic Russian food including pierogi, meat or veggies in warm pastry, stuffed cabbage, and cooked veggie salad—beets, potatoes, pickles, onion, and carrots.

Be entertained Russian style by Alexandr Prōkhorov, bass baritone; Danute Mileika, soprano; and Tatyana Shrago at the piano.

And don't forget to get in the mood for this Russian Festival by seeing the film *Moiseyev Dance Company: A Gala Evening* at the Movie Lovers Series on Tuesday, May 20 (see page 18). This is an event not to be missed. Mark your calendars!



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<p><b>The Town of Brookline Senior Calendar</b> <b>BROOKLINE COUNCIL ON AGING (COA)</b></p>
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<p>Ruthann Dobek <i>Director, Council on Aging/Senior Center</i></p> <p>Charlotte Millman <i>Program Manager</i></p> <p>Judith Gimple <i>Newsletter Editor</i></p> <p>The Town of Brookline Senior Calendar is published monthly by the Brookline Council on Aging, 93 Winchester Street, Brookline, MA 02446.</p> <p>Subscription fee: \$10.00/year. See page 27 for subscription/renewal form.</p>
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## VOLUNTEER APPRECIATION LUNCHEON REPRISE

On Wednesday, April 9, the luncheon drew a record group of volunteers—record not only in numbers, but also in accomplishment. The Bay State Federal Savings Charitable Foundation not only generously underwrote the entire luncheon but Denise M. Reaghan, President and Executive Director of the Foundation, also presented a large check to help support the Senior Center in the year 2008.

A festive lunch, served by the whole Senior Center staff, was kicked off by greetings by Ruthann Dobek, Director of the Council on Aging/Senior Center who remarked that the sure signs that Spring was finally here were the first Red Sox home game of the year and the annual Volunteer Appreciation Luncheon.

The luncheon was interspersed with greetings by Selectpeople Gil Hoy, Betsy DeWitt, and Nancy Daly; and thanks to the volunteers by Vivian Freeman, the Volunteer Coordinator at the Senior Center.

Awards were presented for outstanding volunteer work in 2008 to: **Jean Kramer** (Transition from Staff to Volunteer), all the people who made **Project Volunteer** such a success this year, **Eileen Ward** (the John and Molly Dolan Volunteer of the Year Award), and **Dorothy Wolfson**.



*Ruthann and Agnes accept check from Denise (center).  
Photo courtesy of Jean Stringham.*

## HOLIDAYS

In May, the Senior Center will be closed on **Monday, May 26**, in observance of Memorial Day. All other weekdays in May we will



be open with programs, events, groups, and all the programs and events that make the Senior Center the true center of activity for the Brookline Senior community.

## CURRENT ELDER ISSUES IN MASSACHUSETTS



Michael E. Festa, Secretary of Elder Affairs of the Commonwealth of Massachusetts, will be at **Goddard House on May 16 at 3:15 pm** for a Community Discussion and Reception. The topic for discussion is Current Elder Issues in Massachusetts.

This event is co-sponsored by Goddard House and the Brookline Aging Collaborative (the Brookline Council on Aging, Goddard House in Brookline, Center Communities of Brookline, and the Rogerson Brookline Adult Day Health Program).

Mr. Festa, in his role as Secretary of Elder Affairs is actively supporting a “community first” agenda for seniors and the disabled. He is firmly committed to a proactive, vigorous advocacy role for his agency to ensure that the interests, needs, and concerns of seniors are respected and addressed.

**ROGER R. LIPSON**

ATTORNEY-AT-LAW

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Tel. 617-566-2300

## FROM THE DIRECTOR

May is here and that means the lilacs are blooming. Take a stroll around the Arnold Arboretum to enjoy the flowers and get some outdoor exercise.



With every leaf a miracle . . . and from  
this bush in the door-yard,  
With delicate-colour'd blossoms, and  
heart-shaped leaves of rich green  
A sprig with its flower, I break.

Walt Whitman, *When Lilacs Last in the Door-Yard Bloom'd*

I attended Dr. Ann Webster's informative talk on *New Aging: A Guide to Living Well* last month. I was struck that her prescription for "aging without an expiration date" was all about the philosophy of the Senior Center—that staying active, giving of yourself, and creating community is the way to stay healthy. Research result after research result affirms what our participants already know: that attending the center is good for you!! (See page 9 for Dr. Webster's tips for successful aging.)

One of our special programs of the year will be held on Wednesday, May 21. The annual readings by the *Telling Your Story* class is clearly an event not to be missed. The readings never fail to move me and inspire all.

On Thursday, May 8, at 1:00 pm, we are pleased to have a lecture by Dr. Andrew Wilper who will discuss *The Need for a Single-payer Health Program*. This is a topic for all ages so encourage your younger friends to attend.

I am pleased that we are offering an exciting festival on Thursday, May 22, celebrating the rich Russian culture. Taste a delicious meal, and sample the best of music and dance. Join us.

I urge every one of our citizens to vote on May 6. Elections are the way we function as a society, and we all must exercise that right. This year's Brookline election is particularly important with the override question and a contested Selectpeople's race.

May is also the time for our excellent students to graduate. **Dale LaBonte** and **Katie Anderson** are finishing their internships. Join me as we wish them well in their future careers and thank them for all their hard work.

And finally, Happy Mother's Day to all. This is the 100th year we celebrate Mother's Day. For those of you who are mothers, a special thank you for all the hard work and love and sacrifice you do for your families and for everyone else. Sons and daughters, take time to thank your mother.

—Ruthann Dobek, Director



## COUNCIL ON AGING

The COA meeting of the Board of Directors will be on **Wednesday, May 14 at 1:00 pm** at the Senior Center. This month the guest speaker will be Joan Sokoloff, LCSW, Director, Metropolitan Mediation Services (MMS). Her topic is *Mediation Services—How This Program Can Help Elders*. MMS is funded in part by the Massachusetts Bar Foundation.

This organization is an innovative organization that has offered mediation services in the

Greater Boston area since 1984 MMS provides mediation services to businesses, government agencies, schools, courts, social service agencies, and individuals from Greater Boston neighborhoods and families. We also provide conflict-resolution training to business people, legal and mental-health professionals, educators, etc.

MMS's multidisciplinary staff has a wealth of experience, training, and education in mediation and conflict resolution.

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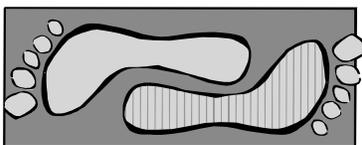
**Interior renovations will be completed in winter 2008**

Many thanks to contributors to this issue of the Town of Brookline Senior Calendar: to Jean Stringham (photographer) for her photograph on page 3, The Kathy McGinnis (Benefits Coordinator, Town of Brookline) for her article on page 7, to Judy Bernstein (Social Security District Manager in Boston) for her article on page 9, to Dr. Ann Webster for her tips on page 9, and to Victoria Ellsworth (Paralegal, Law Offices of Laurie Israel for her article on pages 24 and 25.



Health-centered programs that occur monthly at the Senior center include:

**Ask a Nurse** Nurse Practitioner Eileen Currier of St. Elizabeth's Medical Center will be at the Senior Center to consult with individuals on **Wednesday, May 28, from 1:00 to 2:00 pm.**



**Podiatry Clinic** Routine foot care with Dr. John McLoughlin is available by appointment on **Mondays, May 5 and 19, from 9:00 am to 12 noon.** Sessions, which last 15 minutes each, cost \$25. To make an appointment, call 617-730-2777.

**Low Vision Group** This peer-led support group for individuals with limited eyesight resumes its monthly meetings on **Wednesday, May 21, at 1:00 pm.**

**Blood Pressure Screening** The Brookline Health Care Center will provide a blood pressure screening **Monday, May 5, from 1:00 to 2:00 pm.** The nurse from the Brookline Health Care Center is bilingual, speaking English and Chinese.

Blood pressure screenings will also be available at the Senior Center, this month on **Thursday, May 15, from 9:00 to 10:30 am** with a Brookline Health Department Nurse.

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

The Health Page is sponsored by  
Beth Israel Deaconess Medical Center

Affiliated with  Joslin Clinic

A research partner of  
NCI DANA-FARBER/HARVARD CANCER CENTER  
CCC A Comprehensive Cancer Center  
Designated by the National Cancer Institute

 Official hospital of the  
Boston Red Sox

### BLOOD PRESSURE SCREENINGS

Blood pressure screenings with a Health Department Nurse continue to be available at the Senior Center on the third Thursday of each month and at other locations around town.

- Wednesday, May 14, at Temple Emeth, 194 Grove Street in South Brookline, from 3:00 to 4:00 pm
- Wednesday, May 14, at Sussman House, 50 Pleasant Street, from 1:00 to 2:00 pm
- Thursday, May 15, at the Senior Center from 9:00 to 10:30 am
- Wednesday, May 28, at O'Shea House, 61 Park Street, from 1:00 to 2:00 pm

### HEALTH CARE TIP

We all know that an annual general medical checkup is essential to maintaining good health and diagnosing potential health problems at early stages. And no one can emphasize enough the significance of preventive medicine, especially as we age.

It is important, however, to stress that regular eye examinations and dental checkups are also essential components of regular preventive medicine and that these components gain importance as we age and, therefore, should not be overlooked or given a lower priority as the years go by.

## MEDICARE COVERS CANCER SCREENINGS

Taking advantage of **Medicare's Preventive Services** is one of the smartest things you can do to stay healthy.

Did you know that regular screenings for cervical, vaginal, and breast cancers can help women stay healthy? For those enrolled in Part B, Medicare covers screening Pap tests and screening pelvic exams every 24 months for all women and once every 12 months for women at high risk. In addition, Medicare covers screening mammograms under Part B for all women age 40 or older once every 12 months. These screenings can help detect cancer early, when treatment works best. All women are at risk for these cancers. To help keep your risk level down, be sure you don't smoke.

Did you know that prostate cancer is the second leading cause of cancer death among men in the United States? The good news is that, if you have Part B, Medicare covers the two most common tests to detect prostate cancer. The screening Prostate Specific Antigen (PSA) blood test measures the amount of PSA enzyme in the blood, a marker for prostate cancer. The other

test is the Digital Rectal Examination (DRE). Medicare covers one PSA test every year and one DRE every year for men with Medicare age 50 or older.

You can remember the services you received and the tests you need each year by visiting the MyMedicare.gov web tool. You can see a description of your covered preventive services, the last date that service was performed, and the next date you are eligible for that service. If you don't have a computer, ask a family member or loved one if they do. Or, use your local library to log onto MyMedicare.gov to review this information.

**If you need help** with any aspect of your health insurance, **SHINE** (*Serving Health Insurance Needs of Elders*) offers free counseling at the Senior Center. Call us at 617-730-2777 and ask for a SHINE appointment. Or you can reach a SHINE volunteer by phone at 1-800-AGE-INFO (1-800-243-4636). Once you get the SHINE answering machine, leave your name and number, and a volunteer counselor will call you back, as soon as possible.



## USE YOUR HEAD—WEAR A HELMET

Spring and summer are times for enjoying more outdoor activities and that means wearing a helmet each time you jump on a bike. Why is wearing a helmet so important? Helmets are designed to protect the brain and skull during an impact so the helmet absorbs most of the force instead of your head. What does that mean to you? Wearing a bicycle helmet can reduce your risk of head injury by 85% according to a study in the *New England Journal of Medicine*. Bike-related crashes kill about 900 people each year, but send more than 560,000 people to hospital emergency rooms. Many of the injuries are head injuries that result in permanent brain damage.

Wearing a helmet sounds like a no-brainer. But only 38% of adult bike riders regularly wear a helmet, and many helmet users wear them incorrectly. Six easy steps to fit a bicycle helmet properly can be found at: <http://www.nhtsa.dot.gov/people/injury/pedbimot/bike/EasyStepsWeb/images/EasyStepsEngColor.pdf>.

Blue Cross and Blue Shield of Massachusetts members can order discounted bicycle helmets for adults by using a simple order form that can be downloaded at [http://www.bluecrossma.com/common/en\\_US/pdfsbrochure/327600\\_Safety\\_Helmet\\_order\\_form.pdf](http://www.bluecrossma.com/common/en_US/pdfsbrochure/327600_Safety_Helmet_order_form.pdf)

No excuses. Get a helmet. Protect your skull. It's your brain's best friend! *by Kathy McGinnis*  
*Benefits Coordinator, Town of Brookline* 7

## SENIOR SERVICES

The Brookline Senior Center and the Council on Aging are amazing organizations, offering a vast array of programs and activities.

**BETS** is a cab discount program that allows income-eligible Brookline residents over 60 to buy up to five coupon books a month. Each coupon is worth \$10 in cab rides for just \$5. 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. 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.)

For more information, please call Alicia at 617-730-2740.

**BLAB** The Brookline Legal Assistance Bureau (BLAB), at the Senior Center from **9:00 am to 12:00 noon on Wednesday, May 7**, this month, 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. For more information,

**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 at the Senior Center. To get HELP, call 617-730-2777, and ask for the HELP extension.

**JOBS** The Job Opportunities for Seniors (JOBS) program is an employment service designed and sponsored by the Brookline Council on Aging the goal of which is to match Brookline's capable, older workers with local employers seeking either part-time or full-time staff for office, academic, sales, food services, and a variety of other fields.

**NEEDS** helps seniors stretch food dollars with such aids as food stamps. For more information, please leave a message for Riva Berkovitz at 617-730-2777.

**SHINE** counselors Deborah Brass and Sonny Saslaw are at the Senior Center on **Wednesday** and **Thursday** mornings to help individuals explore their health-insurance options. For an appointment, please call 617-730-2777.

**SOCIAL SECURITY** will no longer have a representative at the Senior Center. If you need assistance, please call the Boston office at 617-565-8903 or Social Security's main number at 1-800-772-1213.

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## ALZHEIMER'S CAREGIVERS SUPPORT GROUPS

People who care for loved ones with Alzheimer's Disease and other dementias meet once to gain support and information. The two groups are open to members of the community and town employees free of charge.

There is a **Daytime Caregivers Group** that will meet on **Friday, May 9**. Call December Hefernan at 617-730-2753 for information for this group. There is also an **Evening Caregivers Group** that will meet on **Thursday, May 29**, contact Susan Andriole at 617-730-2754 for more information about this group.

## GET YOUR BENEFIT VERIFICATION LETTER ONLINE

Sometimes, people need written verification of benefit status or income amount from Social Security. Perhaps you're making a major purchase that means negotiating a loan. Or maybe you're applying for state benefits or moving into a new apartment or home. Whatever your reason, Social Security makes it easy for you to get the written verification you need—and you can do it online at [www.socialsecurity.gov](http://www.socialsecurity.gov). Just look in the left column under "What you can do online" and select "Request a Proof of Income letter."

This letter is sometimes called a *budget*, a *benefits*, or a *proof-of-award* letter. It can be used as proof of income not just for a loan, but for any third-party that requires proof of income.

In addition to offering proof of income, the letter is also an official document that verifies Medicare and health insurance coverage, retirement status, disability status, and age.

From the time you complete the online request, it will take about 10 days for you to receive the proof of income letter in the mail. If you need one sooner, call Social Security at 1-800-772-1213 (TTY 1-800-325-0778) or visit your local Social Security office. —*By Judy Bernstein  
Social Security District Manager in Boston*

## NEEDED: A FEW GOOD SENIORS

We need you to join in the Senior Center's very popular program to work on projects with Brookline High School students in July.

We have several qualified and interested young people who will intern with us at the Senior Center this summer Mondays through Thursdays from July 7 to July 31 from 10:00 am to 3:00 pm. Projects will include:

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

This program is co-sponsored by the Brookline Senior Center, The Brookline Aging Collaborative (the Brookline Council on Aging, Goddard House in Brookline, Center Communities of Brookline—Hebrew Senior Life), and Wheelock College Division of Social Work.

We are holding a meeting on **Tuesday, May 20, at 11:00 am** at the Senior Center for Brookline elders interested in participating in the program. Please call Deidre Waxman at 617-730-2767 if you wish to attend this meeting and/or participate in the program or have any questions about the program.

### Dr. Ann Webster's Tips for Successful Aging

Decrease stress  
Stay fit—exercise  
Be vitally engaged—find purpose and meaning  
Do aerobics for the mind  
Eat well—practice good nutrition  
Be happy  
Use humor—laugh  
Build social support  
Obtain adequate sleep and rest  
She also suggests doing something new and good for yourself every day!

## GIVING

Our heartfelt thanks go to all the people who gave generously to the Senior Center and to its special programs in the month of April.



To Gertrude M. Cohen, Mary Louis Greenhood, Mark Murstein for their gifts to our annual appeal



To Deborah and David Brooks for supporting the Van Fund



To Gertrude A. Crowley, Susan Davidson, Theresa E. De Santis, Lawrence E. Hardison for gifts in honor of tax preparation



To Pearl Lampert and Henry Vogel for gifts in honor of John Knutson for tax preparation



### FROM THE BOARD PRESIDENT

The Brookline Senior Center gratefully accepts donations to its nonprofit arm. These donations are completely tax deductible to the giver. Donations are put into use to keep the van running as well as to fund furnishings, improvements, and innovative programs for our Senior Center.

We welcome your gifts in honor of special occasions; as thanks for services you have received; or to recognize friends, family, or staff.

*Thank you,  
Elizabeth (Betsy) Pollock  
President, Brookline Senior Center Board*

### 2008 SURVEY

Our 2008 survey is about to be available. Please fill one out and return it to us as soon as possible. It will help us to plan for future programming.



To Pauline R. Katz for her gift in honor of Ruthann Dobek



To Barbara Scotto for her gift in honor of Evelyn Roll



To Mina Tillinger and Elizabeth Guralnick for their gifts in memory of Gita Werchol



To Ruthann Dobek and Glenn Boghosian for their Happy Birthday to Betsy Pollock gift



And a very special thank you to the Herbert I. Freeman Memorial Fund which is supporting our monthly birthday parties with a donation for the presents

**Don't forget to vote on May 6 in the Town of Brookline Elections!!**



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## AT THE GALLERY



The Brookline Senior Center proudly presents  
**LUMINESSENCE**

Photographs by Riva Berkovitz

**Monday, May 5, through Monday, June 30,  
from 8:30 am to 5:00 pm every day, Monday through Friday**

And you are cordially invited to a reception for the artist on  
**Friday, May 9, from 3:30 to 5:30 pm**

No, the name of the exhibit is NOT a typographical error. It is instead an embodiment of the theme of the exhibit. The “essence” is imbedded in the title as the essence of light (lumen).

## WATERCOLOR EXHIBIT



Senior Center volunteer **Barbara Cohen** is a watercolorist, and an exhibit of her works will be at the Boston Medical Center, 1st floor Rehab Medicine, 732 Harrison Avenue, Boston, from April 29 to May 7.

## BROOKLINE CHORUS

The final performance of the Brookline Chorus 2007-2008 season—Duke Ellington’s *Sacred Concert*—is scheduled for Saturday, May 10 at the First Baptist Church, 848 Beacon Street, Newton Centre. Tickets are available through the chorus web site [www.brooklinechorus.org](http://www.brooklinechorus.org) or at Brookline Booksmith. The price for a regular admission is \$20.00, \$15.00 for seniors and students



Chosen from three substantial collections of music Ellington called “sacred concerts,” this program highlights inspired music that he considered to be the most important of his works.

## BROOKLINE MUSIC SCHOOL CONCERT

The Brookline Music School Concert for May will feature Julianne Johnston on the flute, accompanied by her husband Barry Johnston on the guitar on **Wednesday, May 7, at 1 pm.**

Julianne is a member of the faculty at the Brookline Music school. She plays both the Suzuki and the traditional music on the flute.

This concert should certainly be a must see for everyone who likes beautiful music.



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Community  
Education



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[www.brooklineadulted.org](http://www.brooklineadulted.org)  
617-730-2700

## BROOKLINE WRITES

The Brookline Public Library Author's Collaborative series—*Brookline Writes*—presents the last program in the series in May. The program premieres on Brookline Access Television on **Sunday, May 4, at 2:30 pm**, and airs throughout the month of May.

This last edition of the in the series, *Marketing Your Book* features a panel of guests: Patrick Gabridge, Trisha Gura, Sarah Smith.

The writer's job is far from finished when the work is in print. If nobody knows about the book, nobody will read it. If you are already famous, then skip this edition of Brookline Writes! Your publisher will arrange a book tour, get you on TV, and pitch your latest opus at the next booksellers' convention.

If that isn't you, you'll have to roll up your sleeves and get to work. On this edition, Brookline authors will share their secrets: how to get readings, how to get reviews, and how to get your book into the hands of readers.

## SENIOR CENTER CHORUS

Is singing a joy? And singing in a group a pleasure? Then join the Senior Center Chorus. Meet new people who share your passion for singing. There are no auditions, no need for previous experience. All you need bring is yourself and your desire to sing out. The Senior Center Chorus is directed by Chorus Leader Zohra Shaw and meets on **Fridays at 10:30 am**. In May, the Chorus will meet on **May 2, 9, 16, 23, and 30**. Join in the fun and let your voice be heard!

## EASY TRAVEL

Paul Masi, Devotion School teacher and mountain climber will take us on a tour of the Czech Republic and Slovakia on **Thursday, May 1, at 1:30 pm**. Be prepared for towering landscapes, and charming old-world cities and towns.

## SAVE THE DATE — SOUNDS AND SCENES FAMILY FESTIVAL

On **Saturday, June 7, from 10:00 am to 1:00 pm** Brookline Adult and Community Education (BACE), the Frederick Law Olmsted National Historic Site, Brookline Parks and Open Space, and the Emerald Necklace Conservancy, with support from the Boston Parents' Paper, will co-sponsor *A Celebration of Music and Landscape in the Emerald Necklace* at Olmsted Park's Allerton Overlook and vicinity.

There will be lots of music and other activities like birding and walking tours of the area.

This is a free event but preregistration is recommended. For a complete schedule of events and to register, please call 617-730-2700 or visit BACE online at [www.brooklineadulted.org](http://www.brooklineadulted.org).

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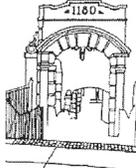
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## BE PREPARED

In May, there will be a series of talks at the Senior Center that have been designed to help you be financially and legally *secure* and prepared for unforeseeable emergencies.

## GETTING THE MOST OUT OF MEDICARE

The first of these talks will be on **Thursday, May 15 at 10:00 am** with Ellen Porthier, MS, RN, CPHQ, and Medicare Beneficiary Outreach and Mediation Coordinator, speaking on *Getting the Most Out of Medicare*.

## EMERGENCY PREPAREDNESS AT HOME

On **Thursday, May 22, at 10:30 am** Michael Raskin, Emergency Management Coordinator for the Brookline Police Department, and Dawn Sibor, Brookline Health Department, will speak on *Emergency Preparedness at Home*.

## PLANNING OPTIONS FOR LONG-TERM CARE

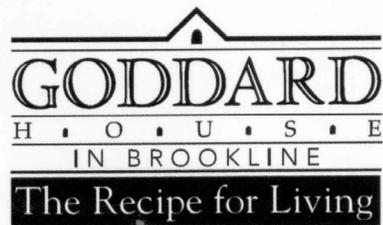
On **Wednesday, May 28, at 10:30 am**, Attorney Ellen Wade will speak on *Planning Options for Long-term Care*. Topics include:

- The law and regulations regarding Medicaid eligibility
- Gifting and the risk of disqualification
- Planning with irrevocable trusts

# The Florida Alternative



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ASSISTED LIVING SHORT TERM STAYS - THE RECIPE FOR LIVING

MONDAY	TUESDAY	WEDNESDAY
		<p>All meals include 8 oz. of 1% milk and margarine.</p> <p>Low sugar desserts are available, and need to be ordered with the site manager</p> <p>***Higher Sodium Content</p> <p>Menu subject to change. \$1.75 donation</p>
<p>5) Chicken Fajita Spanish Rice &amp; Beans Fiesta Mixed Vegetables/Soft Tortilla</p> <p style="text-align: center;"><b>OR</b></p> <p>Roast Beef &amp; Swiss Cheese on Rye Bread Lite Mayo/ Carrot Raisin Salad Three Bean Salad <b>Margarita Lime Pudding/Topping</b></p>	<p>6) <b>Mushroom Barley Soup/Crackers</b> Roast Turkey/Gravy/Cranberry Sauce Whipped Potatoes/Parsley Carrots Whole Wheat Dinner Roll</p> <p style="text-align: center;"><b>OR</b></p> <p>Tuna Salad on Lettuce Leaf Tri-Color Pasta Salad English Pea Salad/Oatmeal Bread <b>Fresh Fruit</b></p>	<p>7) <b>Corn Chowder/Crackers</b> Florentine Fish Sweet Potatoes/Green Beans Multigrain Bread</p> <p style="text-align: center;"><b>OR</b></p> <p>Chef Salad w/egg, cheese, vegetables Italian Dressing Macaroni Salad/Whole Wheat Roll <b>Pears</b></p>
<p>12) <b>Seafood Chowder w/Crackers</b> Breaded Fish Cheese Sandwich Tartar Sauce/Cole Slaw Potato Chips/Hamburger Roll</p> <p style="text-align: center;"><b>OR</b></p> <p>Turkey &amp; Muenster Cheese on Multigrain Bread/Lite Mayo Lettuce &amp; Tomato/Potato Salad <b>Fresh Fruit</b></p>	<p>13) <b>Cream of Broccoli Soup/Crackers</b> Chicken Parmesan/Tomato Sauce Buttered Parsley Ziti Broccoli/Cauliflower/Wheat Bread</p> <p style="text-align: center;"><b>OR</b></p> <p>Seafood Salad on a Lettuce Leaf Broccoli &amp; Tomato Salad Italian Pasta Salad/Rye Bread <b>Mandarin Oranges</b></p>	<p>14) Meatloaf/Brown Gravy Whipped Potatoes Zucchini/Oatmeal Bread</p> <p style="text-align: center;"><b>OR</b></p> <p>Egg Salad on Rye Bread Carrot Pineapple Salad Balsamic Vinaigrette Pasta <b>Frosted Cake</b></p>
<p>19) Beef Stew w/Vegetables Tossed Garden Salad/Lite Dressing/ Biscuit</p> <p style="text-align: center;"><b>OR</b></p> <p>***Ham &amp; Muenster Cheese on Rye Bread Mustard/Lo Mein Pasta Salad Spinach Mandarin Orange Salad Lite Italian Dressing <b>Ambrosia/Topping</b></p>	<p>20) <b><u>BIRTHDAY LUNCH</u></b> Stuffed Shells/Meatball/Tomato Sauce Cauliflower &amp; Zucchini Oatmeal Bread</p> <p style="text-align: center;"><b>OR</b></p> <p>Chef Salad w/egg, cheese, vegetables Italian Dressing Pasta Salad/Whole Wheat Roll <b>Chocolate Chip Cookie</b></p>	<p>21) <b>Vegetable Soup/Crackers</b> Chicken &amp; Broccoli Penne Casserole Alfredo Sauce Carrots/Wheat Bread</p> <p style="text-align: center;"><b>OR</b></p> <p>Roast Beef &amp; Swiss Cheese on Multigrain Bread/Lite Mayo/ Lettuce Leaf Tomato Red Pepper Salad/Pasta Salad w/ Cheese <b>Fresh Fruit</b></p>
<p>26) <b>Memorial Day Holiday</b></p>  <p style="text-align: center;"><b>SENIOR CENTER CLOSED</b></p>	<p>27) <b>Chicken Noodle Soup/Crackers</b> ***Chicken Kielbasa Roasted Potatoes/Onions &amp; Peppers Peas &amp; Carrots/Mustard/Sub Roll</p> <p style="text-align: center;"><b>OR</b></p> <p>Tuna Salad over Mixed Greens Carrot Pineapple Salad Oatmeal Bread <b>Chocolate Pudding/Topping</b></p>	<p>28) Broccoli Cheese Fish Chuck wagon Corn/Lyonnaise Potatoes Whole Wheat Bread</p> <p style="text-align: center;"><b>OR</b></p> <p>Peppercorn Turkey &amp; American Cheese on Multigrain Bread/Lite Mayo Cucumber &amp; Tomato Salad/Macaroni Salad <b>Fresh Fruit</b></p>

## LUNCHEON SPECIALS FOR MAY

THURSDAY	FRIDAY
<p>1) Chicken Macaroni Stew Green Beans Multigrain Bread</p> <p style="text-align: center;"><b>OR</b></p> <p>***Ham &amp; American Cheese on Rye Bread Mustard/Riviera Salad German Potato Salad</p> <p style="text-align: center;"><b>Fresh Fruit</b></p>	<p>2) <b>Vegetable Rice Soup/Crackers</b> Stuffed Salmon/Dill Sauce Whipped Potatoes/Peas Oatmeal Bread</p> <p style="text-align: center;"><b>OR</b></p> <p>Egg Salad on Multigrain Bread Tossed Garden Salad Lite Dressing/Pasta Salad</p> <p style="text-align: center;"><b>Cherry Turnover</b></p>
<p>8) <b>Lentil Soup/Crackers</b> Cheese Lasagna/Meatball/ Tomato Sauce Spinach &amp; Mushrooms/Caesar Salad Lite Dressing/ Whole Wheat Bread</p> <p style="text-align: center;"><b>OR</b></p> <p>Breaded Chicken Patty on a Hamburger Roll Lite Mayo/Lettuce &amp; Tomato Cole Slaw</p> <p style="text-align: center;"><b>Mixed Fruit</b></p>	<p>9) <b>Mother's Day Special Brunch</b> Fresh Fruit Cup Cheese Omelet w/Cream Sauce Home Fries French Toast Sticks Syrup Cinnamon Coffee Cake w/Crumb Top- ping</p>
<p>15) ***Baked Sliced Ham/Pineapple Sauce <i>Boiled Parsley Potatoes</i></p> <p>Cabbage &amp; Carrots/Rye Bread</p> <p style="text-align: center;"><b>OR</b></p> <p>Roast Beef &amp; American Cheese on Oatmeal Bread/Lite Mayo Lettuce &amp; Tomato/German Potato Salad</p> <p style="text-align: center;"><b>Peaches</b></p>	<p>16) <b>Minestrone Soup/Crackers</b> American Chop Suey/Parmesan Cheese Herbed Green Beans Italian Bread</p> <p style="text-align: center;"><b>OR</b></p> <p>Chicken Salad on Whole Wheat Bread Pasta Vegetable Salad Cole Slaw</p> <p style="text-align: center;"><b>Hoodsie Ice Cream Cup</b></p>
<p>22) <u><b>RUSSIAN FESTIVAL</b></u></p> <div style="text-align: center;">  </div> <p style="text-align: center;"><b>NO SPRINGWELL LUNCH</b></p>	<p>23) <b>Mushroom Barley Soup/Crackers</b> Crumb Topped Baked Fish Lemon Butter Sauce/Scalloped Potatoes Spinach/Multigrain Bread</p> <p style="text-align: center;"><b>OR</b></p> <p>Turkey Salad on Whole Wheat Bread Tossed Garden Salad/Lite Dressing Tri-Color Pasta Salad</p> <p style="text-align: center;"><b>Fruited Gelatin/Topping</b></p>
<p>29) <b>Oriental Vegetable Soup/Crackers</b> Sweet n Sour Chicken/Spring or Egg Roll Lo Mein Noodles/Dinner Roll Oriental Mixed Vegetables/Fortune Cookie</p> <p style="text-align: center;"><b>OR</b></p> <p>Roast Beef &amp; Swiss Cheese on Rye Bread/Lite Mayo Cole Slaw/Beet Salad</p> <p style="text-align: center;"><b>Pineapple</b></p>	<p>30) <b>Cream of Mushroom Soup/Crackers</b> Swedish Meatballs/Brown Gravy Buttered Noodles/Broccoli Rye Bread</p> <p style="text-align: center;"><b>OR</b></p> <p>Breaded Chicken Patty on a Hamburger Roll Lite Mayo/Lettuce &amp; Tomato POTATO SALAD</p> <p style="text-align: center;"><b>Chef's Choice Dessert</b></p>

Please remember that 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**. This applies to both regular and special Springwell luncheons.

Don't miss **Springwell's Mother's Day Special Brunch** on **Friday, May 9**, featuring cheese omelets with cream sauce, and French toast sticks.

And don't forget the **Birthday Luncheon** on **Tuesday, May 20**. Tell us when you call for reservations if you have a May birthday.

**Russian Festival Luncheon** on **Thursday, May 22**. Eat Russian food like pirozhki, kulebyaka, golubtsi, and vineyarett. Call 617-730-2700 to register for BACE course X190-01. Fee: \$5.00 includes lunch and entertainment. (See also the article on page 1.)

The **Out-to-Lunch Group** will meet on **Tuesday, May 27, at 12:00 noon** at B.good Café, 455 Harvard Street.

MONDAY	TUESDAY	WEDNESDAY
<p><b>To reserve a lunch please call 6177-730-2770 by 11 am, a day in advance</b></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>5            9 am Podiatry Clinic by appt.            10 am Grandparent Connection            12:30 pm Chinese programs            1-2 pm Blood pressure screening            1 pm Mah jongg            1--2 pm Line Dancing            2-4 pm Open computer lab</p>	<p>6            BROOKLINE VOTES TODAY            10:30 am Brookline Bees(not today)            1:00 pm Bingo            1:30 pm Movie Lovers' Film Series            "Aida"</p>	<p>7            9 am-12 noon BLAB lawyer            10 am-12 noon SHINE counselor            12:30 pm Bridge            1 pm Brookline Music School            Julianne and Barry Johnston,            Flute and guitar, in concert. Free</p>
<p>12            10 am Grandparent Connection            12:30 pm Chinese programs            1pm Mah jongg            1-2 pm Line Dancing            2-4 pm Open computer lab</p>	<p>13            10:30 am Brookline Bees Quilters            12:45 pm French Conversation grp.            1:00 pm Bingo            1:30 pm Movie Lovers' Film Series            Juno"</p>	<p>14            9:30 am Retired Men's Club            10 am-12 noon SHINE counselor            12:30 pm Bridge            1 pm COA meeting—speaker Joan Sokoloff on Mediation Services</p>
<p>19            9 am Podiatry Clinic by appt.            10 am Grandparent Connection            12:30 pm Chinese programs            1 pm Mah jongg            1-2 pm Line Dancing            2-4 pm Open computer lab</p>	<p>20            10:30 am Brookline Bees Quilters            12 noon May Birthday lunch            1:00 pm Bingo            1:30 pm Movie Lovers' Film Series            "Moiseyev Dancers: Gala..."</p>	<p>21            9:30 am Retired Men's Club            10 am-12 noon SHINE counselor            10:45 am "Telling Our Story"            1 pm Low Vision Group            1 pm 12:30 pm Bridge            Beading Workshop</p>
<p>26            Senior Center is Closed            Rogerson Adult Day Health Center is closed            MEMORIAL DAY HOLIDAY</p>	<p>27            10:30 am Brookline Bees Quilters            12 noon - "Let's Go Out to Lunch" group meets at B.Good Café            12:45 pm French Conversation grp.            1:00 pm Bingo            1:30 pm Movie Lovers' Film Series            "No End in Sight"</p>	<p>28            9:30 am Retired Men's Club            10:30 am Atty. Ellen Wade talks on "Long-Term Care Options"            10 am-12 noon SHINE counselor            12:30 pm Bridge            1-2 pm Eileen Currier, St. E's Nurse Practitioner</p>

THURSDAY	FRIDAY
1 10 am- 12 noon SHINE counselor 10:30 am Knit and Crochet 1 pm Knit and Crochet 1:30 pm Russian Tea Room 1:30 pm "Easy Travel" - Czechoslovakia with Paul Masi	2 9 am Bridge 9:30 am Solemates Walking Group 10 am Project Volunteer Group 10:30 am Current Events 10:30 am Senior Chorus
8 10 am-12 noon SHINE counselor 10:30 am Knit and Crochet 1 pm Knit and Crochet 1:00 pm Universal Health Care Program with Dr. Andrew Wilper 1:30 pm Russian Tea Room	9 9 am Bridge 9:30 am Solemates Walking Group 10 am Project Volunteer Group 10:30 am Senior Chorus 12 noon - Springwell's Mothers' Day Special Brunch Alzheimer Support Grp - call for time 3:30-5:30 pm Recept. For Artist Riva Berkovitz
15 9-10:30 am Blood pressure screen. 10 am-12 noon SHINE counselor 10 am Ellen Porthier from MassPro "Getting the Most out of Medicare" 10:30 am Knit and Crochet 1 pm Knit and Crochet 2:15 pm Golden Age Club mtg.	16 9 am Bridge 9:30 am Solemates Walking Group 10 am No Project Volunteer Group 10:30 am Senior Chorus
22 10:30 am Be Prepared for any Emergency 10 am-12 noon SHINE counselor 10:30 am & 1 pm Knit and Crochet 12 noon Russian Festival  reservations required - \$5	23 9 am Bridge 9:30 am Solemates Walking Group 10 am Project Volunteer Group 10:30 am Current Events 10:30 am Senior Chorus
29 10 am-12 noon SHINE counselor 10:30 am Knit and Crochet 1 pm Knit and Crochet 1:30 pm Russian Tea Room Evening Alzheimers Support Group. Call for time	30 9 am Bridge 9:30 am Solemates Walking Group 10 am Project Volunteer Group 10:30 am Current Events 10:30 am Senior Chorus

## ONGOING SENIOR CENTER EVENTS

### MONDAY

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

### TUESDAY

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

### WEDNESDAY

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

### THURSDAY

10:30 am— Knit and Crochet  
1:30 pm— Knit and Crochet  
1:30 pm— Russian Tea  
Room

### FRIDAY

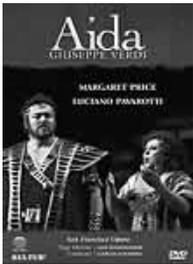
10:00 am— Solemates, Walk-  
ing Group  
10:30 am— Current Events  
Discussion Group  
10:30 am— Senior Chorus

## MOVIE LOVERS SERIES FOR APRIL

May 6

**Aida**

163 minutes



Luciano Pavarotti takes a turn as Egyptian army commander Radames in this 1985 production of Verdi's tour de force opera "Aida." Sam Wanamaker's sumptuous version soars through remarkable musical performances and stars Margaret Price in the title role of the Ethiopian slave. The classic, epic tale of passion is further enhanced by the talented work of Spanish conductor Garcia Navarro.

May 13

**Juno**

92 minutes

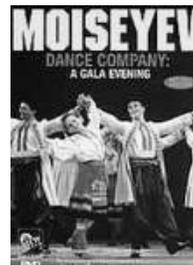


Facing an unplanned pregnancy, teenage Juno (Ellen Page) devises a plan to locate the proverbial perfect parents to adopt her baby. But the seemingly ideal couple Juno chooses still has some growing up to do. Now, everyone in Juno's world must do a little soul-searching. Michael Cera co-stars while Jason Bateman and Jennifer Garner play the pair of affluent yuppies anxious for a child in this offbeat coming-of-age comedy.

May 20

**Moiseyev Dance Company: A Gala Evening**

70 minutes



Filmed live for the Olympic Cultural Program in Moscow in 1980, this breathtaking performance of folk dancing features the famed Moiseyev Dance Company. Established in 1937 by choreographer Igor Moiseyev, the troupe's mission is to reinvigorate traditional national dances with modern creativity and professional skill. Dance segments include "Summer Suite," "Kazan Tartar Dance," "The Skating Rink" and "Young Polianka Dance."

May 27

**No End in Sight**

102 minutes



This in-depth, Oscar-nominated documentary from filmmaker (and former Brookings Institution fellow) Charles Ferguson examines the decisions that led to the 2003 US invasion of Iraq and the handling of the subsequent occupation by President George W. Bush and his administration. Featuring exclusive interviews with central players and detailed analysis, the film pulls no punches as it chronicles the twists and turns America took on the path to war.

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## FRENCH CONVERSATION

The French conversation group will meet on two **Tuesdays in May, the 14th and the 29th, from 12:45 to 1:45 pm.** The group leader is Agnes Serenyi.

## MODERN BEADING WORKSHOP

This workshop will meet to explore techniques of beading and other aspects of beading on **Wednesday, May 21 at 1:00 pm** with Marge Harvey leading the workshop.



## DIVAS IN THE DARK OPERA FOR MOVIE LOVERS

In May, the Coolidge Corner Theatre will present another of its series of opera-based films on Sunday, May 4, at 11:00 am. The film for May is *Cosi*, a 1996 Australian comedy starring Tone Collette. In this movie, psychiatric patients produce Mozart's *Cosi Fan Tutte*.

Tickets for seniors (defined as over 62 years old) are \$3.00, and you will need a current ID. Tickets are available at the box office and must be obtained in person.

The next, and last, movie in the current series is *Phantom of the Opera* on July 13.

The series is made possible by the Trust Family Foundation in partnership with Finagle a Bagel.

## OLD CELL PHONES AGAIN

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

## SENIOR CINEMA—COOLIDGE CORNER BRANCH LIBRARY

Every Thursday afternoon there are movies shown at the Coolidge Corner Branch of the Brookline Public Library. Refreshments are served at 1:00 pm, and the films are shown at 1:30 pm.

## SOLEMATES

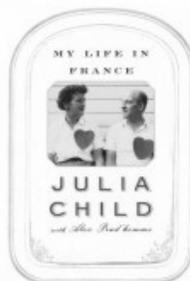
The Solemates, the Senior Center's walking group, meets regularly on Friday mornings for a walk around Jamaica Pond. For more information, call Charlotte at 617-730-2769.



And Solemates is planning a special event for Friday, June 20. It is joining in the Keep Moving Jan Marble Memorial Walk at Castle Island.

This walk, supported by the Massachusetts Department of Public Health, the Massachusetts Executive Office of Elder Affairs, the Massachusetts Councils on Aging and Senior Center Directors, and Blue Cross Blue Shield of Massachusetts, promises to be an exciting and worthwhile activity with the bonus of providing healthy and friendly walking. The June issue of the Senior Center Calendar and the Tab will have full details about this statewide event.

## BOOK DISCUSSION GROUP



This group will meet on **Monday, May 19, at 2:00 pm** at Temple Emeth. The book to be discussed at this meeting is Julia Child's autobiography, *My Life in France*. As always, newcomers are always welcome to the group.

## 2008 STIMULUS PACKAGE INFORMATION

Seniors who wish to receive the one-time \$300 stimulus payment **must** file a 2007 federal tax return **even if you normally do not file taxes**. Your 2007 tax return must show at least \$3000 in *qualifying* income, which includes Social Security, Veterans, and Railroad Workers benefits.

Stimulus payments are **not taxable** in the coming year and payments **will not** affect your eligibility for other federal benefit programs such as food stamps and SSI (i.e., stimulus payments are not considered *income*). Stimulus payments **will**, however, **be counted** as an asset *after 60 days*.

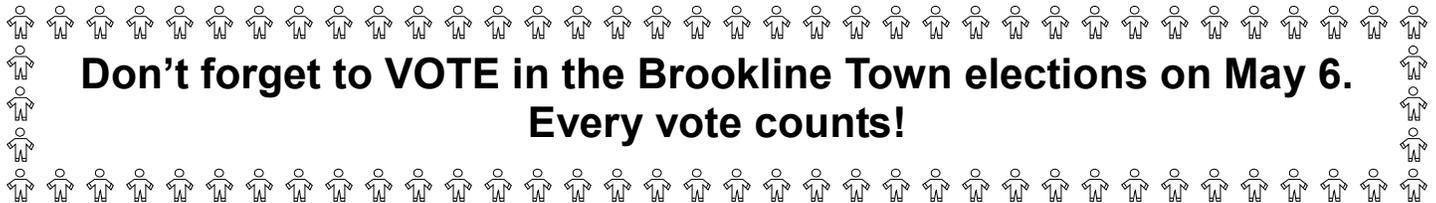
If you are **only** filing your 2007 taxes to **receive a stimulus payment**, you must file by

October 15, 2008. The IRS will begin disbursing stimulus payments on May 2008.

Please note that IRS Form 1040A is available at the Senior Center for your convenience. A sample of a completed form and a copy of the actual form can also be observed and down-loaded from the IRS web site at [www.irs.gov](http://www.irs.gov).

**Social Security Beneficiaries:** If you have discarded FORM SSA-1099 (the form that shows your annual Social Security earnings) you **do not** need to request a replacement form. Simply estimate your 2007 earnings by multiplying one month's Social Security benefit by 12.

Send completed forms to: Department of the Treasury, Internal Revenue Service, Andover, MA 05501-0015.



**Don't forget to VOTE in the Brookline Town elections on May 6.  
Every vote counts!**

### THE NEED FOR A NATIONAL SINGLE-PAYER HEALTH PROGRAM

On **Thursday, May 8, at 1:00 pm**, Dr. Andrew Wilper will give a talk at the Senior Center on *The Need for a National Single-payer Health Program*. Dr. Wilper is a member of the Physicians for a National Health Program that was organized in 1987 by a small group of physicians convinced that the national health-care system urgently needed reform.



Today this organization has 14,000 members, representing every medical specialty in every state. This organization and its members have played a key role in focusing on the health policy dilemma and on the need for nonprofit national health insurance.

### PACE EXERCISE PROGRAM — SAVE THE DATE —

May is Arthritis Awareness Month, and so PACE (People with Arthritis Can Exercise) wants to announce that their exercise class, taught by Ilse Leiser, RN, PhD, will be held this summer in July and August.

This class is intended for seniors with a diagnosis of arthritis for whom gentle exercise has been recommended. So mark your calendars. Remember that authorization from a health-care provider is required.

Registration will begin in June. Since space is limited, register early to be assured of a place in the class. The class will run for seven weeks, beginning on Thursday morning, July 10. Watch the June COA calendar and the TAB for updates about the class.

## SPANISH IMMERSION IN BROOKLINE

Seniors (over 55) of Latin origin will have the opportunity mentoring in this exciting Spanish conversational program in Brookline beginning on May 8. Latin American seniors will be in charge of the conversational sessions, which will be individual and will provide endless opportunities to learn about other cultures and experiences. The Spanish Immersion program was developed to provide Latino aging citizens a profitable activity taking advantage of their mother tongue, Spanish.

The Spanish Immersion Program seeks to connect otherwise isolated Spanish speaking seniors with Spanish learners to improve the latter's oral and interactive skills. While this has a clear benefit to the students, there is an additional benefit to the seniors who can now earn

a modest supplement to their typically low incomes and obtain the personal interaction and contact so necessary for a good quality of life. A great majority of elderly in the community suffer from isolation, loneliness, and depression. This can be magnified when their primary language is not English. This program not only incorporates an educational element but also addresses a social need.

Sessions will meet at the Senior Center. They are scheduled for Thursdays from 9:00 am to 5:00 pm, A small contribution is required (\$11.00 per session or \$90.00 for 10 sessions). The program is supported by the Brookline Senior Center and the Jamaica Plain Coalition: Tree of Life/Arbol de Vida. Interested people can call (617)-730-2777 or (617) 953-7016 or e-mail to [Spanish.conversation.brookline@gmail.com](mailto:Spanish.conversation.brookline@gmail.com).

## INTRODUCING THE PENSION ACTION CENTER

Celebrating its 15th anniversary in 2008, the Pension Action Center at the University of Massachusetts is a one-of-a-kind organization that provides an invaluable service to the people of New England. It secures retirement income for New Englanders by:

- Providing comprehensive assistance on private and public pension issues at no cost to the individual
- Unraveling complex pension-plan document and calculating benefit amounts
- Digging in to search for lost pensions (sometimes a person becomes lost when a company moves, is acquired, or merges), spending the necessary time that others just cannot give to sort it all out.

For more information, call the center at 617-287-7307 or access them on the web at [www.pensionaction.org](http://www.pensionaction.org).

## FAREWELL TO THE INTERNS

For the past several months, there have been two young interns brightening the Senior Center and helping the staff provide the services and activities on which the Senior Center thrives. Sad to say, they are leaving us early in May. We will miss them—Dale La Bonté and Katie Anderson. We wish them the very best of luck in all their future endeavors.

## ANNIVERSARIES

We are celebrating two 10th Anniversaries this year:

- Thanks to you Miriam Sokoloff for leading the Brookline Bees, Quilters
- And thanks also to the *A Matter of Balance* program and their volunteer leader Valerie Gruber

Let's give them a big cheer, nay 10 big cheers for 10 years!

## BIKE PARADE AND FITNESS FAIR

Calling all bikers! We would like to have a group of cyclists participate in this year's **Brookline Bikes Beacon** event – a 3-mile, police-escorted biking parade along Beacon Street. The ride is planned for **Sunday, May 18, at 12:30 pm**. A limited number of shirts will be given to the participants who register to represent the Senior Center! Don't forget – helmets will be required to participate in the event (see the article on page 7 about helmets ). If you have a bike and want to ride, contact December Heffernan at 617-730-2753.



The Bike Parade will end at **Amory Park** where the **Brookline Fitness Fair** will take place **from 1:00 to 3:00 pm**. All are welcome to come



by and be a part of this town-wide event. The fair will include fitness demonstrations, Frisbee golf, tennis, and soccer clinics, yoga, and pilates, plus giveaways and healthy food samples. Events in this afternoon

will appeal to everyone from young kids to Brookline seniors.

The Brookline Bicycle Advisory Committee, *Brookline on the Move* Partners and the town's Police, Human Resources, Public Health, Public Works and Recreation Departments are co-sponsoring and will coordinate these community events.

For more information about Brookline Bikes Beacon, visit [www.BrooklineBike.org](http://www.BrooklineBike.org) or contact John Dempsey, 617-731-1977, or visit [BikeBeacon@BrooklineBikes.org](mailto:BikeBeacon@BrooklineBikes.org); for *Brookline on the Move's* Fitness Fair, visit [www.brooklineonthe.move.com](http://www.brooklineonthe.move.com), or contact Melissa Battite, 617-730-2069, or visit

[melissa\\_battite@town.brookline.ma.us](mailto:melissa_battite@town.brookline.ma.us).

## SPRING IS HERE...AND SO IS PROJECT VOLUNTEER

Project Volunteer brings eager volunteers together to complete small projects for the Senior Center and for local nonprofit agencies throughout Brookline as well. Projects can be as simple as labeling or as complex as collating multiple pieces into envelopes to complete large mailings. There have been, in the last six months, some interesting projects from agencies like the Heart of Chamber Music and Brookline Mental Health Center.

To date, the group has yet to leave a task undone due to the dedication and hard work of our fabulous volunteers! If you would like to be a member of our happy group please feel free to join us [most] **Fridays from 10:00 to 11:30 am** at the Senior Center. Weekly commitment is NOT expected. For more information or cancellations, please call 617-730-2777.

## AFFORDABLE HOUSING IN BROOKLINE

The Town of Brookline has a number of buildings with affordable housing for seniors (in this case "senior" is defined as people who are over 62 years of age).

The apartments are bright, modern, 1-bedroom units with all utilities included. Among the amenities are: easy walking distance from Coolidge Corner and the T, elevators, on-site management, 24-hour maintenance, laundry facilities, community rooms, Elderbus, and parking (if space is available).

Call Brookline Housing Authority at 617-277-1885 (TTD 1-800-545-1833, ext. 213) or visit us at 90 Longwood Avenue between 8:30 am and 4:30 pm Monday through Friday for more information and/or an application.

The buildings run by the Brookline Housing Authority are O'Shea House (61 Park Street), Kickham Apartments (190 Harvard Street), Morse Apartments (90 Longwood Avenue), and Sussman House (50 Pleasant Street).

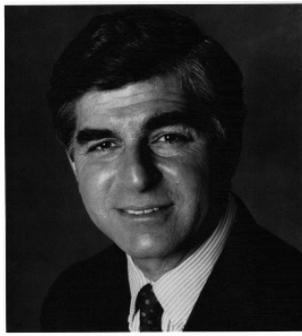
# THE 13TH ANNUAL PUBLIC HEALTH POLICY FORUM

— SAVE THE DATE —

On **Wednesday, June 18**, our former Governor and Brookline senior, Michael Dukakis, will be at the **Senior Center** to moderate the 13th annual Public Health Policy Forum.

The topic for this year's forum is *Universal Health Care: What about Quality and Cost?* In 2006, Massachusetts approved historic legislation to extend health care coverage to the nearly 500,000 residents of the Commonwealth without coverage. Implementation of this initiative

has been dramatic and impressive, but costs have escalated. This year's forum will seek to examine how to manage rising costs while also addressing the issue of health-care quality, including empowering patients and caregivers to speak up on their own behalf.



The panelists for the forum are Jon Kingsdale, Executive Director of the Commonwealth Health Insurance Connector Authority (an independent authority established under

Massachusetts' landmark health reform legislation of 2006 to promote coverage of the uninsured); Alison Bass, author of *Side Effects: A Best-Selling Drug on Trial*; and James Conway, Senior Vice President of the Institute for Healthcare Improvement.

The evening will begin with light hors d'oeuvres from 6:00 to 7:00 pm, followed by the panel discussion from 7:00 to 9:00 pm. The event is free of charge but preregistration is required. For more information and/or to register for the event (course code X192, course title: Universal Health Care), call 617-730-2700 or access Brookline Adult and Community Education (BACE) on the web at:

[www.brooklineadulted.org](http://www.brooklineadulted.org)

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



## TIPS ON HOW TO TALK TO THE DOCTOR ABOUT PAIN

When you visit your doctor to talk about pain, you should come prepared. Arrive with answers ready for questions like:

- Where does it hurt?
- How often do you have the pain?
- How strong is the pain?
- What makes it feel better?
- What makes it feel worse?

Also, is it a good practice to find words that describe the pain, words such as aching, searing, throbbing, stabbing, sharp, pounding, cramping, burning, dull, intense, and so forth.

During the visit:

- Be proactive, tell the doctor about the pain without waiting to be asked about it.
- Ask about your diagnosis and what you can do to reduce the pain.
- If you are taking medication or if the doctor wants to prescribe new or different medication, ask about the medication's side effects and benefits.
- Use the descriptive words you have thought about in advance of the appointment to describe the pain.

## WHEN SHOULD YOU

On July 16, 2003, an 86-year-old driver made national headlines when he plowed into a Santa Monica, California, farmer's market, killing 10 people and injuring 63 more. This tragedy fueled a national debate on safety risks posed by elderly drivers. Age does not automatically turn one into a bad driver. In fact, many elders are good, safe drivers. And yet the debate continues among transportation professionals, geriatric health-care providers, and families.

The National Highway Traffic Safety Administration (NHTSA) and the American Association of Retired People (AARP) identified two critical challenges: 1) to help seniors recognize changing abilities and adapt driving practices appropriately and 2) to identify, assess, and regulate those impaired older drivers while sparing competent ones.

Massachusetts does not require age-based road tests. However, all drivers are legally responsible for their actions behind the wheel. In Massachusetts, a driver who has any medical condition that may affect the ability to drive is responsible for reporting the condition to the Registry of Motor Vehicles (RMV) since Massachusetts is a *self-reporting* state.

While aging can hardly be termed a medical

condition, the process brings about mental and physical changes that can affect the ability to drive—joint stiffness, muscle weakness, vision and/or hearing loss, slower reaction times, and shorter attention spans. Aging also adds an increasing likelihood of chronic illnesses such as arthritis or Alzheimer's disease.

Self-awareness and self-assessment are the most valuable tools any safe driver has. Knowing which driving situations (i.e., driving at night, on highways, during rush hour, or in inclement weather) may be difficult for you will help you to assess your abilities—and determine if you should limit, or stop, driving. Two great sources of information are the American Automobile Association's (AAA's) Foundation for Traffic Safety and the AARP. These organizations offer courses to help evaluate your safe driving ability.

The RMV offers the Elder Driver Workshop, a free, hour-long presentation on elder-driver safety that includes information on the warning signs of unsafe driving, safety tips for drivers, and suggestions for families dealing with unsafe drivers. Access their their web site for lists of courses and downloading a form to request a program in your community at [www.mass.gov/rmv/seniors/index.html](http://www.mass.gov/rmv/seniors/index.html).

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## ALL-DIGITAL TELEVISION (DTV) IS COMING

The Federal Communication Commission's (FCC's) Consumer and Governmental Affairs Bureau wants everyone to be prepared for the big change in television reception that is coming on February 17, 2009. On that date, federal law requires that all full-power television broadcast stations stop broadcasting in analog format and broadcast only in digital format. This is the first in a series of short articles on what these requirements will mean for you and

your television viewing that will appear in the Senior Center Calendar in the next few months.

We are hoping, by using this gradual method of dealing with this complex issue, to generate questions from our readers that will allow us to provide the very information about the change that will be helpful rather than just giving you a lot of facts that may or may not be useful to you. So please feel free to call Judith at 617-730-2790 with your questions and/or suggestions about DTV.

## GIVE UP YOUR KEYS?

The RMV will also accept a personal, written request for a Competency Driving Test from a licensee (However, the Registry warns that “a negative outcome of this test may affect your license status.”) Because of that negative outcome, you may want to have your driving evaluated through a private, professional driving school. Remember, though, that while the school does not have to report your results, you should do so as a responsible, licensed Massachusetts driver.

Many hospitals and rehabilitation centers also offer driving evaluations. These programs, like DriveWise offered at Beth Israel Deaconess Medical Center, often include a clinical social worker’s assessment, a neuropsychological evaluation, an occupational therapy assessment, and an on-the-road driving assessment. These fitness evaluations often include possible remedies like adaptations for your car or training in compensatory techniques.

For many people, giving up the privilege of driving represents a loss of independence and understandably causes a fear of isolation. Another benefit of a program like DriveWise is that alternative resources in the community are identified and, if the recommendation is that

days as a driver should cease, the clinical social worker will explore the emotional impact of this loss and provide support for you.

In Brookline, available alternative transportation options include the Elderbus and BETS (Brookline Elder Taxi System) to which low- to moderate-income seniors can apply for discounted fares.

When you should give up your keys is a personal decision, but one that should be made with responsibility and safety at the forefront of your mind.

*by Victoria Ellsworth,*

*Paralegal, Law Offices of Laurie Israel, Brookline*



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## SOCIAL SECURITY ONLINE SERVICES

There are a multiplicity of things you can do online at the Social Security web site:

[www.socialsecurity.gov](http://www.socialsecurity.gov)

First and foremost, you can virtually retire online, i.e. you can apply for retirement or spouse’s benefits. All the forms and instructions are right there for your use.

There is also an online newsletter that you can sign up for so that you can get the latest

information about Social Security as eNews.

Once you sign up for online services and get a password, there are many services at your fingertips, such as information about your benefits at a glance, an online calculator for estimating how much your benefits will be, and help for understanding your Social Security statement. And all this is available in English, Spanish, and 14 other languages.

## OLDER AMERICANS MONTH 2008: WORKING TOGETHER FOR STRONG, HEALTHY, AND SUPPORTIVE COMMUNITIES

The United States is nearing the start of a tremendous demographic shift. Beginning in 2011, the first of 78 million baby boomers (people born between 1946 and 1964) will start transitioning into retirement, kicking off an expansion in the number of elderly people that will continue for decades. According to the US Census Bureau, one out of every nine baby boomers will live to be at least age 90.

Our nation will benefit in many ways from a larger population of older adults, a group that constitutes one of our greatest resources. Older adults support our society by providing millions of hours of volunteer, community, and civic service through formal organizations and a variety of informal arrangements. They enhance our communities and personal lives by sharing and transferring knowledge of cultures, values, and life experiences among generations. Thankfully, the contributions of older adults will continue to flourish in the coming years since older citizens of today and tomorrow promise to be among the most active and engaged older adult populations in US history.

An expanding older adult population also spotlights our responsibility to ensure the well-being of our older citizens. As a nation, we are working diligently to address older adults' unique health and long-term care challenges. The thousands of professionals, caregivers, and volunteers that make up the National Aging Services Network (the Network) have been collaborating in innumerable ways for decades to fulfill the mission of the Older Americans Act.

Led by the US Administration on Aging, the Network is now engaged in modernizing systems of care to provide consumers with more control over their lives.

May is Older Americans Month, a great time to bring attention to the issues that affect older adults. This year's theme is "Working Together for Strong, Healthy, and Supportive Communities," which speaks to the opportunities we have to create better care and reinforce healthier societies for all ages. Working together, our communities can improve older adults' overall quality of life by helping them:

- Make behavioral changes in their lifestyles that can reduce risk of disease, disability, and injury
- Obtain the tools they need to make informed decisions about, and gain better access to, existing health and long-term care options in their communities
- Have more options to avoid placement in nursing homes and remain at home as long as possible

Americans of all ages and backgrounds can celebrate Older Americans Month. Contact the Brookline Council on Aging and volunteer for activities; promote community, state, and national efforts to serve older adults; and find ways to enrich your own life and the lives of the older adults. By working together we can improve the health and well being of ourselves and our nation's older adults and pave the way for future generations.



## WOULD YOU LIKE TO RECEIVE THE TOWN OF BROOKLINE SENIOR CALENDAR EVERY MONTH?

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

Brookline Senior Center  
93 Winchester Street  
Brookline, MA 02446

New \_\_\_\_\_

Renewal \_\_\_\_\_

Please enroll me as a member of the Brookline Senior Center. Enclosed is my donation check.

PLEASE PRINT CLEARLY the following:

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ADDRESS \_\_\_\_\_

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

TELEPHONE \_\_\_\_\_

**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 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.

### HANDICAPPED ACCESS

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

## Brookline Municipal Credit Union

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