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

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Information Hotline 617-730-2778
Senior Center 617-730-2770
Van 617-730 –2750

Brookline Council on Aging
www.brooklinema.gov
Www.brooklineseniorcenter.org

Brookline Community Aging Network
www.BrooklineCAN.org

HIGHLIGHTS

Senior Chorus Concert Wednesday, July 2 at 1:00 pm. See P. 3

MARK YOUR CALENDAR

Save the date

The time has come to begin planning for our **30th Annual Holiday Craft Fair!** Friday November 7, from 10:00 am to 3:00 pm and Saturday, November 8th from 10:00am to 1:00 pm.

Our first planning meeting is on **Monday, July 28 at 1:00pm**.

Everyone is invited to join us in helping to plan what will be our **best Craft Fair yet!**

JULY 2014

REAP

The Brookline Senior Center, partnering with Brookline-CAN and other organizations, is in the second year of its newly revised JOBS program for Brookline residents 60 and older called the ***Retirement Engagement Alternatives Program* (REAP)**. We recognize that adults 60 and over, whether working part-time or in full retirement, want to remain engaged in the world around them and the community in which they live. **REAP** attempts to address the needs of a broad group of people including the newly retired looking to increase their income with a part-time job; those thinking about, and planning for, a fulfilling retirement; those wishing to volunteer and stay active in the community post-retirement; and those needing to do stipend volunteer work close to home to support and enhance income from pensions and Social Security.

There will be a free community-wide **REAP** event on **Wednesday, July 16, from 1:00-2:30 pm.** Lillian Hartman, from Norfolk County RSVP will speak to us about volunteer opportunities in and around Brookline. There will be a panel discussion with current volunteers and volunteer coordinators regarding their efforts and satisfactions working in non-profit organizations. Come preview the new Brookline Volunteer Website and some ways to find your dream volunteer job. This event is free and refreshments will be provided. Registration is required. For more information contact Deidre Waxman, REAP Coordinator at 617-730-2767 or dwaxman@brooklinema.gov

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

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JULY HOLIDAYS

The Senior Center will be closed on **Friday, July 4**, for Independence Day, a great day to go to the ocean , to barbecue, or to have a clambake with your friends, children, and grandchildren. Then in the evening, sit back and watch fireworks while the country celebrates its birthday. And don't forget that it is on July 4 that the annual turning of the USS Constitution occurs.

July is also the month we celebrate National Blueberry Month, National Anti-Boredom Month, National Cell Phone Courtesy Month National Hot Dog Month, and National Ice Cream Month.

COUNCIL ON AGING

The Council on Aging (COA) board is on vacation in July and August. However, the Nominating Committee will meet in mid-August to consider new members for the board. If you would like to serve on the board or if you know someone you think would make a good member, please contact Ruthann at 617-730-2756 or e-mail her at rdobek@brooklinema.gov.

SENIOR CHORUS CONCERT

The Senior Chorus will be performing everyone's favorite patriotic songs at their annual 4th of July Concert on **Wednesday, July 2, at 1:00pm.** The performance will be followed by an ice cream social co-sponsored by "the Greater Medford VNA Additional Care Program." To register call 617-730-2777

HEALTHY EATING FOR SUCCESSFUL LIVING

On **Wednesday, July 16 through Wednesday August 20 from 1:00-3:30** we will have the "Healthy Eating for Successful Living" workshop at the Senior Center.

Learn, have fun, and improve your health at the same time. This program is for seniors who want to learn more about how nutrition and lifestyle changes can promote better health. The USDA's MyPlate is used as a framework and classes provide recommendations for combining good nutrition with physical activity. We cover health choices in each of the four groups, appropriate potion sizes, and how to read nutrition labels. The classes include a field trip to a grocery store and concludes with the class working together to plan, cook, and enjoy a healthy meal together. Each participant will receive a manual and their own individual MyPlate healthy eating plan. The workshop is free but registration is required by calling 617-730-2770. The workshop requires a minimum of ten participants.

This program is brought to you by Springwell and is funded in part by a grant from the Tufts Health Plan Foundation and the Massachusetts Executive Office of Elder Affairs".

LET'S GO OUT TO LUNCH

On **July 29 at 12:00 noon the** Let's Go Out to Lunch Bunch will dine at the VineRipe Grill at the Putterhan Golf Course. This is always a popular event so register early by calling 617-730-2770

THE **HEALTH** PAGE

Beth Israel Deaconess Medical Center

Ask a Nurse The nurse from the Greater Medford Visiting Nurse Association will visit the Senior Center on **Thursday July 10 at 11:00 am** to do blood pressure screening and help you with your health questions. For more information call 781-396-2633.

Podiatry Clinic Routine foot care with Dr. John McLaughlin is available at the Health Clinic at the Senior Center on **Friday, July 18 from 9:00 am to 12:00 noon.** Sessions, which last 15 minutes each, cost $30. Appointments are required. Call 617-730-2777.

Low Vision Group This peer-led support group for individuals with limited eyesight will meet on **Wednesday, July 16 at 1:00 pm** at Senior Center.

Blood Pressure Screening Barbara Westley, the nurse from the Brookline Public Health Department (BPHD), will provide blood pressure screening at the following locations:

Barbara will provide screenings at the Senior Center on **Thursday, July 17, from 9:00 to 10:00 am**
On **Wednesday, July 2, from 2:00 to 3:00 pm**, at the BPHD building on Pierce Street.
On **Wednesday, July 9, from 1:00 to 2:00 pm** at Sussman House, 50 Pleasant Street
On **Wednesday, July 23, from 1:00 to 2:00 pm** at O'Shea House, 61 Park Street.

Blood Sugar Screening The Jewish Family and Children's Service will be here on **Thursday July 17, at 11:00 am** to do blood sugar screenings .

Keep Cool Remember to keep cool this summer. The Senior Center is an official Brookline Cooling Center. Come and participate in our programs, have lunch, or just chat with your friends and peers. And follow the Town's guidelines for preventing heat-related illnesses:

- Slow down, avoid strenuous activity and too much sun.
- Plan outdoor activities for early morning or evening.
- Stay indoors as much as possible and use air conditioners when the temperature gets high as fans alone will not prevent heat-related illness.
- Take cool showers or baths.
- Wear loose-fitting, lightweight, and light-colored clothing covering as much skin as possible.
- Wear wide-brimmed hats to protect head and face.

- Drink plenty of fluids. Avoid alcoholic beverages and drinks with caffeine and large amounts of sugar as these actually cause loss of body fluid.
- Use the stove less and cook only in the cooler part of the day.

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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ASK A GERIATRICIAN

Dr. Suzanne Salamon, Chief Associate of Clinical Geriatrics at **Beth Israel Deaconess Medical Center**, answers your **general** questions about aging and geriatric medicine in this column every month. (Editor's note: *If you have questions, e-mail them to me at mdeery@brooklinema.gov or call at 617-730-2743. I will make sure that Dr. Salamon gets the questions and answers them in the Newsletter.*

IRRITABLE BOWL SYNDROME (IBS)

Irritable bowel syndrome (IBS) is a disorder of the intestines. It causes belly pain, cramping or bloating, gas, diarrhea and/or constipation. It does not lead to serious harm to the intestines, and usually people learn to control the symptoms. It is different from ulcerative colitis or Crohn's disease.

Although it is quite common and many people suffer from it, we really don't know what causes IBS. Different people react to different "triggers", or factors that start the symptoms. For many people, the symptoms get worse with certain foods or beverages. For some, dairy products, caffeine, carbonated drinks, fruits, vegetables, sugar or artificial sweeteners are the culprits. For others, stress may make the symptoms worse. Women are affected more than men, and those with a parent or sibling with IBS are at increased risk.

It is important for each person to try to figure out what things trigger your symptoms so these can be avoided. Some doctors recommend probiotics, which are "good" bacteria found in yogurt and over the counter pills. It is thought that possibly people with IBS don't have enough of these good bacteria in their body, so probiotics which contain Bifidobacterium may help relieve symptoms.

There is a new diet that has gotten a lot of press lately called the FODMAP diet. FODMAP's are poorly digested sugars and fibers which are thought to contribute to some of the IBS symptoms. Elimination of some these from the diet may help eliminate some of the symptoms. The most common food sources of FODMAP's are wheat, rye, barley (all glutens) onions, garlic, beans, dairy products, honey, apples, peaches, apricots, blackberries, high-fructose corn syrup and artificial sweeteners. It would be worth reducing these foods to see if symptoms improve.

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SENIOR SERVICES

The Brookline Senior Center and the Council on Aging (COA) offer a wide variety of programs and activities to help the Brookline senior community in everyday ways. Among the services offered to all seniors, including those who are intent on Aging Well at Home are:

BETS (Brookline Elder Taxi System), the taxi discount program that allows income-eligible Brookline residents over 62 to buy up to five (5) coupon books a month at a 50% discount ($25 a month yields $50 worth of cab rides as each coupon book has 10 coupons each worth $1 and a book costs $5). BETS is sponsored by the Council on Aging, CDBG, and all licensed Brookline cab companies.

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

If you are applying for the first time, or being recertified, bring your 2013 income tax returns when you meet with Alicia. If you do not have to file tax returns, check with Alicia before you come in about the necessary documentation. (All riders must be recertified every year in order to be able to buy BETS coupon books.) Eligibility requirements: An individual's maximum annual income cannot exceed $47,150; a couple's, $53,900.

BETS 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 a Brookline-based company gives you trouble about using the coupons, report it to the COA at 617-730-2777. Also note that the coupons cannot be used for tipping. To tip a driver for good service, use cash.

BLAB Brookline Legal Assistance Bureau volunteer lawyers will be on Vacation until August 6.

A FILE OF LIFE provides individuals with emeregency medical identification 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. For more information on the File of Life, call 617-730-2777, and leave your name and phone number. The Senior Center's File of Life Coordinator, Ruth Geller, will call you back as soon as possible.

HELP The Home and Escort Linkage Program 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.

REAP The Retirement Engagement Alternatives Program is replacing the old JOBS program. This new program is based on working together to help occupy your retirement!

SNAP The Supplemental Nutrition Assistance Program helps seniors stretch food dollars with food stamps. If you need assistance at any time during the process, call Sonia Wong at the Senior Center at 617-730-2774, and she will get back to you promptly.

SHINE counselors Sonia Wong, Ed Levin, and Sybil Levisohn are on hand at the Senior Center to help individuals explore their health-insurance options. For an appointment with a SHINE counselor, call 617-730-2777. (See p. 7 for more Medicare and SHINE information.)

MONTHLY FEATURED ITEM AND NEWS FROM E.L.F. PROGRAM

The Equipment Loan Fund program's Giveaway Day" in May was a huge success! Much of the inventory was lent to local seniors, as well as a local rehab facility, leaving more storage space available for future donations. A big thank you goes out to volunteers Claire Lurie and Libby Doubilet who spent most of their day at the event and were extremely helpful in multiple ways! There are still some unique items that were not claimed, including a Grab Bar for a bathroom. If you need this item or know someone who might, please contact Jamie at 617-730-2753. Donations of other items are also welcome.

SUBLIME SUNFLOWERS

Award-winning pastel artist Gregory Maichack is presenting this one-day pastel workshop at the Senior Center on **Wednesday, July 9, from 1:00 to 3:00 pm**. to present his "Sublime Sunflowers" workshop. Maichack teaches participants by lecture, revealing anecdotes, historical context and demo of techniques applicable to many styles of pastel painting, covering all essential pastel techniques. Participants using van Gogh's, Georgia O'Keeffe's and Monet's famous "Sunflowers" artwork, and also Maichack's reference photos, create their unique sunflower pastel painting.

This program is supported in part by a grant from the Brookline Commission for the Arts, a local agency supported by the Massachusetts Cultural Council.
Registration required call 617-730-2770.

SUPERMARKET SAVVY NUTRITION PRESENTATION

With Laura Hartung, registered dietician on **Monday, July 21 at 1:00pm**. This is not a tour of a supermarket, but rather a presentation on how to be a savvy shopper! Take time for yourself and forever change the way you eat and shop for food. Come hear Laura speak and become more supermarket savvy!
Don't miss this opportunity to learn by doing! Bring your shopping list and a notepad to jot down helpful tips, including:

- Why shopping the perimeter first makes the most sense
- How leaving your cart at the end of the aisle helps your decision making
- What to look at first when label reading and how to decide what's really healthy
- Time-saving tips for healthy food selections and quick meal preparation

DANCE PARTY USA!

Back by popular demand **On Friday July 11, dance from 6:30 to 8:30 pm.** Put on your dancin' shoes and get ready to boogie the night away as our old friend, DJ Tommy Bahama spins your favorite tunes of the '50's, 60's, and 70's. Light refreshments will also be available. This event is cosponsored by the Brookline Senior Center and Centre Communities of Brookline. Registration is required. Residents of Centre Communities of Brookline can sign up at their buildings (100 and 112 Centre Street and 1550 Beacon Street). Everyone else wanting to join in the fun can register by calling 617-730-2770. We will dance outside in the courtyard at 112 Center Street weather permitting. In case of rain we will dance at the Senior Center.

Community Aging Network (BrooklineCAN) is a member-driven, volunteer organization primarily for older Brookline residents that promotes services and activities to enable independent living and improved quality of life. Its principal purpose is to ensure that older Brookline residents remain a vital part of the town's social, cultural, and civic life. www.brooklinecan.org.

EASY TRAVEL

On **Thursday, July 10 at 1:30 pm** join us for California Dreaming with armchair host Chris McArdle. Chris and Colin McArdle arrived with torrential rain in San Diego after ten dry months but the trees and cactus sprang into bloom in the Anza-Borrego desert. They lucked upon an original member of the Kingston Trio singing in concert at an RV park and enjoyed one of the last shows of the Palm Springs Follies where every performer is over 55, many by 20 or 30 years. Chris felt sheepish in her flat sandals whilst those on stage were kicking up 6" heels. This is sure to be a wonderful trip!

BROOKLINE RECREATION AND EXCURSIONS

Kennebunkport Maine
Friday, July 11 from 8:00am-6:00pm
Kennebunkport is a popular seaside tourist destination with a small district of souvenir
shops, art galleries, seafood restaurants and inns.

Cost: Residents-$26 Nonresidents-$35

Arnold Arboretum
Join us as we explore the living collection of trees, shrubs and woody vines.
Friday, July 25 from 11:00am to 1:00pm Cost: Residents-$8 Nonresidents-$11

Legacy Place
Come join us for a day of shopping and fun and restaurants.
Friday August 8 from 12:00 to 4:00 pm.

Cost: Residents-$10 Nonresidents-$14

Castle Island
Castle Island is a wonderful place to spend a Summer afternoon whether you take a leisurely stroll, purchase a lunch from Sullivan's or just sit and enjoy the breeze. **Friday, August 15 from 11:00 to 3:00 pm. Cost: R**esidents-$8 Nonresidents-$11

Pick ups and drop offs at the Soule Recreation Center and the Senior Center. To register for any program, call 617-730-2082 or the Recreation Dept. at 617-730-2069,

REIKI THERAPY

Reiki is a safe, gentle, noninvasive form of hands-on healing. People who receive Reiki, report benefits that include a general feeling of well-being, increased energy and relaxation, and reduced pain. It can positively affect physical, mental, and spiritual levels and can help people access their innate healing capacity.

Akemi Minami, certified Reiki therapist, offers individual, 25-minute appointments to Brookline seniors age 60 and older and Senior Center volunteers on **Tuesdays from 9:00 am to 12:00 noon and Fridays from 1:00 to 4:00 pm** at a special, discounted rate—a donation of $7 per session. You can also buy a book of 5 treatments for $25 as a gift or for yourself.

If you are interested in Reiki treatment, be sure to consult with your physician before deciding if this or any treatment is right for you. For more information, call 617-730-2777. Note: Special extended Summer hours

VOLUNTEER NEEDED

To staff our open computer lab on Wednesdays from 2:00-4:00pm. Must have a basic working knowledge of PC's but not a teacher. You may need to do some troubleshoot. For interest call 617 -730-2770

PING PONG

Don't forget to play a little ping pong match Friday afternoon from 1:00 to 5:00 pm. Our new ping pong table is ready for all comers and it is wonderful exercise. While the "official hours" are Friday afternoons, feel free to grab a friend and play a game whenever the room is available.

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COUPON

MODERN BEADING WORKSHOP

This workshop is for beginners and experienced beaders. We meet at the Senior Center on **Wednesday, July 16, at 1:30 pm**.

Marge Harvey will be on hand to instruct and help. At each workshop you will be able to learn modern techniques of beading using thin Soft Flex and crimps. Combine old beads and broken strands for new and interesting designs.

To participate in this workshop, it is essential that you bring materials with you—beads, earring backs, crimps, and one yard of Soft Flex. All are available at local craft stores.

VOLUNTEER FOOD LEADERS

Action for Boston Community Development Inc. (ABCD) seeks volunteer leaders to teach the Food Dollars Program in Boston. You will join a free six week workshop for low income adults 50 years and older and learn about healthy eating on a budget. If you enjoy learning and helping others call 617-348-6788 for more information.

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ZUMBA GOLD

Get in shape and have fun doing so in this dynamic and effective fitness program. Zumba® Gold at the Senior Center for 6 weeks beginning on **Thursdays Session June 19 through July 24 at 1:30 pm** The cost per session is $7 per session. It is still free for Brookline Housing Authority residents thanks to a generous grant from Brookline Community Fund.

Free Zumba Gold on **Wednesday June 4 through July 16 from 10:00 to 11:00 am** at the Morse Apartments, 90 Longwood Ave.
Ageless Grace **Wednesdays June 4 through July 16 from 2:00 to 2:45 pm** at the Morse Apartments, 90 Longwood Ave.

Sponsored by Friends of Brookline Public Health and the Brookline Senior Center

Brookline Community Foundation

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BROOKLINE ADULT & COMMUNITY EDUCATION SPRING OFFERINGS

Brookline Adult & Community Education (BA&CE) offers many courses at the Senior Center each term, and the Spring term is no exception. For more information about these courses, consult the BA&CE Spring 2014 catalog available widely in Brookline or online at brooklineadulted.org. To register for these courses, call BA&CE at 617-730-2700 or access it online at brooklineadulted.org.

ART
Introduction to Watercolor
Anthony Riccardi, Instructor
$130 Course Code A002
6 Mondays, 10:00am-12:30 pm.
Begins on June 9

TECHNOLOGY
Facebook for Seniors
Michael Toon, Instructor
$73 Course code C267
4 Fridays, 10:00am-12:00 noon.
Begins on June 20

iPad for Seniors
Majorie Wein, Instructor
$42 Course Code C311
2 Mondays, 9:30-11:30 am
Begins on June 23

EXCERCISE
Strength Training for Seniors
Steve Shain, Instructor
$89 Course Code D077
8 weeks Mon. and Wed., 8:45-10:15 am
Begins on June 9

Senior S-T-R-E-T-C-H
Steve Shain, Instructor
$79 Course Code C009
8 weeks Mon. and Wed., 10:30-11:30 am
Begins June 9

Balance and Flexibility
Nancy Murphy, Instructor
$60 Course Code D208
8 Tuesdays, 8:30-9:30 am
Begins June 10

Yoga for Older Adults-Chair Class
Steffi Shapiro, Instructor
$67 Course Code W044
8 Tuesdays, 2:00-3:00pm
Begins June 10

Yoga Mat Class
Steffi Shapiro, Instructor
$67 Course Code W044
8 Tuesdays, 3:00-4:00pm
Begins June 10

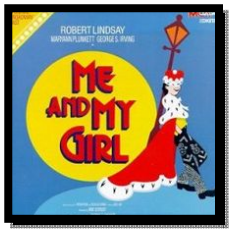
Tai Chi for Seniors
Vincent Chu, Instructor
$72 Course Code W219
7 Fridays, 2:00-3:00pm
Begins June 13

Computer Basics for Seniors
Michael Toon, Instructor
4 Wednesdays, 10:00am-12 noon
Begins July 9

Mastering Your Android Phone
Michael Toon Course Code C321
$42
Tuesdays, 11:45 am-1:45 pm.
Begins July 8
Limited to 6 participants

Computer Basics for Seniors
Intermediate
Michal Toon Course Code C312
Begins July 9
$73
44 Wednesdays 10:00-12:00 noon
Limited to 6 participants

SENIOR CENTER THEATER CLUB



Sunday, July 20 2:00pm Reagle Theater, Waltham
Me and My Girl
Price: $39
Mix a legitimate cockney heir with the nobility of Hareford Hall and get a rollicking, hilarious Downton Abbey laced with engaging song and dance! The late Viscount Hareford had a youthful, unfortunate marriage - and kept discreetly out of sight was a son and heir. The Hareford Hall set are despondent when the family solicitor finds the legitimate heir in Lambeth. There is a cockney invasion of the hall - Bill, his girlfriend and his mates, and the Lambeth Walk is danced by all.

Sunday, August 3, at 2:00pm ART, Cambridge
Finding Neverland

Price $39
WORLD PREMIERE! Music and lyrics by Gary Barlow and Eliot Kennedy
When a faltering playwright meets a widow and her four boys in Kensington Gardens, he embarks on a friendship that inspires one of the most beloved stories of all time. Based on the Miramax film written by David Magee, ***Finding Neverland*** follows the real-life relationship between the Llewelyn Davies family and James Matthew Barrie as he writes the revolutionary 1904 play *Peter Pan, or The Boy Who Wouldn't Grow Up*. Staged by A.R.T. Artistic Director Diane Paulus and with music by U.K. pop sensation Gary Barlow (Take That), this new musical explores the power of imagination to open up new worlds, and the pressures put upon those worlds by the prospect of growing up. ***Finding Neverland*** is presented by the A.R.T. by special arrangement with Harvey Weinstein.

Tuesday, August 5, 12:05pm at McCoy Stadium, Pawtucket, RI
Pawtucket Red Sox Game
Price: $15
Join the Brookline Senior Center and Centre Communities of Brookline for an afternoon of baseball at McCoy Stadium in Pawtucket, RI.
Cheer on the Pawtucket Red Sox as they face the Columbus Clippers. All tickets are for reserved box seats. Food will be available for purchase at concession stands.
Special surprise for the first 20 people to register!

Sunday, August 17, 2:00pm at Reagle Theater, Waltham
Singin' in the Rain
Price $39
Experience all the glitz and glamour of Hollywood's golden age: It's 1927, and Don Lockwood and Lina LaMont are the toast of the town until "talkies" come on the scene. Furthermore, Don's romance with the lovely and talented Kathy Selden only complicates things further. The result? Big romance, big song and dance numbers, and a big, splashy Hollywood ending - and it really rains on stage! What a *glorious* feeling, indeed!

This audience favorite returns to Reagle by popular demand, featuring all the classic songs from the 1952 film, including: "Good Morning", "Make 'Em Laugh", "Moses Supposes", "Fit As A Fiddle", and "Singin' in the Rain" For reservation call the Senior Center at 617-730-2770.

MOVIES FOR FILM LOVERS

Come to the Senior Center **Tuesdays in July at 1:00 pm** for a fine feature film. Make a reservation for lunch (see pp. 16-17 for menus and reservation instructions), and make an afternoon of it.

Tuesday, July 1: "Crash" (1997)
100 min
After getting into a serious car accident, a TV director discovers an underground subculture of scarred, omnisexual car-crash victims who use car accidents and the raw sexual energy they produce to try to rejuvenate his sex life with his wife.

Tuesday, July 8: "42" (2013)
128 min
The story of Jackie Robinson from his signing with the Brooklyn Dodgers organization in 1945 to his historic 1947 rookie season when he broke the color barrier in Major League Baseball.

Tuesday July 15: "The Invisible Woman (2013)
111 min

At the height of his career, Charles Dickens meets a younger woman who becomes his secret lover until his death.

Tuesday, July 22: "Finding Neverland" (2004)
1hr 46 min
The story of J.M. Barrie's friendship with a family who inspired him to create Peter Pan.

Tuesday, July 29: "August: Osage County" (2013)
121 min
A look at the lives of the strong-willed women of the Weston family, whose paths have diverged until a family crisis brings them back to the Oklahoma house they grew up in, and to the dysfunctional woman who raised them.

Taken from Amazon movies

Come and enjoy a movie with our new state of the art sound system.

Center Communities of Brookline

The Lifestyle you want, where you want it.

1550 Beacon Street

100 Centre Street

112 Centre Street

Hebrew SeniorLife is about options and choices for seniors. Nowhere is this more evident than at Center Communities of Brookline-three buildings in the heart of Brookline. These buildings provide an affordable home to 600 seniors who live independently, actively and securely. To learn more about senior living options at Center Communities of Brookline, contact the Marketing Office, 617-363-8100 or scarlsen@hrca.harvard.edu

Center Communities of Brookline
Hebrew SeniorLife

Poetry Corner

The Full Moon

Oh! Mother look at the full moon,
she is shining up there.
Oh! Mother she looks like a lamp in the sky,
and she rounds like zero or 0.

Submitted by Frances O. Awosefaju
From surrender the moon

VOWS

They had a normal propensity
When they met, fell in love with intensity.
He, tall handsome with flair,
She pretty, winsome, a sparkling pair.
Married sixty-eight years this husband and wife
Lived their vows, in rich, harmonious life.
The angel of Death came , took her away.
Just the body, her essence will stay.

Submitted by Ruth Geller May 31, 2014

My Puzzle

Why is it so hard to write what I want to say?
I twist, turn look it up, write it down, cross it out,
Begin again another day.
I choose the word, it starts a spout,
Forms phrases, becomes a poem.
I smile, the words create their home.

Submitted by Ruth Geller June 1, 2014

Editors Note: *The editor respects the poets style and creativity therefore will never edit or change poetry.*

I Hear America Singing

I hear America singing, the varied carols I hear;
Those of mechanics—each one singing his, as it should be, blithe and strong;
The carpenter singing his, as he measures his plank or beam,
The mason singing his, as he makes ready for work, or leaves off work;
The boatman singing what belongs to him in his boat—the deckhand singing on the steamboat deck;
The shoemaker singing as he sits on his bench—the hatter singing as he stands;
The wood-cutter's song—the ploughboy's, on his way in the morning, or at the noon intermission, or at sundown;
The delicious singing of the mother—or of the young wife at work—or of the girl sewing or washing—
Each singing what belongs to her, and to none else;
The day what belongs to the day—
At night, the party of young fellows, robust, friendly,
Singing, with open mouths, their strong melodious songs.

Walt Whitman (from leaves of grass, first published in 1867 edition)

\

May the sun in his course visit no land more free, more happy, more lovely, than this our own country!

Daniel Webster

Grand Reopening

Photos May 30, 2014

SPANISH IMMERSION

Spanish Immersion in Brookline offers six different kinds of immersion in Latino language and culture—all at the Senior Center.

1. One-hour, one-on-one Spanish conversation sessions with native seniors from many Latin American countries.
2. 10-week Beginning Spanish classes run on **Thursday afternoons from 1:15 to 2:15 pm,** in small groups in a relaxed, friendly atmosphere.
3. 10-week Intermediate Spanish classes also **will run on Thursdays from 12:00 noon to 1:00 pm**.
4. Spanish conversation small group meetings on **Thursdays at 2:30 pm** with multifaceted conversations in Spanish designed to provide Spanish conversation on varied topics and to share Latin American topics with the other seniors who attend the meeting each week.
5. Latino instrumental and vocal music on **Fridays at 3:00 pm.**
6. Basic Computer Class in Spanish on **Fridays from 12:30 to 2:00 pm**.

For more information and to register for programs contact Giovanna Tapia, program coordinator at 617-953-7016.

MODERN DANCE

Special Summer Hours

Lynn Modell's ever-popular workshop will meet on every T**uesday in July from 11:00-11:45 am**. This is an excellent way to exercise and have fun at the same time. And for only $2 per session. Imagine that!

BRIDGE

Jan Davidson, Bridge Coordinator would like to welcome new comers on Friday mornings at 9:00 am sharp. Give the revolving bridge game a try. For more information call 617-730-2760.

Springwell Nutrition Program—Brookline Senior Center
93 Winchester Street, Brookline MA

JULY

MONDAY	TUESDAY	WEDNESDAY
ALL MEALS INCLUDE 8 OZ. OF 1% MILK AND MARGARINE, ALL SOUPS COME WITH CRACKERS, SOUPS HAVE BEEF, SHELLFISH, OR CHICKEN BASES AND ARE NOT VEGETARIAN LOW SUGAR DESSERTS ARE AVAILABLE, AND NEED TO BE ORDERED WITH THE SITE MANAGER	1 Italian Garden Vegetable Soup **HOT** BBQ Chicken, Whipped Sweet Potatoes, Collard Greens, Rye Bread. **COLD** Roast Beef w/Cheddar Cheese on Wheat Bread, Mayo, Greek Pasta Salad, Carrot Raisin Salad. **Peaches**	2 Minestrone Soup **HOT** Fish Florentine, Rice, Orzo and Peas, Ratatouille, Garlic Dinner Roll. **COLD** Egg Salad Sandwich (V) on Rye Bread, Lettuce Leaf, Lite Mayo, German Potato Salad, Broccoli Slaw. **Chocolate Chip Cookie**
7 Escarole and Bean Soup w/Crackers **HOT** Chicken Marsala, Rice Pilaf & Browned Orzo, Fiesta Blend Vegetables, Multigrain Bread. **COLD** Mediterranean Tortellini Salad (V), Broccoli Tomato Salad, Italian Bread. **Brownie**	8 **HOT** Meatball Sub, Corn, Garden Salad, Lite Dressing. **COLD** BBQ Chicken w/Mozzarella Cheese & Red Onion on a Roll, Lettuce Leaf, Macaroni Salad, Beet Salad. **Tapioca Pudding w/Topping**	9 Cream of Butternut Squash Soup **HOT** Roast Pork w/Apple Cinnamon Glaze, Baked Potato w/Sour Cream & Margarine, Jardinière Vegetable Blend, Garlic Wheat Dinner Roll. **COLD** Turkey & American Cheese on Multigrain Bread, Lettuce Leaf, Coleslaw, Orzo Vegetable Salad. **Mixed Fruit**
14 HOT Lasagna w/Marinara Sauce, Meatball, Riviera Blend Vegetable, Wheat Roll. **COLD** Seafood Salad on Multigrain Bread, Lettuce Leaf, Coleslaw, Pasta Salad w/Cheese. **Chocolate Pudding w/Topping**	15 Mushroom Barley Soup **HOT** Turkey Divan, Creamy Polenta, Root Vegetables, Multigrain Bread. **COLD** California Chicken Salad on Rye Bread, Lettuce Leaf, English Pea Salad, Caesar Salad w/ Lite Dressing. **Tropical Fruit** **Birthday Lunch**	16 Corn Chowder **HOT** Sweet Potato Crusted Fish, Herbed Brown Rice, Chickpea & Spinach, Rye Bread. **COLD** Turkey and Swiss on Oat Bread, Lite Mayo, Lettuce Lead, Summer Potato Salad, Garden Salad w/Lite Italian Dressing. **Fresh Fruit**
21 Italian Garden Vegetable Soup **HOT** Creamy Italian Chicken, Italian Roasted Potatoes, Zucchini, Oatmeal Bread. **COLD** Egg Salad Sandwich (V) on Multigrain Bread, Lettuce Leaf, Lo Mein Pasta Salad, Purple Cabbage Coleslaw **Fresh Fruit**	22 Cream of Carrot Soup **HOT** Salmon w/Dill Sauce, Rice Pilaf w/Brown Orzo, Brussels Sprouts, Multigrain Bread. **COLD** Ham***and Swiss on Bulkie Roll, Lettuce Leaf, Mustard, Vegetable Pasta Salad, Broccoli Slaw **Mixed Fruit**	23 **HOT** Hot Dog***on a Roll, Baked Beans, Coleslaw, Mustard, Ketchup, Relish. **COLD** Tuna Salad Sandwich on Wheat Bread, Lettuce Leaf, Macaroni Salad, Spinach Mandarin Orange Salad. **Mixed Fruit**
28 Mushroom Barley Soup **HOT** Beef Stroganoff, Buttered Noodles, Summer & Spring Vegetable Blend, Multigrain Bread. **COLD** Seafood Salad on Rye Bread, Lettuce Leaf, Three Bean Salad, Carrot Pineapple Salad. **Ambrosia**	**29** Cream of Broccoli **HOT** Potato Crunch Fish, Lemon Sauce, Fiesta Blend Vegetables, Butternut Squash, Wheat Bread. **COLD** Turkey & Swiss Cheese on Multigrain Bread, Lite Mayo, Lettuce Leaf, Italian Pasta Salad, Riviera Salad. **Pears**	30 **~LUAU~** **HOT** Aloha Chicken, White Rice, Green Beans and Red Peppers, Dinner Roll. **COLD** Chef Salad w/Ham, Cheddar Cheese, Lite Italian Dressing, Potato Salad, Dinner Roll & Margarine. Birthday Cake

THURSDAY	FRIDAY
3 **Independence Day Special** Cheeseburger on a Roll w/AuJus, Lettuce, Tomato, Chips, Coleslaw, Ketchup, Mustard, Hoodsie Cup	**4** **Independence Day Holiday** **No Meal Service**
10 **HOT** Macaroni & Cheese** (V), Tomato Half, Oat Bread. **COLD** Seafood Salad Sandwich on Oat Bread, Lettuce Leaf, Potato Salad, Spinach & Mandarin Salad. **Peaches**	11 Kale Pasta Soup **HOT** Creole Fish, Brown Herbed Rice, Zucchini & Red Peppers, Rye Bread. **COLD** Roast Beef & Swiss Cheese on Wheat Bread, Lettuce Leaf, Garden Salad w/Lite Dressing, Tri-Color Pasta Salad. **Fresh Fruit**
17 Vegetable Chicken Soup w/Crackers **HOT** Baked Chicken w/Gravy, Baked Potato w/Sour Cream & Margarine, Zucchini & Summer Squash, Oat Bread. **COLD** Roast Beef & Cheddar Cheese on Roll, Lite Mayo, Lettuce Leaf, Garden Shell Pasta Salad, Tomato Zucchini Salad. **Applesauce**	**18** **HOT** Broccoli Mushroom Quiche (V), Tuscan Blend Vegetables, Lyonnaise Potatoes, Scali Bread. **COLD** Vegetarian Chef's Salad w/Cheddar Cheese & Lite Dressing, Summer Potato Salad, Wheat Bread. **Fruit Loaf**
24 **HOT** Lentil Stew (V), Garden Salad w/Lite Dressing, Root Vegetables, Dinner Roll. **COLD** Turkey, Sliced Egg, Spinach & Ranch on Oat Bread, English Pea Salad Cauliflower Carrot Salad. **Peaches**	25 Orzo Vegetable Soup **HOT** Stuffed Pepper w/Tomato Sauce, Creamy Parmesan Polenta, Caesar Salad, Wheat Bread. **COLD** Chicken Salad on Rye Bread, Lettuce Leaf, Summer Squash Salad, Balsamic Vinaigrette Pasta Salad. **Chef's Choice Dessert**
31. Cream of Sweet Potato Soup **HOT** Roasted Turkey w/Gravy, Cranberry Sauce, Mashed Potatoes, Jardinière Style Vegetables, Bread. **COLD** California Chicken Salad on Oat Bread, Lettuce Leaf, Orzo Vegetable Salad, Garden Salad w/Lite Italian Dressing **Apple Sauce**	You can obtain a copy the monthly menu online at: www.springwell.com

LUNCHEON SPECIALS FOR JULY

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, call the previous Friday by 11:00 am. Call 617-730-2747 for reservations. Lunch is served at 12:00 noon unless otherwise noted.

And on **Tuesday July 15,** celebrate July birthdays at the monthly Birthday Lunch. The sponsor of this lunch has happily provided a complimentary lunch and a small gift to all July birthday celebrants. Be sure to let us know if you or someone in your party has a July birthday when you make your reservations.

On July 29 at 12:00 noon Let's Go Out to Lunch Bunch will dine at the Vineripe Grill at the Putterhan Golf Course. See P.8

JULY AT A GLANCE*

Tuesday, July 1
1:00 pm Movies for film Lovers-Crash
Wednesday, July 2
1:00 pm Senior Chorus 4th of July Concert***
2:00-3:00 pm Blood pressure Screening at BPHD
Thursday, July 3
2:00 pm Marie Levine Concert
Friday, July 4
HOLIDAY
Tuesday, July 8
1:00 pm Movies for film lovers– 42 The Jackie Robinson Story
Wednesday, July 9
1:00-3:00 pm Sublime Sunflower Workshop***
1:00-2:00 pm Blood Pressure Screening Sussman House 50 Pleasant Street
Thursday, July 10
11:00 am Ask a Nurse
11:30 pm Easy Travel-California Dreaming with armchair host Chris McArdle
Friday, July 11
8:00-6:00 pm Recreation Trip to Kennebunkport***
10:00-12:00 pm Medicare Patrol
2:00 pm Modern Dance***
6:30-8:30 pm Dance Party USA ***
Tuesday, July 15
12:00 noon Birthday Lunch***
1:00 pm Movies for film lovers-The Invisible Woman
Wednesday, July 16
1:00 pm Low Vision Group
1:00—2:00 pm REAP Volunteer Opportunities***
1:30 pm Modern Beading Workshop
1:00-3:30 pm Healthy Eating for Successful Living***
Thursday, July 17
9:00-10:00 am Blood Pressure Screening Brookline Senior Center
11:00 am Blood Sugar Screening
Friday, July 18
Afternoon Alzheimer Caregiver Group –call for time.
11:00-1:00 pm Recreation Trip to Arnold Arboretum***
9:00-12:00 noon Podiatry Clinic
Sunday, July 20
2:00 pm "Me and My Girl Reagle Theater ***
Monday, July 21
1:00 pm Supermarket Savvy Nutrition Presentation
Tuesday, July 22
9:00 am Public Issues Nonfiction–*Healing of America*
12:00 noon Let's go out to lunch group***
1:00 pm Movies for film lovers–*Finding Neverland*
Wednesday, July 23
1:00-2:00 pm Blood Pressure Screening O'Shea House 61 Park Street
Monday, July 28
1:00 pm Senior Center Craft Fair Meeting
Tuesday, July 29
1:00pm Movies for film lovers-August: Osage County
12:00 Out to Lunch Bunch
Thursday, July 31
Evening Alzheimer's Group-call for time.

ONGOING SENIOR CENTER EVENTS

Monday

8:30 am-4:30 pm Fitness Center Open membership required
8:45-10:15 am Strength Training for Seniors **
9:30-11:30 am Mastering Your iPhone or iPad **
10:00-11:30 am Poetry Workshop ***
10:00-12:30 noon Introduction to Watercolor **
10:30-11:30 am Senior S-T-R-E-T-C-H **
12:00 noon Springwell Lunch ***
12:00-4:00 pm BETS

Tuesday
8:30-9:30 am Balance and Flexibility for Seniors begins June 10**
8:30 am-4:30 pm Fitness Center Open membership required
One-to-One Computer Sessions ***(call 617-730-2777 for time)
9:00-12:00 noon Reiki Therapy ***
10:00 am Flexibility, Resistance Training, and Balance**
10:15 am Brookline Bees, Quilters
10:30-12:30 Literary Discussion Group **
11:00-11:45 Modern Dance
11:45-1:45 pm Mastering Your Android Phone***
12:00 Springwell Lunch ***
12:00 noon French Conversation
12:00-4:00 pm BETS
12:30-3:30 pm Canasta Group***

1:00 pm Bingo
1:00 pm Movies for Movie Lovers
2:00-3:00 pm Exercise for Health and Rejuvenation
2:00-3:00 pm Yoga for Older Adults (Chair class)**
2:00-4:00 pm Food Distribution Site (hours approximate)
3:00-4:00 pm Yoga Mat Class **

Wednesday

8:30 am-4:30 pm Fitness Center Open membership required
8:45-10:15 am Strength Training for Seniors **
9:00-10:00 am Living Our Values
10:00-11:00 am Zumba Gold at Morse Apt. 90 Longwood Ave.
10:00-12:00 noon Computer Basics for Seniors***
10:15-11:45 am Telling Your Story**
10:30-11:30 am Senior S-T-R-E-T-C-H***
10:30 am Men's Club
12:00 noon Springwell Lunch ***
2;00-2:45 pm Ageless Grace at Morse Apt. 90 Longwood Ave.
2:00-4:00 pm Open Computer Lab
2:00-4:45 Ageless Grace Morse Apt. 90 Longwood

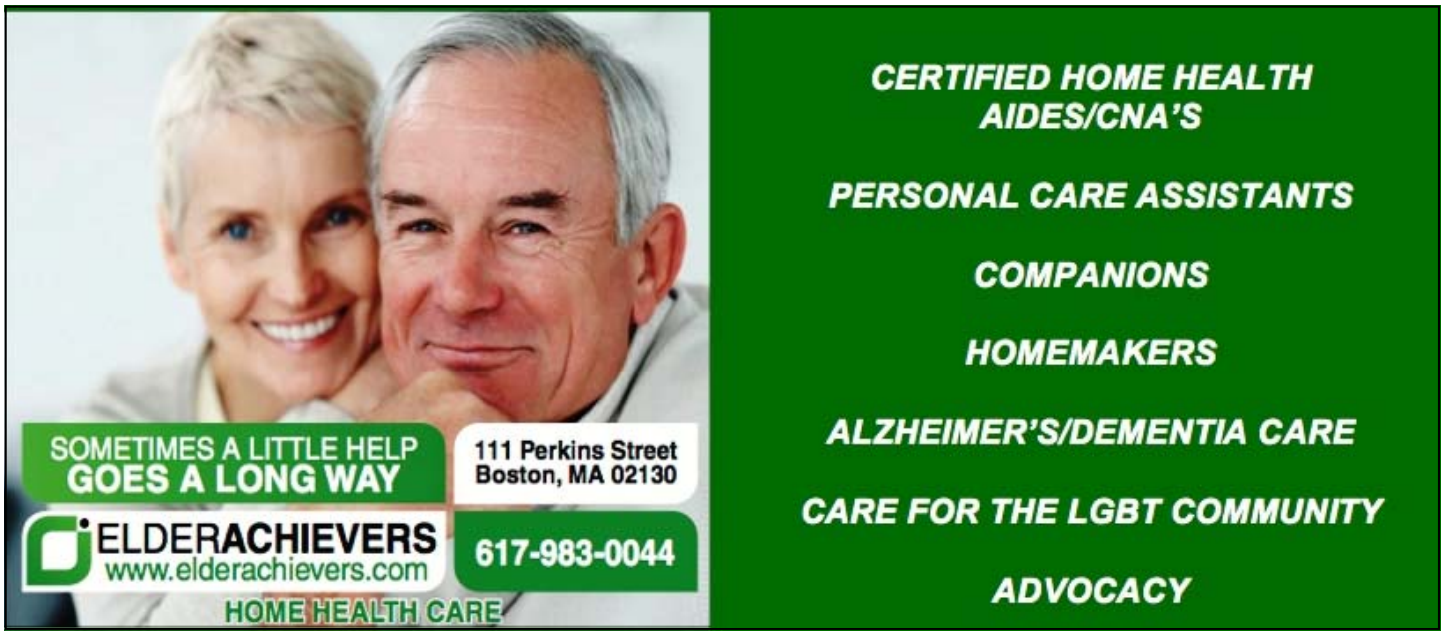
** This is a Brookline Adult and Community Education (BA&CE) course so registration with them is required. Call 617-730-2700 or go to www.brooklineadulted.org to register
*** Registration Required

Thursday

8:30 am-4:30 pm Fitness Center Open membership required
9:30-11:30 Basic Drawing***
9:30 Art for Pleasure Class ***
10:30 am Arthritis Exercise ***
10:30 am and 1:30 pm Knit and Crochet
12:00 noon Springwell Lunch ***
12:00-1:00 pm Intermediate Spanish***
1:15-2:15 pm Beginning Spanish Class***
2:30 pm Spanish Conversation***
1:30 pm Zumba Gold
2:30 pm Spanish Immersion Conversation Group***
7:00 pm Senior Scene on BIG

Friday

8:30 am-4:30 pm Fitness Center Open membership required
9 :00 am Bridge
10:300 am Solemates Walking Group ***
10:00-12:00 noon Facebook for Seniors-begins June 20
10:00 am Project Volunteer
10:30 am Current Events Discussion Group
10:30 am Senior Chorus
12:00 noon Springwell Lunch ***
12:00-2:00 pm Basic Computer Class in Spanish ***
1:00 pm Senor Scene on BIG
1:00-2:00 pm Boot Camp for Seniors **
2:00-3:00 pm Tai Chi for Seniors**
3:00 pm Latino instrumental ***



Brookline Health Care Center
A HealthBridge Management Company

At Brookline Health Care Center, our mission is to promote optimal recovery of independence to enable a smooth and safe transition to home. Our sub-acute rehabilitation program provides comprehensive programming seven days a week.

We strive to exceed all expectations of the patient and family through individualized evaluations and treatment plans. Interdisciplinary team members include:

- Physical and Occupational Therapists
- Speech-Language Pathologists
- Certified Physicians
- Nurses
- Social Workers
- Dieticians

For more information, please contact our Admissions Department at
617-991-2580

Our rehabilitation professionals are also supported with every medical specialty through consultation services coordinated in-house.

Physical Therapy
- Range of motion exercises
- Increasing overall stamina and endurance
- Pain reduction
- Gait training
- Bed mobility
- Transfer training
- Prosthetics

Occupational Therapy
- Activities of Daily Living (ADL) training
- Energy management
- Range of motion/strengthening exercises
- Complete upper extremity rehabilitation, including hand-based injuries
- Splinting and positioning
- Cognitive therapy
- Training in/recommendations for adaptive equipment
- Seating and positioning
- Scar management
- Home modification recommendations
- Family/caregiver training
- Patient/family education

Speech Therapy
- Treatment for head and neck articulation and swallowing disorders via oral motor pharyngeal exercises
- Cognitive remediation
- Dysphagia issues

Brookline Health Care Center
A Nursing and Rehabilitation Center
99 Park Street, Brookline, MA 02446 • 617-731-1050
www.healthbridgemanagement.com

416172

DISTRIBUTION SITE

There is free food distribution at the Senior Center every **Tuesday from 2:00 to 4:00 pm**. Get a number in the coffee lounge. Do not go down to the basement until your number is called.

A variety of foods are available at the site—many choices of breads and rolls and lots of produce. Bring a bag to carry your choices home. Also bring a lot of patience and courtesy so everyone enjoys the process and conflicts are avoided.

In order for everyone to receive a fair allocation of the food, it is imperative that no one takes any food before it is inventoried by the workers at the Food Distribution program. This not only helps assure a fair distribution and an orderly process, it also is in compliance with health code regulations. This program is very busy and depends on the generous donation of time by many volunteers. To volunteer, see Lydia Pearl at the Senior Center on Tuesday mornings.

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PLANNING MEETING FOR THE 30TH ANNUAL HOLIDAY CRAFT FAIR

It's that time of year again! Time to start planning for the 30th Annual Holiday Craft Fair in November. If you want to help plan and execute the fair, come to the first planning meeting at the Senior Center on **Monday, July 28, at 1:00 pm**.

The **30th Annual Holiday Craft Fair will be held on** Friday November 7, from 10:00 am to 3:00 pm and Saturday, November 8th from 10:00am to 1:00 pm.

SENIOR SCENE

Host Betty Joel has scheduled a new program on Substance Use by Older Adults and Boomers which is currently airing. Carol Girard, M.A , project manager at the Mass Department of Public Health Bureau of Substance Abuse Services and her colleague, Eric Hardt, M.D. of the Boston Medical Center will discuss substance use and aging in the new age of older adults from a public health perspective. They will discuss the research on current use and projections for the future. Senior Scene airs on Brookline Interactive TV on **Thursdays at 7:00 pm and repeats on Fridays at 1:00 pm and Sundays at 7:30 pm.**

BROOKLINE FARMERS MARKET

Beginning on June 19 through October 30 the Brookline Farmers Market will be open on Thursdays from 1:30 until dusk, rain or shine.

Check out the locally grown food items at the Center Street west parking lot.

Thrifty Threads

at United Parish Church,
210 Harvard Street, Brookline

Open
Friday and Saturday
from 11:00 am to 4:00 pm

Children's, Men's, Women's clothing
at reasonable prices!

Photo from www.facebook.com/

METROPOLITAN MEDIATION

Have you ever thought you wanted to help people resolve their conflicts?

We offer 36 hour certificate programs of training in mediation-an Alternative Dispute Resolution method for achieving collaborative, voluntary resolution of disputes. MMS has been training Attorneys, Social Workers, municipal officials, HR staff, educators, business people, Police Officers and many others in mediation for over 27 years."

MMS is actively looking for volunteers to train to work in Conflict Resolution. The next course begins on **October 7th.** There is a cost for the training but scholarships may be able available for those who need them. There is a cost for the training but scholarships may be available for those who need them.

For more information contact: Deidre Waxman at 617-730-2767 dwaxman52@gmail.com

THE SENIOR TAX WORK OFF

program is accepting new income eligible applicants for the Fiscal Year 2015 which begins on July 1st, 2014. While last year's program was limited to participants with an income lower than $40,000, we are proposing an increase of up to 20% in income eligibility for the new fiscal year.

Participants will receive a $1,000 property tax abatement in exchange for 125 hours of work for a Brookline Town department between **July 1 and March 15.** For more information contact Deidre Waxman at 617-730-2767 or dwaxman@brooklinema.gov

We Love it Here!

Providence House Residents Joanne Day, Ralph Jacobson, and Pearl Lampert

STOP BY ANY DAY BETWEEN 11 AM - 3 PM AND WE'LL TELL YOU WHY!

Or call Louise Rachin today to schedule a visit –
617-731-0505 ext. 202

SERVICES & AMENITIES

- Spacious Studio & One Bedroom Apartments
- Social, Recreational and Fitness Programs
- Fine Dining
- Personal Care Assistance & Medication Management
- Short-Term Stay Program
- Dedicated Memory Care Program
- On-Site Skilled Nursing Care
- A Trusted, Caring Staff

COREY PARK

180 Corey Road
Brighton, MA 02135
617-731-0505
www.CoreyPark.com

Providence House
Senior Living Community

Find us on Facebook

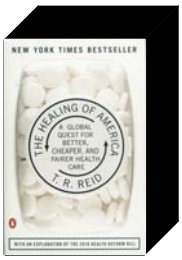
Managed by Welch Healthcare & Retirement Group

ONE-ON-ONECOMPUTER SESSIONS

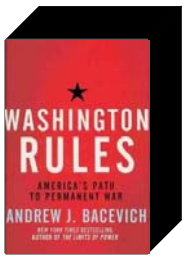
There will be one-on-one computer sessions for the computer phobic on Tuesdays in July. Call 617-730-2777 to make an appointment to get help with basic computer skills and looking up and applying for benefits online. If you have questions, call Olga Sliwa at 617-730-2768.

PUBLIC ISSUES NONFICTION BOOK DISCUSSION GROUP

Tom Faulhaber is challenging your thinking every month with a nonfiction book discussion group centered on public issues, history, current events, and other non-fiction topics.
The Coolidge Corner Branch Library will have copies of the books available several weeks ahead of each meeting. Suggestions for future titles are encouraged. Meeting time is **9:00 to 10:00 am on one Tuesday each month**



July 22 *The Healing of America:* A Global Quest for Better, Cheaper, and Fairer Health Care by T. R. Reid (The Penguin Press)



August 26 *Washington Rules:* America's Path to Permanent War by Andrew J. Bacevich (Metropolitan Books I Henry Holt and Co.)

Information: On the Brookline Library website, click on Discussion Groups New and follow the link to Public Issues Group.

MBTA CHARLIE CARDS

If you need a first-time card, go to the MBTA CharlieCard Store. You are eligible to get a Senior Access CharlieCard if you are 65 or will be 65 within two months. You will need to bring with you a photo ID (such as a driver's license or RMV [Registry of Motor Vehicles]-issued ID) as proof of age eligibility.

To renew an expired or about-to-be-expired Senior CharlieCard, either bring the card or the above-listed forms of ID to CharlieCard Store or call 617-222-3200, choose option 3, to renew.

If you go to the store in person, you will be able to get the card while you wait. If you renew by telephone, the new card will be sent to you in two to six weeks.

NEED HELP WITH PRESCRIPTION DRUG COSTS?

Prescription Advantage may be your answer!

Prescription Advantage is a state-run program which helps many seniors pay for their prescription drugs. Eligibility is based on ***income only*** and there is ***no asset limit***!

If you are a **Massachusetts resident, eligible for Medicare**, and are:

- 65 years or older with an annual income at or less than $58,350 for a single person or $78,650 for a married couple.
- under 65 years and disabled, with an annual income at or less than $21,940 for a single person or $29,572 for a married couple.

If you are 65 years or older and **not eligible for Medicare**, you can also join and there is ***no income limit***.

For more information call Prescription Advantage at 1-800-AGE-INFO

In Memory of:

Harry Bohrer
Elizabeth Kirsten
Estelle Katz
Helen Cohn
Margaret McShane
Loretta Mogardo, Deborah Brass & Thomas Yung
Irvin Stock
Daniel
Anita, my mother
Evelyn Stern
John F. Dobek
Germaine Braithwaite & Marva Freeman
Ma Yuk Lit
Loretta Mogardo & Thomas Yung
Deborah Brass
Alan B. Goldberg
Roger Stern
Elmer Mortensen
Rabbi Donald J. Pollock
Dale Domerson

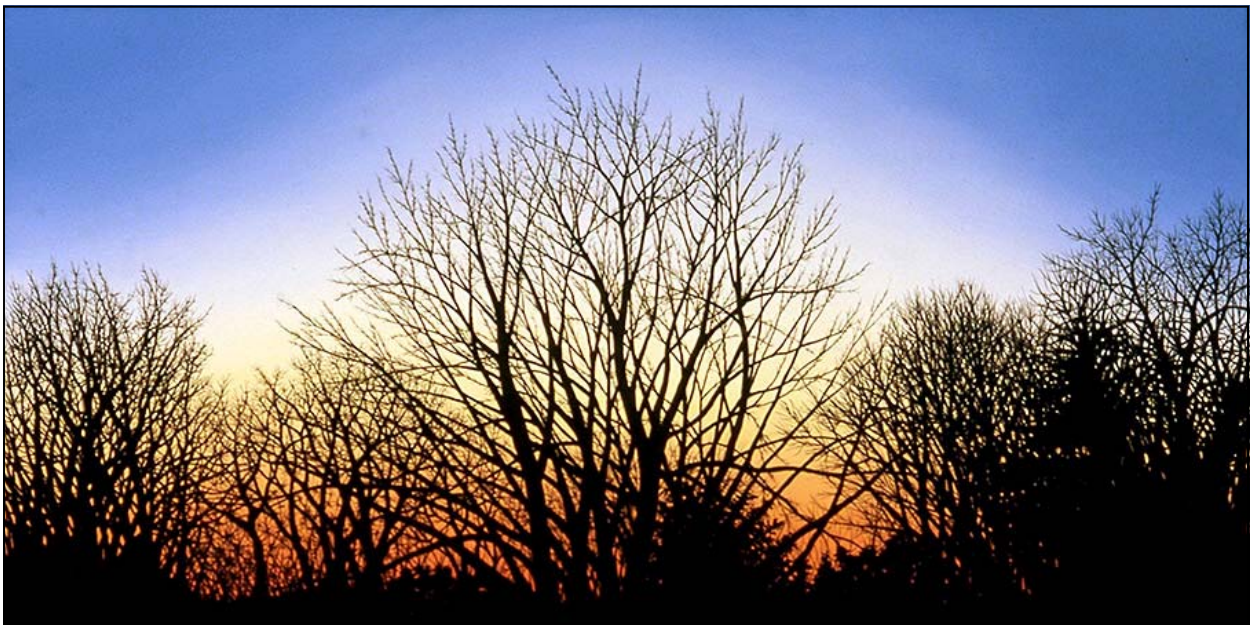
From:

Sol & Gloria Brenner
Patricia Chase
Phyllis Giller
Nettie Lesser
Mary McShane
Charlotte Millman
Phyllis Stock
Lorraine Tobin
Claire Goodwin
Shirley Goldstein
Patricia H. Dobek
Karen Singleton
Chen Ngin & Lai Bing Chin
Sonia & William Wong
Arlene Strowman
Barbara Goldberg
Arlene Stern
Kathryn Kilpatrick
Betsy Pollock
Carmelita Domerson

Continued on Page 30

C.J. Lori

Wide Awake & Dreaming



Gallery 93 July 1 through September 26, 2014
Hours: Monday-Friday 8:30-5:00
Reception with the Artist on Thursday, September 4 from 6:00-8:00pm

GODDARD HOUSE WALK TEAM 2014

The Walk to End Alzheimer's disease on Sunday, September 28 at Paul Revere park Charlestown. Registration 8:30 am. You may choose to walk 1.4 miles or 5 miles. For more information call Lance Chapman 617-731-8500.

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

HANDICAPPED ACCESS

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

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THE SOLEMATES

Walking is a great way of keeping fit. It gets you out in the fresh air and gives you the opportunity to socialize with friends. And it doesn't cost a thing. The Solemates walking group meets **on Friday mornings 10:00 am** at the Senior Center for a ride to Jamaica Pond for a pleasant walk.. To register or for more information, call Sharon Devine at 617-730-2769. **We are looking for a co-leader for this group who drives.**

NEIGHBORHOOD WALKING GROUP

Beginning on **Monday, July 14 from 10:00 to 10:45** join our new brisk walking group. This is a wonderful opportunity to exercise with friends while enjoying the sights and sound of Brookline. For more information call Sharon Devine 617-730-2769.

LIVING OUR VALUES

This group meets at the Senior Center on **Wednesday mornings from 9:00 to 10:00 am.** Facilitator Tom Faulhaber uses current events and issues as triggers for discussion at meetings. Hone your values in this age of controversy and conflict.

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SPRINGWELL EMPLOYMENT OPPORTUNITIES

Employment Type: Part time
Benefits: Paid holidays, one-week vacation, mileage reimbursed
Department: Nutrition Department
Hours: 15 Hours per week/ $9.00+hour
Position Description: Community Nutrition Program seeks a part-time Home Delivered Meals (HDM) Driver to deliver meals to seniors living in the Newton Area. The HDM Driver will work Monday through Friday 10:00 to 1:00. Must have valid driver's license and own reliable transportation. Able to lift 25lbs and relate well to elders. Knowledge of geographic area a plus. Paid holidays & one-week vacation.

Assistant Site Manager
Employment Type: Part time
Benefits: Prorated Benefits Package
Department: Nutrition Department
Hours: **15** Hours per week / $9.00+ hour
Position Description: Community Nutrition Program seeks a part-time Site Manager, Mid-morning hours Monday – Friday at the Brookline Senior Center. Receives and serves meals at dining site. Looking for someone who is responsible and relates well to elders. Car preferred. Able to lift 20lbs. Benefits include paid Holidays and one-week vacation.

Apply: Internal Candidates: Please submit your resume & cover letter to Human Resources
External Candidates: Apply online http://springwell.snaphire.com/home

Employment at Springwell is contingent upon successful Criminal Background Check (CORI).

MEDICARE APPEALS

If you have Medicare, you have the right to appeal decisions you disagree with. All steps in the appeal process have specific time frames and other requirements. ***It is very important to pay attention to the time limits for appeals!***

Some appealable situations are:

- Medicare denies your request for a health care service, supply, or prescription
- Medicare denies payment for health care that you have already received
- Medicare stops covering services that you are receiving
- Medicare pays a different amount than you believe it should

For assistance with appeals, the Medicare Advocacy Project (MAP) provides free advice and legal representation. MAP can assist anyone with Original Medicare or a Medicare Advantage Plan, regardless of income. For assistance from MAP, call the Massachusetts Senior Legal Helpline at 866-778-0939.

For assistance with understanding and accessing your Medicare benefits, you can call your senior center and ask for a SHINE appointment. Trained SHINE volunteers offer free, confidential counseling on all aspects of health insurance to anyone on Medicare. You can reach a SHINE counselor by telephone. Call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Once you get the SHINE answering machine, leave your name and number. A volunteer counselor will call you back, as soon as possible.

SUPPORT THE SENIOR CENTER

SUBSCRIBE or RENEW: *SENIOR NEWS & EVENTS*

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Be sure you receive every issue of *Senior News & Events* all year. Stay current on vital and timely information and happenings at the Brookline Senior Center, the town, and the metro area.

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Use the form above. OR Donate Online via PayPal at
www.brooklineseniorcenter.org

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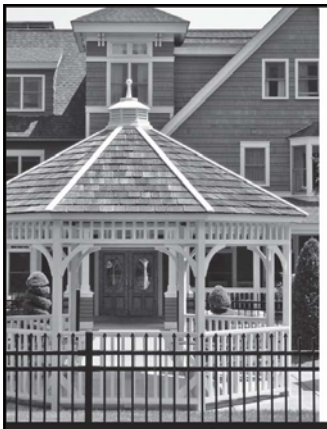

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THE MASSACHUSETTS SENIOR MEDICARE PATROL

Senior Medicare Patrol (SMP) will be at the Senior Center monthly to help seniors with their Medicare statements. Come on **Friday, July 11 from 10:00 am to 12:00 noon** to have your questions answered. Pat or Phyllis will show you how to read a Medicare statement and how to look for Medicare fraud. Medicare fraud is estimated to be $60-$120 billion per year. Do your part to protect Medicare by verifying the accuracy of claims paid on your account. No appointments necessary.

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ALZHEIMER'S CAREGIVERS SUPPORT GROUP

There are two sessions of this group per month at the Senior Center. Both are designed to help caregivers cope with the stresses and demands of helping their loved ones who are struggling with Alzheimer's disease. The Afternoon Group will meet on **Friday, July 18.** Call group leader Elaine Yanowitz at 617-713-0420 for additional information and time.

The Evening Group will meet on **Thursday, July 31. C**all Susan Kanian-Andriole at 617-730-2754 for time and for other information. This group is full at the moment. However, Susan will be happy to put you on the waiting list or give you a referral to another local group.

EXERCISES FOR HEALTH AND REJUVENATION

In this class at the Senior Center on **Tuesdays from 2:00 to 3:00 pm**, enjoy simple movements based on principles of Chinese medicine — tapping, swinging, massaging, and stretching. These exercises work on energy level, flexibility, balance, and circulation. The class is free and open to everyone.

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)

THANK YOU

The Senior Center depends on donations to its nonprofit organization for much of our programming, activities, and physical plant. Each month, we thank the donors on this page. Note, however, that our press time does not allow us to list all the contributions to the end of the month. We will list all contributions so your end-of-month donations, if they come in after the third week in the month, will be listed in the following month's *Thank You* column. We thank July donors:

Annual Appeal Donors:

A. Antony Tappe, Allen Elstein, Ann & Allan Sutherland, Ann Phillips, Bank of Canton, Barbara C. Rosen, Barrie Atkin, Beatrice Broide, Beverly Gleason, Brenda Tracey, Francine & Matthew Figelman, Mark A. Michelson, Daniel Smolens, Dorothy Bell, Carol Sapoznik, Nancy Corcoran, Donna Neuberg, Anonymous-to fund the purchase of new donation boxes for the coffee lounge and Springwell, Christine McArdle, Corinne Long, Dina Oliva-supporting the Elder Bus and Exercise Room, Donna Taube, Doreen Vittori, Doris Toby Axelrod, Eleanor Small, Elizabeth Linde, Elliot Gabriel, Jean Doherty, Joan K. Stratton-Mamber, Joan W. McCabe, John D. Hull, Joseph Nowak, Judith Katz, Judy Mason, Lawrence Ruttman, Lucie Gershon, Margaret J. Cain, Martin & Jeannine Schetzen, Mary Regan, Michael Shwartz & Pam Goodman, Padraic Burns, Richard & Winnie Rubino, Robert M. O'Brien, Robert W. Basile, Roberta Cohen, Ruthann Dobek & Glenn Boghosian, Sondra Gotkin, Toni Delisi, Trudy & Arthur Golden, Vera Brent, Waneta Louise West, Ginsberg/Kaplan Fund, Paula & Norman Menyuk, Phyllis and Murray Marcus, Yolanda Santo, Susan Erickson, Barbara, Walshaw, Alberta & Roger Lipson, Brenda Soyer, Judy Meyers & Mark Pastermack, Marvin & Virginia Geller, Jean Dwyer, Ann M. Summers, Ellen Brick, Mary A. Johnaton, Esther Seroll, Harriet Koch, William & Elinor Reardon, Waneta Louise West, Jan & Manny Gold, Michael F. Chambers, Anonymous, Shirley Partoll, Rhonda & Herbert Goodwin, Brookline Hearing Services, Charlotte & Nicholas Burrage, Lucy & Richard Robb, Doris Berger, Daniel Ferguson, Anonymous, Ralph & Rhona Hirschowitz, Betty Rhodes Latner, Debbie Goodman, Rita & Morgan Daly, William & Ada White

In Honor of:

Agnes Rogers, the Tuesday Food Distribution Crew & all the Volunteers ***From*** Emilie L. Drooker, Olga Sliwa ***From*** Kathryn Kilkpatrick-supporting the Van Fund, Ruthann Dobek ***From*** Ruth Kertzer Seidman & Aaron Seidman Ruthann Dobek & Julie Washburn ***From*** Mildred Siegel, Happy Times BSC provides ***From*** Constance Warshowsky, Rose Feldman ***From*** Elsa Jakob, Ruthann Dobek ***From*** Barbara Scotto, Betsy Pollock ***From*** Judith & Herman Chernoff, All the wonderful people in Isle's Arthritis Class on Thursdays ***From*** Marena Morrison, Julie & Olga with thanks for SMP opportunity ***From*** Pat Park, Chair Yoga Stalwarts ***From*** Elmer D. Sprague, Jason and Jimmy, our Van and Elder Bus drivers ***From*** Nina Lebel, Anna Higgins and the entire Poetry Group ***From*** Ellen Zellner, Doreen Gordon's birthday ***From*** Yolanda Rodriguez, Emilie Drooker's special birthday ***From*** Yolanda Rodriguez, Doreen Gordon, V. Celia Lascarides & Hilde Rotenberg, Dr. Suzanne Salamon for providing answers to the "Ask a Geriatrician" in the Senior News & Events ***From*** Sonia & William Wong, Brookline Senior Center Renovation Project ***From*** Bay State Federal Savings Charitable Foundation, The Chinese Mah-Jong program ***From*** Claire Yung & the Chinese Mah Jong Group, Deidre Waxman & Jacob Knable ***From*** Jane Kaiser, The birthday of Doreen Gordon ***From*** Lila Sesholtz.

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Janie & Morgan Chickering, Dennis & Betsy DeWitt, Jeanne M. Traxler & Robert M. Goisman
Judith Klayman, Suzanne Modigliani, Sandra Storey, Marga Dieter, Ilana Mainelli-***in honor of*** Ruth E. Seidman's birthday, Cynthia Snow & Irving A. Kurki, Neil Gordon, Karen Zweig-***in honor of*** The Move Maven, Anne Power, Climate Action Brookline-***supporting the Complete Streets Forum*** and Rebecca Mautner.

Kertzer Seidman, Ellen Elizabeth Young, Robert Sprague, David Lucal, Kathleen Malloy, Helen & How Wong, Elizabeth M. Kelleher, Elenore Parker, Peter & Jean Stringham.

In Memory of on page 24.

FROM THE DIRECTOR

July is usually a time for summer vacations and a slower pace, but not so much here at the Senior Center. Come in to enjoy special programs as well as our regular programming that will happen all summer long. And remember if there is a heat wave- stop by as we are a cooling center for your comfort.

I am especially pleased to give an update on the REAP program. I invite you to learn more by attending the event on July 16th 1:00 – 2:30 pm here at the Senior Center. REAP attempts to address the needs of a broad group of people including the newly retired looking to increase their income with a part-time job; those thinking about, and planning for a fulfilling retirement; those wishing to volunteer and stay active in the community post retirement; and those needing to do stipend volunteer work close to home to support and enhance income from pension and Social Security.

This summer we welcome a variety of student interns to the Senior Center. When you see the students in the building, give them a warm welcome and chat with them.

Several exciting day trips from Recreation still have openings.

The theater club certainly is not taking the summer off! Make your reservations now to see several great summer shows. For complete details, see P. 12.

Several exciting day trips from Recreation still have openings.

The heat of summer will be felt as Mary Stevenson continues her great workout Zumba Gold classes on Thursday afternoons. For people who live in Brookline Housing, the Zumba classes continue to be free thanks to the generosity of the Brookline Community Foundation.

And finally, I want to wish a Happy Fourth of July to all. My family always has a big party to watch the glorious fireworks and enjoy the delicious summer foods

Summer flies by so quickly when you are an adult so make sure to savor your favorite tradition! Keep cool- come to the Senior Center to enjoy our air conditioned building, drink extra water this month, and join me at the Farmer's Market for yummy summer treats and socializing with your neighbors.

Ruthann Dobek

FROM THE BOARD PRESIDENT

The Brookline Senior Center gratefully accepts donations to its nonprofit arm. These donations are completely tax-deductible. We use your gifts to keep the van running as well as to fund furnishings, improvements, and innovative programs for the Senior Center.

We are proud of our strong community and need your help to sustain it. Please be as generous as you can be.

I, the board, and the entire Senior Center family thank you!
Elizabeth (Betsy) Pollock, President, Senior Center Board

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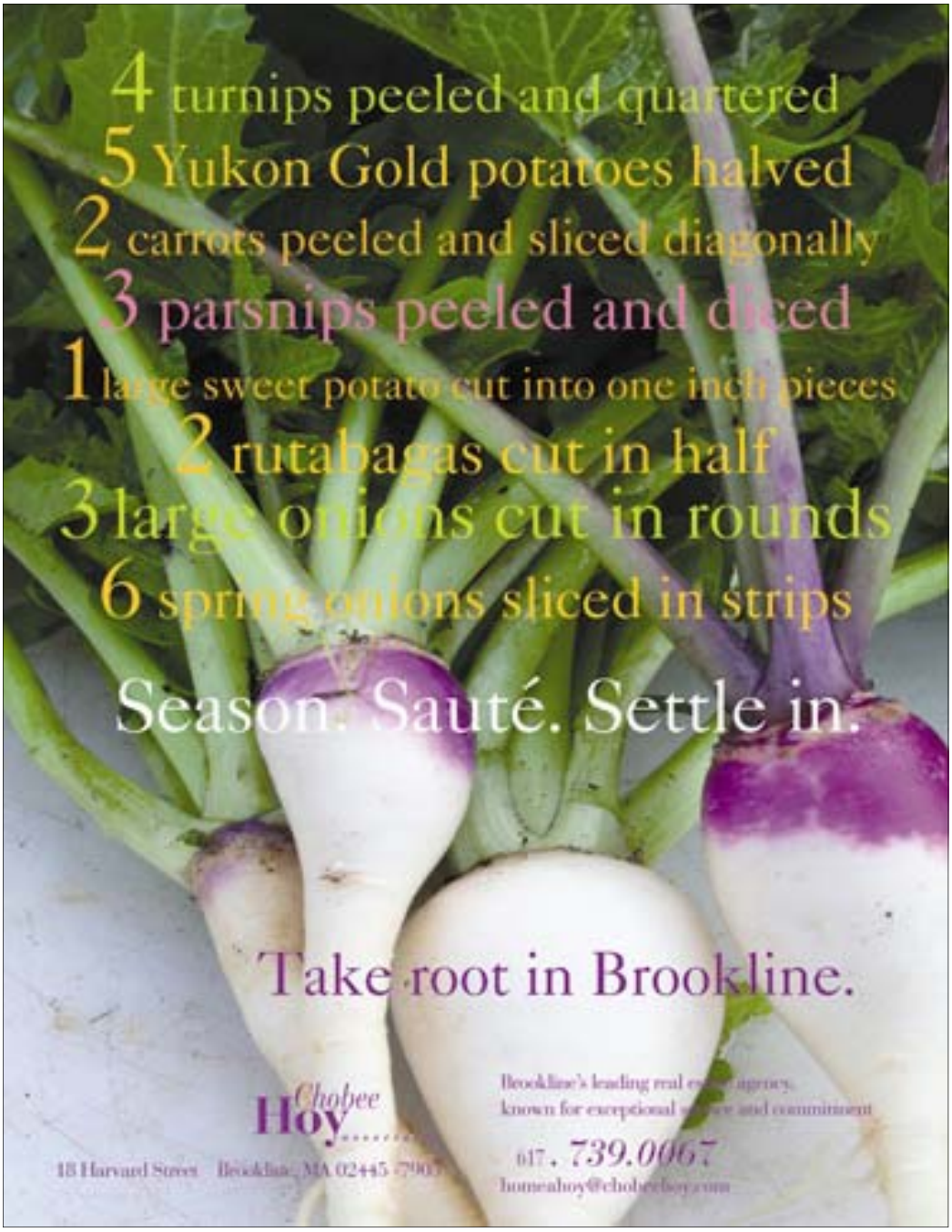

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