TOWN OF BROOKLINE
SENIOR NEWS AND EVENTS

Council on Aging

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

Brookline Senior Center
93 Winchester Street
Brookline, Massachusetts 02446

Council on Aging	**Information Hotline**
617-730-2777	617-730-2778
Senior Center	**Van**
617-730-2770	617-730 –2750

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

Brookline Community Aging Network
www.BrooklineCAN.org

HIGHLIGHTS

NOTE: The Van Driver will be on vacation August 25-29.

Strawberry Social **Wednesday, August 6, at 1:00pm** see p. 28.

Special Movie Night-Come and watch the movie *FROZEN* on **Friday, August 8, at 6:00pm** see p. 26.

Navigating Good Care Transition **Thursday, August 21, from 2:30pm** see p.3.

Red Sox Game Night **Friday, August 22, at 6:45pm** see p. 21.

AUGUST 2014

SUMMER OUTINGS

Summer is the time for getting out and doing things in the wider community. Of course, as seniors, we must be cautious of doing too much in extreme heat, but there are plenty of days to come that will be beautiful and warm. As August progresses, we can even look forward to a hint of autumn now and then. And there are many things to do outside of the Senior Center in August.

For example, on Tuesday, August 5, you can head to Pawtucket to cheer on the Pawtucket Red Sox as they play the Columbus Clippers. Our thanks to Ted Shamitz and the Senior Center Theater Club for arranging this special outing. See p. 10 for more details.

There are free concerts in Emerson Park on Wednesday, August 6, The Love Dogs Rhythm and Blues and Wednesday, August 13 The soul music of the East Coast Soul Band. Brookline Recreation outings to Legacy Place on Friday, August 8 and to Castle Island on Friday August 15 (see p. 14). Free museum and cultural Fridays courtesy of the Highland Street Foundation (see p. 7), ARTZ for Alzheimer's events (see p. 29), and more.

Of course, there is also a plethora of things to do in August at the Senior Center—movies, activities, lunches, and just sitting in the coffee lounge keeping cool while socializing with your peers. Enjoy this last month of summer to the fullest.

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

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AUTUMN BENEFIT

Save the date: Wednesday, October 29

The Autumn benefit will be special this year as we celebrate Brookline as an Age Friendly Town. Our special guest of honor for 2014 is Elias Audy. Mr. Audy advocated for a large donation for the gas from the Brookline Rotary Club to keep the senior van running for our seniors. You will receive an invitation in the mail soon for this special yearly event.

NAVIGATING SAFE TRANSITIONS IN CARE FOR OPTIMAL HEALTH:

A Geriatrician's Guide

On **Thursday, August 21, from 2:30pm** Dr. Jennifer Rhodes-Kropf will explain the importance of good care transition, the consequences of a poor transition and how you can be your own patient advocate. Dr. Jennifer Rhodes-Kropf is the Medical Director of the independent living, Center Communities of Brookline senior practice, Faculty at Harvard Medical School, and part of the Division of Geriatrics spanning Beth Israel Deaconess Medical Center and Hebrew SeniorLife.

COUNCIL ON AGING

There will be no Council on Aging (COA) meeting in August. However, the ***Nominating Committee*** will meet on **Wednesday, August 13 at 1:00 pm** to consider new members for the board. If you would like to serve on the COA Board—an excellent volunteer opportunity—or if you know someone who would make a good member, contact Ruthann at 617-730-2756 or e-mail her at rdobek@brooklinema.gov.

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BROOKLINE DAY

Save the date:

On Sunday, September 14, come one come all to the annual Brookline Day Festival from 11:00 am to 3:00 pm at Larz Anderson Park! This event celebrates Brookline's residents and all the great things the Town of Brookline has to offer. It was created to promote a sense of community pride, town spirit, and interest in Brookline while educating residents about Brookline's wide variety of service organizations and programs—all in an atmosphere of fun. The day will include activities for all including inflatables, face painting, balloon artists, touch a truck, rock climbing wall, and much more! We will also have food trucks, live local bands, a pie-eating contest, trivia, and games! If you have a business that would like to become a part of Brookline Day 2014, call 617-730-2069.

SAVE THE DATE AUGUST MOON FESTIVAL

Our Senior Center celebration of the August Moon Festival will be held on **Monday, September 8, from 12:30 to 2:00 pm**. This event, cosponsored by the Senior Center and the Greater Boston Chinese Golden Age Center, is always colorful and lively. **Tickets will go on sale ($7 for the program *and* lunch) on Monday, August 25.** For more information and to make reservations, call 617-730-2770.

SENIOR CINEMA

The Coolidge Corner Library offers wonderful movies on **Thursdays at 1:30 pm.** Check the TAB and the Library Website for current showings.

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 August 7 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, August 1 and 29 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, August 20, 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, August 21, from 9:00 to 10:00 am**
On **Wednesday, August 6, from 2:00 to 3:00 pm**, at the BPHD building on Pierce Street.
On **Wednesday, August 13, from 1:00 to 2:00 pm** at Sussman House, 50 Pleasant Street
On **Wednesday, August 27, from 1:00 to 2:00 pm** at O'Shea House, 61 Park Street.

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.*

QUESTION: My mouth often feels quite dry. What causes this and what can I do about it?

ANSWER: Dry mouth is common among people older than 65. It can range from simply being a minor annoyance to a major negative influence on your general health. It is often caused by either a decrease in the amount of saliva which is produced by the salivary glands in your mouth or by a change in the make-up of the saliva itself. Saliva is very important for many reasons: it helps keep your teeth healthy by counterbalancing the acids that are produced by bacteria and helps digest food. It helps us taste our food and break down our food so it is easier to swallow. It keeps the mouth moist to help prevent mouth sores and yeast infections.

Dry mouth can present itself in many ways, including bad breath, a feeling of dryness in the mouth or throat, decreased ability to taste food, gum disease, cavities and difficulty with dentures. It can lead to hoarseness. There are several possible reasons why people get dry mouth. Probably the most common cause is medications. Both over-the-counter and prescription drugs can have dry mouth as a side effect. The most common of these are antihistamines, certain blood pressure meds, antidepressants and some asthma medicines.

Age is another risk factor, often because older people take more medicines. Snoring or breathing with an open mouth, as well as tobacco use can contribute to dry mouth. Radiation for head and neck cancer also are risk factors.

Dry mouth is usually just a bothersome symptom, but it can lead to cracked lips, tooth decay, a coated tongue, mouth infections and decreased enjoyment of food.To help treat dry mouth, you may need to discuss with your doctor all your medications to see if any can be changed. Brush your teeth and see your dentist regularly. Chew sugarless gum and suck on sugar-free candy to moisten your mouth. Try to avoid salty food and drink water when your mouth is dry. Of course, don't smoke.

There are several over the counter saliva substitutes which come in lozenges, mouthwash and toothpaste, which can help increase saliva, such as Biotene, Oasis, Orajel and Salivart. They aren't cures, but they can help manage the unpleasant effects of dry mouth.

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 A Brookline Legal Assistance Bureau volunteer lawyer will be available on **Wednesday, August 6 from 9:00—12:00** to consult on legal matters of law **.** This service is offered free of charge, and no appointment is needed.

A FILE OF LIFE provides individuals with emergency 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.

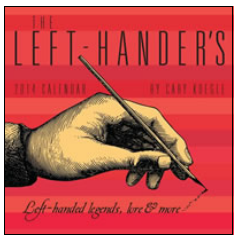
REAP The Retirement Engagement Alternatives Program is replacing the old JOBS program. This new program is based on working together to help occupy your retirement! Contact Deidre Waxman 617-730-2767 or email:dwaxman@brooklinema.gov

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.)

AUGUST HOLIDAYS

In August the Senior Center is open Monday through Friday all month. However, there are some days of note in August.



For instance, Tuesday, August 13, is Left Hander's Day, Southpaws are a large minority who often must adjust to daily living activities. Cash registers are set up for right-hand use, the Qwerty keyboard used on most computers have more keys on the right-hand side than on the left-hand side, scissors are made for right-handers, and on and on and on. And yet four recent presidents—Ronald Reagan and George H.W. Bush and Bill Clinton and Barack Obama—Judy Garland, Beatles Paul McCartney and Ringo Starr, Cole Porter, and Richard Dreyfuss—all are lefties. So be sure to appreciate your left-handed friends and loved ones on August 13.

And Wednesday, August 21, is National Senior Citizens Day! This is your day! Enjoy it any way you desire. Take advantage of the senior citizens specials and discounts that will abound!

Finally, Saturday, August 30 is National Marshmallow Toasting Day. Today might be a good day to make s'mores. Simple ingredients include chocolate Hershey bar, honey graham crackers and toasted marshmallows. I must admit these delightful treats is the reason I went on Scout trips.

FITNESS CENTER HOURS

Monday-Friday 8:30 am-4:30 pm.
For more information contact Sharon Devine at 617-730-2769.

FREE FRIDAYS IN AUGUST

The Highland Street Foundation, founded in 1989 by David J. McGrath, Jr. has funded a program that provides ***Free Fun*** admission to many museums and other cultural venues **on Fridays** in **August**. Among the August venues in metro Boston and the suburbs are:

FRIDAY, AUGUST 1
Isabella Stewart Gardner Museum (Boston)
Commonwealth Shakespeare Company (Boston)
Concord Museum

FRIDAY, AUGUST 8
Boston Harbor Islands National Park
Wenham Museum (Wenham MA)
USS Constitution Museum (Charlestown)

FRIDAY, AUGUST 15
The Institute of Contemporary Art/Boston
Plimoth Plantation
Garden in the Woods (Framingham)

FRIDAY, AUGUST 22,
Old Manse, Trustees of Reservations (Concord)
Emily Dickinson Museum (Amherst)

FRIDAY, AUGUST 29
The Mount: Edith Wharton's Home (Lenox)
Griffin Photography Museum (Winchester)

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Brookline Community Aging Network – BrooklineCAN – is an all-volunteer organization that focuses on Brookline as a great place to live. It provides information for older residents that helps them remain engaged in the life of the community and advocates to make Brookline an even better place to live for seniors and everyone. For information and to join, visit www.BrooklineCAN.org.

WHERE TO GO WHEN YOU GOTTA GO

Finding public restrooms in Brookline just got easier, thanks to a new guide compiled by the Brookline Community Aging Network---also called BrooklineCAN.

Affiliated with the Brookline Senior Center, BrooklineCAN is a volunteer organization whose aims include making Brookline an even better place to live for people of all ages.

Under the direction of BrooklineCAN's co-founder Frank Caro, the Livable Community Advocacy Committee (LCAC) determined that documenting available restrooms was an important service. The committee recently mapped all restrooms in Brookline available on the organization's website.

As Caro says, "For people on the go, finding a restroom on a timely basis can be essential. Locating a restroom that is open to the public can be a challenge. Fortunately, restrooms can be found in many places in Brookline ---and that's information of importance not only to seniors but also to parents with children and residents and visitors of all ages."

The guide includes an interactive map designating restrooms available throughout the town, highlighting available restrooms in the Coolidge Corner and Brookline Village neighborhoods.

Restrooms may be found in public buildings, libraries, and parks. The guide designates not only the restroom's address but also region of Brookline, location of restrooms within buildings. days and hours available and they are gender specific and handicap accessible.

The guide also lists restaurants that allow BrooklineCAN members to use their restrooms. These restaurants include La Morra, Inner Space Annex, and Olea Café in Brookline Village; Dorado Tacos, and Dok Bua Thai

Many businesses allow the public to use their restrooms even though they do not openly commit to doing so. The Website guide also suggests strategies for finding restaurants with restrooms not formally open to the public and in other commercial buildings.

For instance, large, counter-service restaurants that feature coffee or sandwiches usually allow non-customers to use their restrooms. Several coffee chains, which have multiple locations in Brookline, are generally open from early morning until late in the evening. All have easily identified restrooms that are immediately visible from the main customer-service area. Usually, the restrooms are open and visitors can go directly to the restrooms without seeking permission from an employee. As Caro notes, "Employees are too busy behind the counter to monitor routine use of restrooms by customers."

Other businesses, such as Trader Joe's grocery in Coolidge Corner, have open restrooms in their public areas.

Adds Caro, "in many commercial establishments, you can use the restroom without making a purchase. However, we recommend at least occasional purchases at these restaurants and other commercial enterprises if you use their restrooms regularly.

The Livable Community Advocacy Committee received assistance with this project from the Brookline Department of Public Health and

Cont. from page 8

the Division of Economic Development. LCAC will continue to call attention to features that make Brookline a highly livable community.

BrooklineCan researches services and activities available throughout Brookline and neighboring locations and provides information and links to theses services through its website www.brooklinecan.org.

LAUGHTER MEDICINE

Laugh your way to good health with Phyllis Strauss. No prescription is necessary for this program. There are many physiological benefits to the act of laughing. The body doesn't know the difference between real and fake laughter.

If you are interested in learning how to laugh without jokes and just for the health of it, in six 30min sessions for the cost of $25.00 call Julie at 617-730-2760.

Note: a minimum of 10 people will be needed to run this class.

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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.

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SENIOR CENTER THEATER CLUB

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
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 for this event.

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 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!

Sunday, September 14, at 2:00pm at New Rep, Watertown
Closer Than Ever
Price: $39
Each song is a story in Richard Maltby Jr. and David Shire's CLOSER THAN EVER, winner of the Outer Critics Circle Award for Best Off-Broadway Musical. Twenty-four wise and witty "songs of experience," based largely on true stories, intertwine insightful tales about love, security, happiness, and self-definition in an ever-changing world. Universal experiences and truths are uncovered through charming melodies and smartly-crafted lyrics. Called "one of the half-dozen finest American theater scores of the last decade" by *The New York Times*.

Sunday, September 28, at 2:00pm at the Senior Center
Of Mice and Men
Refreshments served
Price: $5
For more information or to register call 617-730-2770

MOVIES FOR FILM LOVERS

Come to the Senior Center **Tuesdays in August 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 August 5 (100 Min)
The Grand Budapest Hotel 2014
The adventures of Gustave H, a legendary concierge at a famous European hotel between the wars, and Zero Moustafa, the lobby boy who becomes his most trusted friend.
Stars: Ralph Fiennes, F. Murray Abraham and Mathieu Amalric

Tuesday, August 12 (81 min)
2013
Elaine Stritch Shoot Me
No subtitles available.
The uncompromising Tony and Emmy Award-winner is showcased both on and off stage via rare archival footage and intimate cinema vérité.
Stars: Elaine Stritch, Tina Fey, and Alec Baldwin

Tuesday, August 19 (122 min)
Glory 1989
Robert Gould Shaw leads the US Civil War's first all-black volunteer company, fighting prejudices of both his own Union army and the Confederates
Stars: Matthew Broderick and Denzel Washington

Tuesday, August 26 (98 min)
Wadjda 2012
An enterprising Saudi girl signs on for her school's Koran recitation competition as a way to raise the remaining funds she needs in order to buy the green bicycle thttp://www.imdb.com/

Taken from www.imdb.com

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

Center Communities of Brookline
Hebrew SeniorLife

Poetry Corner

You'll be Fine

As I lament & vent about
feeling crummy,
The Diagnoses is aging
and that is not funny.

A chronic ailment I'm fortunate
to endure
as 80 years knock
very near my door.

Grateful to be in
reasonable good health
but moving and thinking
can be a challenge.

An ager I'm called
who gets out and about
coping with loses
like hair, sight and hearing.

We chuckle at frailties
rejoice at strengths
so laugh all you agers
and let your light shine
and
relish each day.

Carol Fullerton
August 2014

A CHRONICLE OF THE HERE AND NOW

No misbegotten artery spills
its precious contents
into the cavity of my skull.
Just an uncommon headache.
Life resumes.

Ruth Geller 7/12/14

THE WEDDING

From a field of daisies came the bride's bouquet,
From a white cloud in the blue sky
Came her lacy wedding dress.
The groom, strong and sturdy as a chestnut tree
Held his bride in the circle of his arms,
A private universe.

Ruth Geller 7/12/14

As if the Sea should part

As if the Sea should part
And show a further Sea --
And that -- a further -- and the Three
But a presumption be --

Of Periods of Seas --
Unvisited of Shores --
Themselves the Verge of Seas to be --
Eternity -- is Those --

Emily Dickinson

Israel, Van Kooy & Days, LLC

Laurie Israel, Esq.
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web: www.ivkdlaw.com
Coolidge Corner

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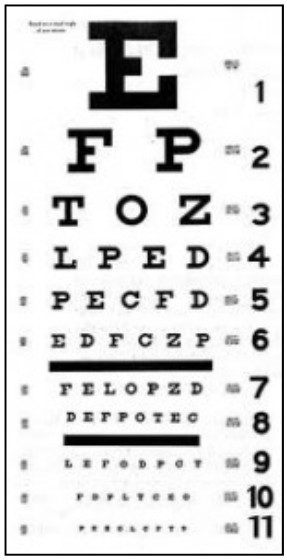
STAFF AND VOLUNTEER NEWS

We wish a stress free exciting retirement for Peggy Connor. After 13 years of friendship and dedication to the Senior Center. Peggy is looking forward to spending time with her grandchild, time on the Cape and watching the 2015 Red Sox in Ft. Myers Florida.

Peggy will miss the crew, volunteers and the Seniors. Peggy leaves us a message "think about the best and happy side of things". Peggy will be missed and we will miss her friend and our friend Nancy O'Brien as she moves on as well.

We welcome Yuji Hairston who we are sure will continue a wonderful lunch service to our seniors and staff.

SHARE YOUR SIGHT



Volunteer to read or shop with a visually impaired person in your area. Volunteer partnerships allow people to remain independent and you will have an opportunity to meet a new friend.

No special skills are required and you may volunteer at a time that is convenient for you.

For more information contact Kyle Robidoux, Director of volunteer and support services for the Massachusetts Association for the Blind at 617-926-4312.

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 T**uesdays August 19 and August 26 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.

SPRINGWELL BBQ

The Springwell's BBQ on **Wednesday, August 20, at 12:00 pm.** Will be followed at 1:00 pm by Arlene Lucas, the talented international Singer/Pianist will return to entertain us. Arlene studied and trained at the New England Conservatory of Music. She combines the sultry sounds of jazz, rhythm & blues, and pop that delivers a distinctly smooth and soulful sound that will appeal to all audiences.

Ms. Lucas has delighted international and local audiences with her broad repertoire of romantic soul. She has opened shows for such legendary artists as Sammy Davis, Jr., Rhythm & Blues Sensations, and The Stylistics. Ms. Lucas has been most influenced by the legendary singer, Nancy Wilson.

While listening to Ms. Lucas, audiences are reminded of the Jazz great, Ms. Billie Holiday and the contemporary singer, Sade.

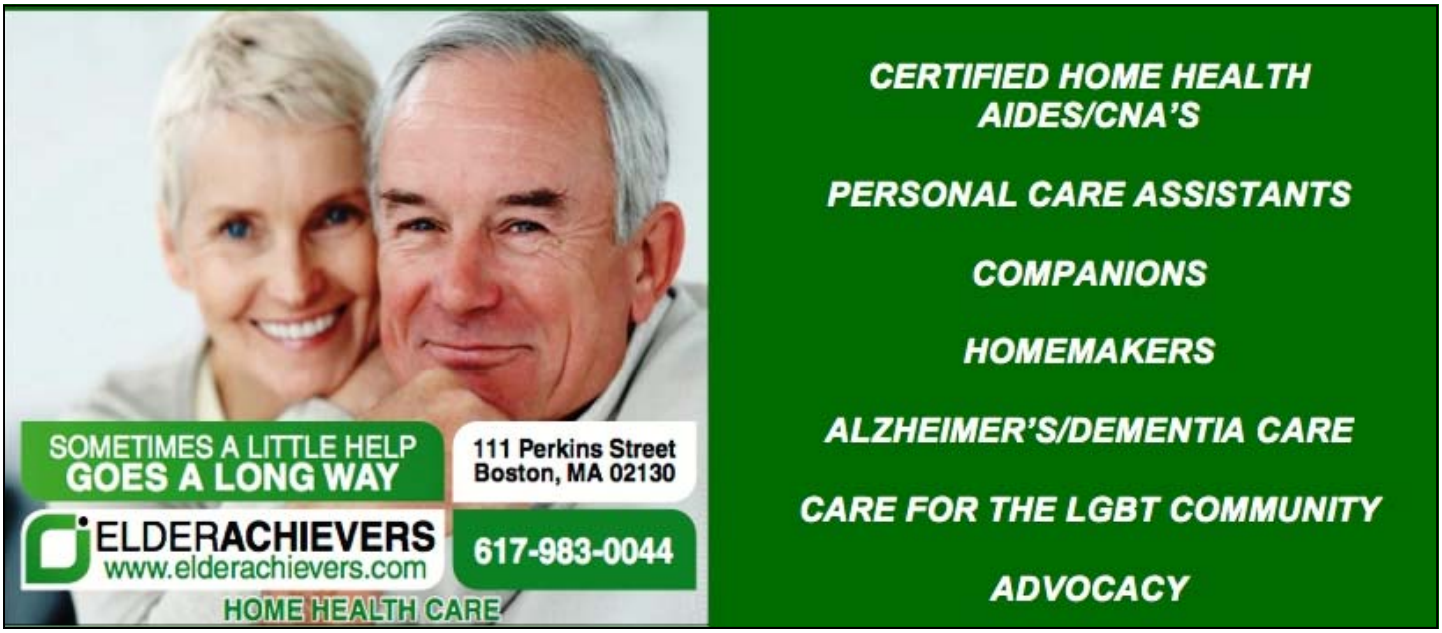
Reservations for this event must be made by 11:00 am Tuesday, August 19. For reservations. Call 617-730-2747.

BROOKLINE RECREATION AND EXCURSIONS

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: Residents-$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, non-invasive 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.

EMERSON GARDEN CONCERTS

The concerts at the Daniel F. Ford Playground at Emerson Garden, presented by Brookline Recreation, continue on the first two **Wednesday evenings in August**:

- The Love Dogs - Rhythm and Blues on **Wednesday, August 6th .**
- East Coast Soul –Soul Music on **Wednesday August 13th.**

This is a great treat to share with your children and grandchildren. All shows **begin at 6:00 pm**. For more information, visit www.brookline rec.com or call 617-730-2069.

Bring your own blankest, chairs and dinner and a flashlight so that you can enjoy the evening in comfort.

LET'S GO TO LUNCH BUNCH

Date change due to Van Vacation

On Tuesday, August 19 at noon we will dine at JoJo Taipei Taiwanese 103 Brighton Ave Brighton. For reservations and transportation, call 617-730-2770.

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COUPON

Springwell Nutrition Program—Brookline Senior Center
93 Winchester Street, Brookline MA
617-730-2747

AUGUST

MONDAY	TUESDAY	WEDNESDAY
***** Denotes Higher Sodium** **Menu is subject to change** **$2.00 Suggested Donation per Meal** .	**Soups may contain beef, chicken, or shellfish bases and are not vegetarian**	
4 **HOT** Chicken Marsala; Rice Pilaf; Zucchini & Red Peppers; Garlic Dinner Roll **COLD** Tuna Salad w/Lettuce Sandwich on Oat Bread; German Potato Salad; Beet Salad **Chocolate Pudding w/Topping**	**5** **HOT** Macaroni & Cheese (V); Tomato Half; Wheat Roll **COLD** Roast Beef & Am. Cheese Sandwich w/Lettuce & Mustard on Rye Bread; Potato Salad; Tomato-Red Pepper Salad **Fresh Watermelon**	6 Broccoli & Cheese Soup **HOT** Florentine Fish; Mashed Potatoes; Dill Carrots; Whole Wheat Bread **COLD** Chicken Salad Sandwich w/Lettuce on Wheat Bread; Orzo-Veggie Salad; Carrot-Pineapple Salad **Mandarin Oranges**
11 Mushroom Barley Soup **HOT** Turkey Tetrazzini; Tuscany Blend Veggies; Wheat Bread **COLD** Egg Salad Sandwich(V) w/Lettuce on Multigrain Bread; Broccoli Slaw; Greek Pasta Salad **Vanilla Pudding w/Topping**	12 Escarole & Bean Soup **HOT** Sweet Potato Pollock Filet w/Cream Sauce; Chuckwagon Corn; Green & Wax Beans **COLD** Chicken Pesto Caesar Salad w/Lite Italian Dressing, Parmesan Cheese, Croutons; Tricolor Pasta Salad; Wheat Roll **Pineapple**	13 Summer Special **HOT** Chicken Breast w/Vegetable Sauté; Baked Potato w/Sour Cream/ Margarine; Garden Salad; Garlic Dinner Roll **Strawberry Shortcake**
18 **HOT** Hot Dog*** on Roll w/Ketchup, Mustard, Relish; Baked Beans; Cole Slaw **COLD** California Chicken Salad w/Lettuce Sandwich on Italian Bread; Cauliflower & Carrot; Garden Shell Pasta Salad **Mixed Fruit**	19 Vegetable Soup **HOT** Chicken Paprika; Roasted Red Peppers; Broccoli & Cauliflower; Multigrain Bread **COLD** Turkey Chef Salad w/Lite Italian Dressing; Potato Salad; Wheat Bread **Hoodsie Ice Cream Cup**	20 **SUMMER BARBEQUE** Hamburger and Hot Dog on a bun Potato salad Cole slaw Watermelon Refreshing Beverage
25 **HOT** Veggie Burger w/American Cheese, Ketchup on Roll; Roasted Red Potatoes; Honey Glazed Carrots **COLD** Ham & Cheddar Cheese w/Lettuce & Mustard Sandwich on Wheat Bread; Carrot-Raisin Salad; Garden Shell Pasta Salad **Mandarin Oranges**	26 Mushroom Barley Soup **HOT** Ginger Chicken; Oriental Blend Veggies; Herbed Brown Rice; Dinner Roll **COLD** Tuna Salad Sandwich w/Lettuce on Rye Bread; Macaroni Salad; Garden Salad w/Lite Italian Dressing **Fresh Watermelon**	27 Lentil-Spinach Soup **HOT** Beef Burgundy; Mashed Potatoes; Peas; Rye Bread **COLD** Chicken Patty w/Mayo & Lettuce Sandwich on Hamburger Roll; Pasta Salad w/ Cheese; Cucumber-Dill **Pears**

THURSDAY	FRIDAY
	1 **Hot** Stuffed Shells w/Tomato Sauce & Parmesan Cheese (V); Spinach; Scali Bread **COLD** Cottage Cheese & Fruit Plate (V); Apple-Cinnamon Muffin **Fresh Fruit**
7 Vegetable Soup **HOT** Swedish Meatballs; Egg Noodles; Peas; Oat Bread **COLD** Mediterranean Tortellini Salad(V); English Pea Salad; Scali Bread **Mixed Fruit**	8. Italian Ditalini Soup **HOT** Broccoli-Mushroom Quiche (V); Potatoes; Garden Salad w/Lite Italian Dressing; Multigrain Bread **COLD** Turkey Deluxe*** Salad w/Ranch Dressing; Summer Squash Salad; Balsamic Vinaigrette Pasta Salad **Chocolate Chip Cookie**
14 Minestrone Soup **HOT** Meatloaf w/Beef Gravy; Potatoes w/ Cream Sauce; Zucchini & Yellow Squash; Wheat Roll **COLD** Turkey & Swiss Cheese w/Lite Mayo & Lettuce Sandwich on Oatmeal Bread; Corn Salad; Summer Squash Salad **Fresh Plums**	**15** **HOT** Tortellini w/Marinara Sauce & Parmesan Cheese (V); Peas & Carrots; Oat Bread **COLD** Seafood Salad Sandwich w/Lettuce on Rye Bread **Tropical Mixed Fruit**
21 Clam Chowder **HOT** Salmon Filet w/Lemon Dill Sauce; Green Beans; Sweet Potatoes; Rye Bread **COLD** Chicken w/Mozzarella Cheese, on Hamburger Roll; Macaroni Salad; Summer Squash Salad **Birthday Cake**	**22** **HOT** Lentil Stew (V); Spinach & Mushrooms; Garden Salad; Wheat Dinner Roll **COLD** Roast Beef & Cheddar Cheese, Lettuce, Lite Mayo Sandwich on Multigrain Bread; LoMein Pasta Salad; Cole Slaw **Pears**
28 Seafood Chowder **HOT** Potato Crunch Fish w/Lemon Sauce; Sweet Potato Wedges; Cole Slaw; Oatmeal Bread **COLD** Turkey & Provolone Cheese w/Lettuce & Lite Mayo on Multigrain Bread; Summer Potato Salad; Tomato & Zucchini Salad & **Ambrosia**	**29** **HOT** Whole Grain Cheese Lasagna Roll-Up w/Marinara Sauce & Meatball; Riviera Blend Veggies; Garden Salad; Wheat Roll **COLD** Egg Salad Sandwich w/Lettuce on Pumpernickel Bread; Balsamic Vinaigrette Pasta Salad; Cole Slaw **Brownie**

LUNCHEON SPECIALS FOR AUGUST

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 August 19 ,** celebrate August birthdays at the monthly Birthday Lunch. The sponsor of this lunch has happily provided a complimentary lunch and a small gift to all August birthday celebrants. Be sure to let us know if you or someone in your party has an August birthday when you make your reservations.

On August 19 at 12:00 noon
Let's Go Out to Lunch Bunch will dine at JoJo Taipei Taiwanese 103 Brighton Ave.
See p. 9

Special thank you to the Golden Living Center - Heathwood for their sponsorship of the July and August birthday cakes.

AUGUST AT A GLANCE*

Friday, August 1
9:00-12:00 Podiatry Clinic ***
10:00-12:00pm Senior Medicare Patrol
Sunday, August 3
2:00pm Finding Neverland ART Cambridge ***
Monday, August 4
Tuesday, August 5
12:05 pm Pawtucket Red Sox Game ***
1:00pm Movies for Film Lovers-Grand Budapest Hotel
Wednesday, August 6
9:00-12:00pm BLAB Legal Support
1:00pm Strawberry Social***
2:00-3:00 Blood Pressure Clinic at BPHD
6:00PM Emerson Gardens Concert-The Love Dogs Rhythm and Blues
Thursday, August 7
11:00am Ask a Nurse
Friday, August 8
12:00-4:00pm Excursion –Legacy Place ***
6:00pmMovie Night FROZEN
Monday, August 11
Tuesday, August 12
1:00pm Movies for Film Lovers-Elaine Sritch Shoot Me **(No subtitles available)**
Wednesday, August 13
1:00pm COA Nominating Committee Meeting
1:00-2:00pm Blood Pressure Clinic at Sussman House
1:30-2:45pm Dance Caliente***
6:00Pm Emerson Gardens Concert-East Coast Soul
Thursday, August 14
1:00-3:00pm Resume/Cover Letter Writing***
1:30pm Easy Travel-Walking the Camino
Friday, August 15
11:00-3:00pm Excursion-Castle Island***
Sunday, August 17 Singin in the Rain Reagle Theater ***
Monday, August 18
Tuesday, August 19
11:00am Modern Dance
12:00pm Celebrate August Birthdays***
12:00pm Let's Go Out to Lunch***
1:00pm Movies for Film Lovers-Glory
Wednesday, August 20
12:00pm Springwell BBQ ***
1;00pm Low Vision Support group
1:30pm Modern Beading ***
Thursday, August 21
9:00-10:00 Blood Pressure Clinic
2:30pm Navigating Care Transition
Friday, August 22
6:45 Red Sox Game Night simulcast ***
Monday, August 25
Tuesday, August 26
9:00-10:00am Public Issues Nonfiction-*Washington Rules*
11:00am Modern Dance
1:00pm Movies for Film Lovers-Wadjda
Wednesday, August 27
1:00-2:00pm Blood Pressure Clinic Park Street
Thursday August 28
Friday, August 29
9:00-12:00 Podiatry Clinic ***

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 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***
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 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

FOOD 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 beginning at 11:00am.** 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.

RED SOX GAME NIGHT

Join the Senior Center and Center Communities of Brookline on **Friday, August 22, at 6:45 pm**, as we cheer on the Red Sox from our own little corner of the world! We'll be simulcasting the game on the big screen TV in the 112 Centre Street Courtyard as the Red Sox take on the Seattle Mariners. Light summer refreshments will be served including peanuts (of course)! Please note that if the game is called for weather, the event will be cancelled. Registration is required. Residents of Center Communities of Brookline can sign up at their buildings (100 and 112 Centre Street and 1550 Beacon Street). Everyone else wanting to join the fun can register by calling 617-730-2770.

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. from 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.

Photo from www.facebook.com/BrooklineFarmersMarket

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!

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.

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 began 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

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www.CoreyPark.com

Providence House
Senior Living Community

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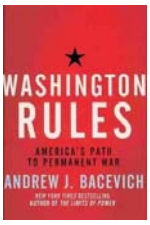
Managed by Welch Healthcare & Retirement Group

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.**

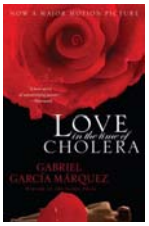


August 26 *Washington Rules:* America's Path to Permanent War by Andrew J. Bacevich (Metropolitan Books I Henry Holt and Co.)

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

PUTTERHAM BOOK DISCUSSION GROUP

Jean Kramer and Charlotte Millman, discussion leaders for the Putterham Book Discussion group, meet at the Putterham Branch Library once a month on **Mondays from 2:00-3:00 pm.** Books are available at the Putterham Branch Library and new members are always welcome.



Monday, September 15
Love in the Time of Cholera by Gabriel Garcia Marquez

TOUR THE SENIOR CENTER

The Senior Center is offering weekly, escorted tours of the Center Monday through Friday. You need to sign up for the tours ahead of time. To sign up for a tour, call 617-730-2770.

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

MODERN BEADING WORKSHOP

This workshop is for beginners and experienced beaders. We meet at the Senior Center on **Wednesday, August 20, 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.

Marge will be exhibiting her handmade jewelry, various beading tools and other beautiful beads at the **Brookline Public Library from Friday, August 29 through Thursday, September 11.**

LIVING OUR VALUES

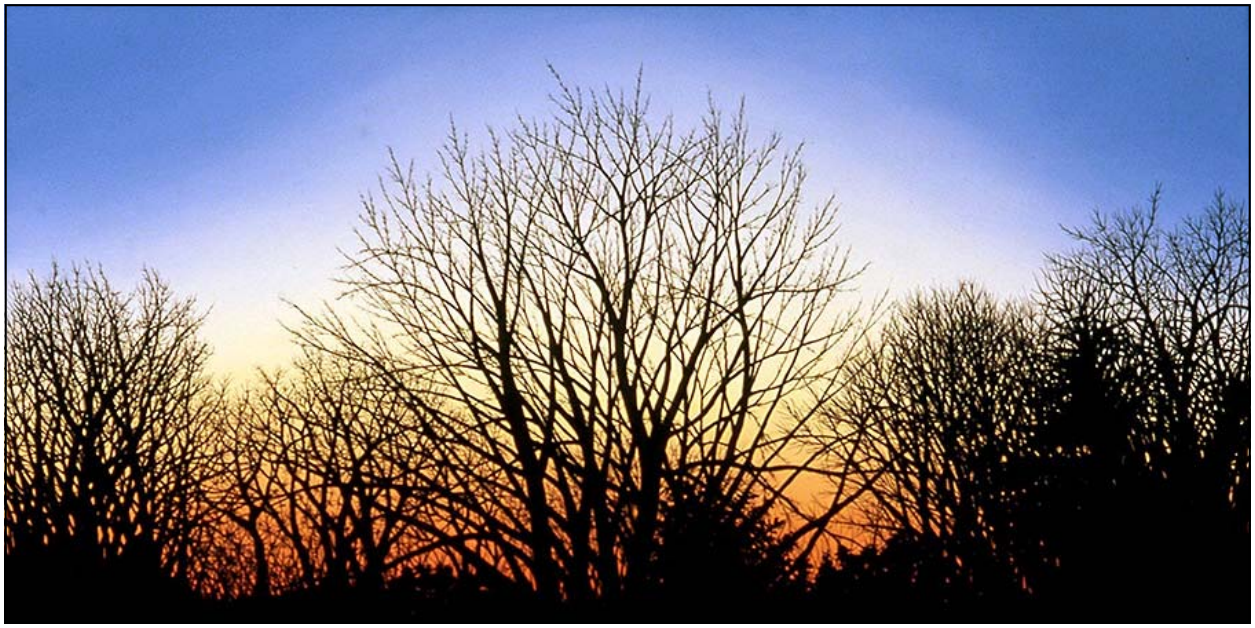
This group meets at the Senior Center on **Wednesday mornings from 9:00 to 10:00 am.** Facilitator Tom Faulhaber uses current events and issues as triggers for discussion at meetings. Hone your values in this age of controversy and conflict.

Healthy adults, 18-85,
Needed for noninvasive study of
Emotion and Memory.

Research conducted at Boston College

Complete pen-and-paper and computerized tasks. Receive $10/hr. For information, call Sarah Scott at 617-552-6949 or e-mail canlab@bc.edu.

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

DANCE CALIENTE!

On **Wednesday, August 13 from 1:30 to 2:45pm**.

Dancing through the decades with Dance Caliente. They will take your breath away with their dancing and dazzle you with exciting period costumes. This program is supported in part by a grant from the Brookline Cultural Council, a local agency which is supported by the Massachusetts Cultural Council. Register by calling 617-730-2770 to make sure you get a seat.

THIS PROJECT IS SUPPORTED IN PART BY
MASSACHUSETTS CULTURAL COUNCIL

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

On **Mondays, from 10:00 to 10:45am** 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.

MOUNT PLEASANT HOME

WORRIED ABOUT A SENIOR LIVING ALONE?

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E.L.F MONTHLY FEATURED ITEMS AND NEWS

The program is fortunate to now house a large amount of items for people of low-vision. These items include large button phones, magnifiers, large button remote controls, and talking alarm clocks. If you or someone you know is interested in any of these items or want to see other items available, contact Jamie at 617-730-2753.

ONE-ON-ONECOMPUTER SESSIONS

There will be one-on-one computer sessions for the computer phobic on Tuesdays in August. 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.

REAP

The REAP program is pleased to introduce our new REAP Counselor Patricia J Burns, MSC.

She will be working with REAP participants on group and individual job search skills. She will offer her first Resume/Cover Letter Writing individual session at the Brookline Senior Center **on Thursday August 14th from 1:00-3:00pm**

If you have a resume please bring it. Patricia will assist with creating your resume as well as editing one that you may have written in the past. For an appointment call: Deidre Waxman 617-730-2767 or email:dwaxman@brooklinema.gov

FROZEN MOVIE NIGHT

Come and get "Frozen" with us on **Friday, August 8, at 6:00pm**. This Academy Award winning animated feature has people of all ages talking and singing so bring a friend or your grandkids and enjoy the story of the "fearless optimist Anna who teams up with Kristoff in an epic journey to find Anna's sister Elsa, whose icy powers have trapped the kingdom in eternal winter." We'll have popcorn and some "frozen" treats following the movie. To register, call 617-730-2770

GODDARD HOUSE WALK TEAM

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 at 617-731-8500.

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.

Not Yet a Subscriber? Sign up Now! Don't miss a single issue! Fill out the form below and mail to the Brookline Senior Center with your $10 check.

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STRAWBERRY SOCIAL

Nutritional experts have identified the strawberry as a superfood due to its abundance of antioxidants, vitamin C, potassium, folate, fiber and fisetin – a powerful flavonoid that can help protect against memory loss, cancer, heart disease and the effects of diabetes.

Join us at the Brookline Senior Center on **Wednesday, August 6, at 1:00p.m** to indulge in a healthful sampling of strawberry-themed treats and discover tasty new ways to incorporate this super fruit into your diet. This delicious treat is sponsored by Boylston Place at Chestnut Hill. Registration is required call 617-730-2770.

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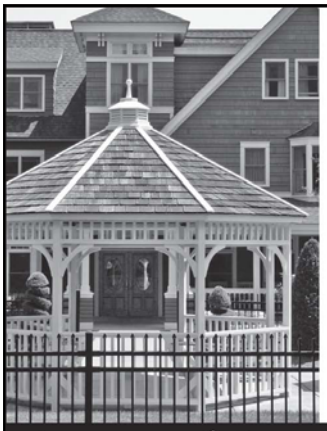

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THE MASSACHUSETTS SENIOR MEDICARE PATROL

will be at the Senior Center monthly to help seniors with their Medicare statements. Come on **Friday, August 1, 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.

EASY TRAVEL

Walking the Camino

On **Thursday, August 14 at 1:30pm** join our armchair travel host, Lauren Carroll on a Medieval Pilgrimage as she walked from the Northeast of Spain to Santiago de Compostela in western Spain.

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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, August 8.** Call group leader Elaine Yanowitz at 617-713-0420 for additional information and time.

The Evening Group will meet on **Thursday, August 28. 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

ARTZ
Artists for Alzheimer's®

ARTZ MUSEUM NETWORK TOUR SCHEDULE

ARTZ is a dementia-specific museum program for those diagnosed and their care partners.

August 5th: Harvard Museum of Natural History - Cambridge
August 12th: Fuller-Craft Museum - Brockton
August 19th: Museum of Science - Boston
August 26th: Institute of Contemporary Art - Boston

This Program is made possible through the support of the McCance Family Foundation and the Massachusetts Cultural Council. To reserve a space contact Dee at **Brenner@ArtzAlz.org** or call 781-879-7237

THANK YOU

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FROM THE DIRECTOR

A special thank you goes to our state legislators who worked diligently to increase funding for elders. We will be awarded in the state formula grant $8.00 per elder in a budget that had much competition. Our legislative team of Frank Smizik, Jeffrey Sanchez, Michael Moran, Ed Coppinger, and Cynthia Creem deserve our gratitude for being strong elder advocates.

Save Wednesday, October 29, on your calendars for our 13th Annual Autumn Benefit. This year we will be honoring Mr. Elias Audy for his devotion to local civic charitable organizations. I am proud to announce that once again **Beth Israel Deaconess Medical Center** is our lead sponsor having already committed to this event. We are planning a fabulous evening of delicious food and great entertainment. We expect this to be a sellout. Please consider donating at a sponsorship level to support our critical needs.

Transportation problems abound. Whether it is the high cost of The Ride, the Van repairs, the Elderbus driver's vacation, or the difficulty with taxi drivers we are aware of your concerns and will keep you updated. We are committed to improving transportation service. One way you can help is by sending a donation to support our Van Fund, which is dependent on your gifts to continue.

For those who love the theater, make sure to check out the fall schedule of affordable high-quality shows. I want to acknowledge the hard work of Ted Shamitz who has a passion for bringing elders to the theater. He has volunteered his time to bring yet another great slate of shows as listed in our *Senior News and Events* p. 10.

While some of our regular classes are on vacation, August will not be a quiet month at the Senior Center. Please join us for some great activities. They include the trip to see Pawtucket Red Sox on Tuesday, August 5th p12. the Springwell BBQ on Wednesday, August 20th p.14.

A fond farewell to Peggy Connor who retired in June we will missher friendly smiling sweetness as she ran the kitchen with warmth and graciousness. The entire Senior Center community wishes her a happy and healthy retirement.

Enjoy the lazy days of August. Before you know it, the hectic after-Labor Day season will be here.

Ruthann Dobek, Director

FROM THE BOARD PRESIDENT

The Senior Center's 13th Annual Autumn Benefit will be held on Wednesday, October 29 at 6:00pm. This year we celebrate Brookline as an Age Friendly Town. Our special guest of honor is Elias Audy.

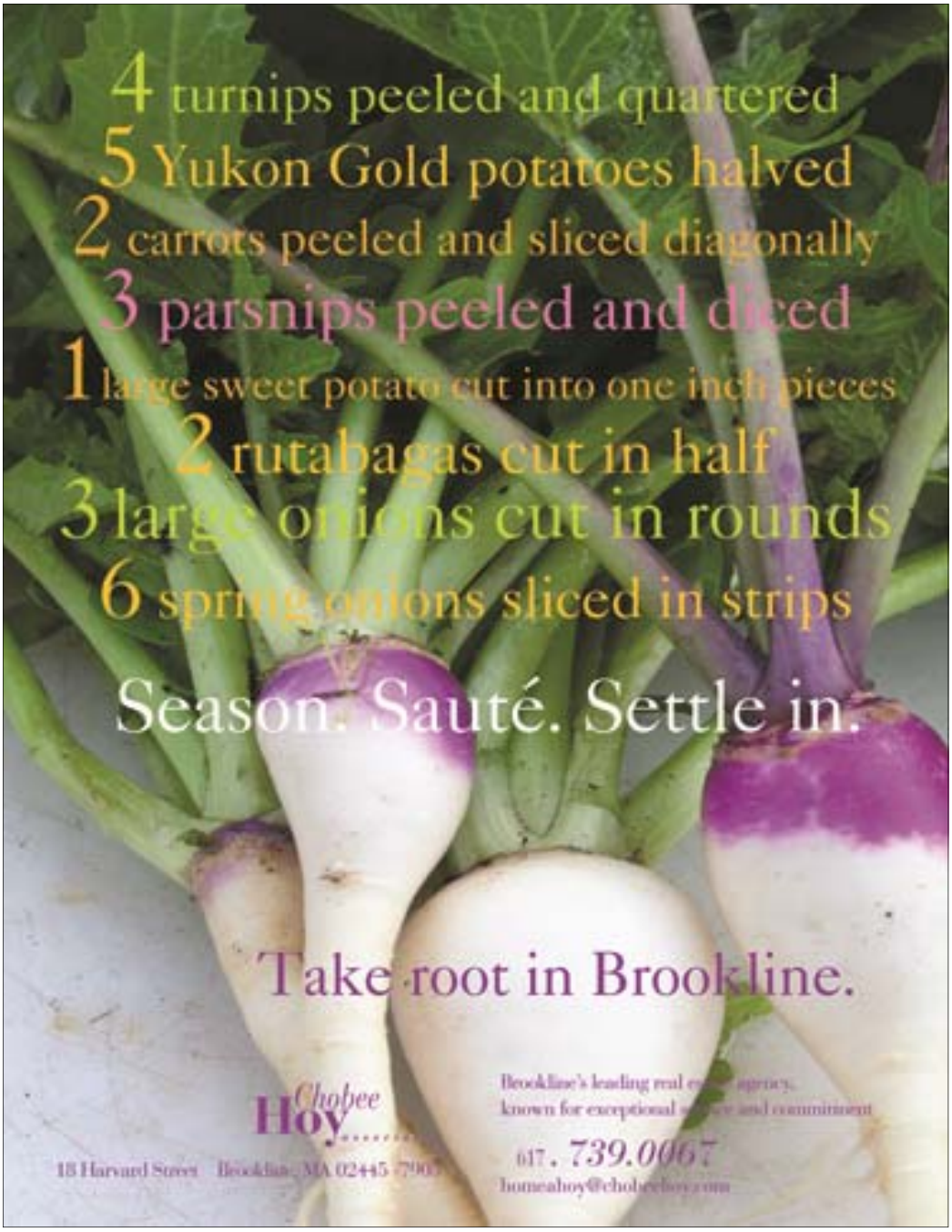
The evening will include great food, raffles, and entertainment. Proceeds will go toward important improvements.

Sponsorships are welcome from individuals, companies, and nonprofit organizations (For more information, contact Ruthann Dobek at rdobek @brooklinema.gov or 617-730 -2756. We also welcome gift certificates, merchandise, and services to be raffled. Tickets will be on sale soon.

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

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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