

# TOWN OF BROOKLINE SENIOR NEWS AND EVENTS

Council on Aging

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

Brookline Senior Center  
93 Winchester Street  
Brookline, Massachusetts 02446



**Council on Aging**      **Elderbus Hotline**

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



## HIGHLIGHTS

Brookline Artists Open Studios on Saturday and Sunday, May 2 and 3, see p. 14

Springwell Mother's Day Special Brunch on Thursday, May 7, see p. 17

The Piatigorsky Foundation on Monday, May 11, see p. 9.

Barney Frank at the May OWL meeting on Tuesday, May 12, see p. 21

Telling Your Story on Wednesday, May 20, see p. 3.

Decluttering on Thursday, May 28, see p. 23.

Workman's Circle Event on Sunday, May 31, see p. 9.

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~ **The newest (5th) edition of the** ~  
~ **Elder Resource Guide** ~  
~ **is now available.** ~  
~ **Pick up your copy at the** ~  
~ **Senior Center.** ~  
~ ~ ~ ~



## MAY 2009

### A TASTE OF PERU



On **Tuesday, May 19**, Brookline Adult and Community Education (BA&CE), the Council on Aging, and Spanish Immersion are sponsoring *A Taste of Peruvian Food, Music, and Dance* from **12:00 noon to 2:30 pm**. The

fee for this event is \$7.00 (which includes the price of the lunch that will be served from 12:00 noon to 1:00 pm). Join us at the Senior Center for this exciting event. Registration is required. You can register by calling 617-730-2700 or accessing [www.brooklineadulted.org](http://www.brooklineadulted.org) on the web. The course code is: **X218**.

Experience the great natural, cultural, and human legacy of Peru, a land with a variety of climates and ecosystems, and a



history of Incan Empires and Spanish conquests. Peru is the 3rd largest country in South America and can be divided into 3 distinct geographic regions, the best known of which is the central high sierra of the Andes (including the great city of the clouds, Machu Picchu).

Journey with us for an afternoon of cultural appreciation, education, and a sampling of delicious Peruvian cuisine. Listen to the haunting melodies of Andean music, learn about Peruvian society, and watch dance performances that transport you to one of South America's most important countries. Bring your appetite, intellect, and cultural curiosity and celebrate a land of intellectual, artistic, and historical intensity.



## TABLE OF CONTENTS

<p>A Taste of Peru ..... 1</p> <p>May Holidays ..... 3</p> <p>Elder Resource Guide ..... 3</p> <p>Book Discussion Group..... 3</p> <p>Council on Aging ..... 3</p> <p>Telling Your Story ..... 3</p> <p>The Health Page ..... 4</p> <p style="padding-left: 20px;">Ask a Nurse            Low Vision Group</p> <p style="padding-left: 20px;">Podiatry Clinic        Blood Pressure Screenings</p> <p>The Brookline Aging Collaborative..... 4</p> <p>Blood Pressure Screenings..... 4</p> <p>Medicare Fraud and Abuse ..... 5</p> <p>Alzheimer’s Caregivers Support Group ..... 5</p> <p>Parkinson Support Group..... 5</p> <p>Safe Return Program Event ..... 6</p> <p>Recession, Retirement, Resilience..... 6</p> <p>Health Plan Options for People Thinking about Retirement ..... 6</p> <p>Senior Services..... 7</p> <p style="padding-left: 20px;">BETS            HELP            SHINE</p> <p style="padding-left: 20px;">BLAB            JOBS            Social Security</p> <p style="padding-left: 20px;">File of Life    NEEDS</p> <p>Looking Inward, Gazing Outward Reprise..... 9</p> <p>Workman’s Circle Event ..... 9</p> <p>Easy Travel..... 9</p> <p>Brookline Chorus ..... 9</p> <p>The Piatigorsky Foundation Concert ..... 9</p> <p>Brookline Music School..... 9</p> <p>Spring into Fitness ..... 10</p> <p>And, of Course, Walking... ..... 10</p> <p>Brookline Bikes Beacon ..... 11</p> <p>Universal Health Care: Lessons from Massa- chusetts for the Nation—SAVE THE DATE..... 11</p> <p>Quilt Show ..... 11</p> <p>Modern Beading Workshop ..... 11</p> <p>Coping with Caring in a Tough Economy..... 12</p> <p>From the Director..... 13</p> <p>At the Gallery ..... 14</p> <p>French Conversation..... 14</p> <p>Senior Movies around Town..... 14</p> <p>Brookline Artists Open Studios ..... 14</p> <p>Movie Lovers Series for May..... 15</p> <p>Springwell Nutrition Program..... 16</p> <p>Luncheon Specials for May..... 17</p> <p>EVENTS CALENDAR..... 18</p> <p>Ongoing Senior Center Events ..... 19</p>	<p>JF&amp;CS Center for Family Assistance: Response to the Economic Crisis .....20</p> <p>Tax Workoff Program .....20</p> <p>DTV <u>Is</u> Coming .....20</p> <p>May OWL Meeting—Speaker: BARNEY FRANK ..21</p> <p>Senior Scene.....21</p> <p>Forum for Health Reform.....21</p> <p>Golden Anniversary Celebration Reprise .....22</p> <p>Aging in Place; Better Living with Technology.....23</p> <p>Decluttering: Living Better with Less Stuff.....23</p> <p>Economic Recovery Payments Coming for People Who Receive Social Security and SSI Benefits .....24</p> <p>Support Your Local ELF .....24</p> <p>A Message to Cell Phones and iPods.....24</p> <p>The Catalyst Design Summer Program .....25</p> <p>Springwell Nutrition Program.....25</p> <p>The JFK Birthplace.....25</p> <p>Southwest Corn and Black Bean Salad.....26</p> <p>Volunteer Appreciation Luncheon Reprise .....27</p> <p>Computer News.....27</p> <p>Book Pick-up Available .....27</p> <p>May Events at the Brookline Arts Center.....27</p> <p>Did You Know?.....27</p> <p>Newsletter Online.....28</p> <p>Keep Our Seniors Active with a Gift of Inform- ation .....28</p> <p>Twittering for Elders .....29</p> <p>Thank You for Giving .....30</p> <p>Our Contributors .....30</p> <p>Our Advertisers .....30</p> <p>Handicapped Access .....30</p>
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<p><b>Town of Brookline Senior News and Events</b> <b>BROOKLINE COUNCIL ON AGING (COA)</b></p>
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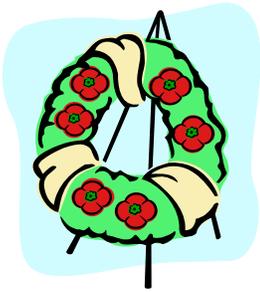
<p>Judith Gimple <i>Newsletter Editor</i></p>
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## MAY HOLIDAYS

Winter and wintry weather should now be but a memory (we sincerely hope). March winds and April showers fade into memory with the coming of the lilacs and flowering trees in May. Mother's Day on Sunday, May 10, is traditionally the day the lilacs at the Arboretum are at their most beautiful.



And on Monday, May 25, the Senior Center and the Rogerson Brookline Adult Day Health Program and the Rogerson Fitness Center all close in observance of Memorial Day.

## ELDER RESOURCE GUIDE

The 5th edition of the *Elder Resource Guide* is now available for pick up at the Senior Center. It has been revised and expanded. Additions to the *Guide* include sections on clutter management, funeral planning, tax exemptions, and a Partners-in-Care Spotlight on Jewish Family & Children's Services (JF&CS). And, on top of the new sections, all the resources that were in previous editions of the *Guide* have been revised to include the most current information available.

## BOOK DISCUSSION GROUP

Join in on **Monday, May 18, at 2:00 pm** at the Putterham Branch of the Brookline Public Library for a discussion of *Loving Frank* by Nancy Horan.

Fact and fiction blend in a historical novel that chronicles the relationship between seminal architect Frank Lloyd Wright and Mamah Cheney from their meeting (when they were each married to another person) to the clandestine affair that shocked Chicago society.



## COUNCIL ON AGING

The next meeting of the Council on Aging Board of Directors will be on **Wednesday, May 13, at 1:00 pm** at the Senior Center. The guest speaker at this meeting will be William McGroarty, Director of Veterans' Services for the Town of Brookline who will talk about the economy and its impact on our veterans, a talk that should be very relevant to Brookline veterans of all ages and their families.

## TELLING YOUR STORY



Yes, it is that time of year again—time for members of Jean Kramer's BA&CE course in *Telling Your Story* to, what else?, tell their stories. This, always popular class,

has been going continuously for 24 years, and every year they do a public reading at the Senior Center. This year that public reading is on **Wednesday, May 20 at 10:15 am**. Come and be prepared to be amused, touched, and thoughtful as you listen to these wonderful stories that rediscover and reaffirm the richness of the resources that older writers offer to us all.

Bring your children and grandchildren, your other relatives and friends. There is something for everyone in this event. And it is free and open to everyone!



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

**Ask a Nurse** St. Elizabeth's Medical Center's Nurse Practitioner Eileen Currier's visit to the Senior Center will be **on Wednesday, May 27, from 1:00 to 2:00 pm.**

**Podiatry Clinic** Routine foot care with Dr. John McLaughlin is available by appointment on **Mondays, May 4 and 18, from 9:00 am to 12:00 noon.**

Sessions, which last 15 minutes each, cost \$25. Appointments are required. You can make an appointment by calling 617-730-2777.



**Low Vision Group** This peer-led support group for individuals with limited eyesight will hold its regular monthly meeting at the Senior Center **on Wednesday, May 20, at 1:00 pm.**

### Blood Pressure Screenings

The Brookline Health Care Center will provide a blood pressure screening **at the Senior Center on Monday, May 11, from 1:00 to 2:00 pm.** The nurse who will preside at this session is bilingual. (She speaks English and Chinese.)

There will not be a blood pressure screening with a nurse from the Brookline Health Department at the **Senior Center** this month.

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

The Health Page is sponsored by  
Beth Israel Deaconess Medical Center

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

The *Brookline Aging Collaborative* consists of the Brookline Council on Aging (COA), Goddard House in Brookline, Center Communities of Brookline, and the Rogerson Adult Day Health Program.

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## BLOOD PRESSURE SCREENINGS

Free blood pressure screenings with a Brookline Health Department Nurse will be available at many other locations around town:

- Wednesday, May 6, at the Brookline Health Department, 11 Pierce Street, from 2:00 to 3:00 pm
- Wednesday, May 13, at Sussman House, 50 Pleasant Street, from 1:00 to 2:00 pm
- Wednesday, May 13, at Temple Emeth, 194 Grove Street in South Brookline (use the Puddingstone Road entrance), from 3:00 to 4:00 pm

## MEDICARE FRAUD AND ABUSE

Whenever you receive a payment notice from Medicare, review it for errors. The payment notice shows what Medicare was billed for, what Medicare paid, and what you owe. (If you have supplemental insurance, the amount you owe may be covered by it.) Make sure Medicare was not billed for health care services or medical supplies and equipment you did not receive. If you have a questions or concerns regarding a Medicare claim, you should discuss it directly with your physician, health-care provider, or supplier that provided the service.

### Tips for preventing fraud and abuse:

- Do not ever give out your Medicare Health Insurance Claim Number (on your Medicare card) except to your physician or other Medicare provider.
- Do not allow anyone, except appropriate medical professionals, to review your medical records or recommend services.
- Do not contact your physician to request a service that you do not need.
- Be careful about accepting Medicare services

that are represented as being free.

- Be cautious when you are offered free testing or screening in exchange for your Medicare card number.
- Be cautious of any provider who maintains they have been endorsed by the federal government or by Medicare.
- Avoid a provider of health-care items or services who tells you that the item or service is not usually covered, but they know how to bill Medicare to get it paid.

The SHINE Program provides free, confidential counseling on all aspects of health insurance to anyone on Medicare. Call the Senior for an appointment with a certified SHINE counselor.

You can also reach a SHINE counselor by telephone by calling 1-800-AGE-INFO (1-800-243-4636), then pressing or saying 3. Once you get the SHINE answering machine, leave your name and number. A SHINE counselor will call you back as soon as possible.

—*Courtesy of SHINE*



## ALZHEIMER'S CAREGIVERS SUPPORT GROUPS

This group has 2 sessions in May designed to help caregivers cope with the stresses and demands of helping their Alzheimer-stricken family members and friends. These groups are available at no charge to all caregivers.

The **Daytime** group will meet **Friday, May 8**. Call group leader December Heffernan at 617-730-2753 to register to attend and/or for further information.

The **Evening** group will meet **Thursday, May 28**. Call Susan Andriole at 617-730-2754 to attend and/or for further information.

## PARKINSON SUPPORT GROUP

On **Friday, May 1, from 1:00 to 2:30 pm**, join us at the Senior Center when guest speaker Tami Rork DeAngelis, MS, PT—a physical therapist from Boston University Sargent College of Neurorehabilitation—will talk about exercise and Parkinson's Disease. This group is open to all. It will meet on the 1st Friday of every month from 1:00 to 2:30 pm at the Senior Center

The group has been organized by the American Parkinson Disease Association (APDA) Information and Referral Center and is being sponsored by The Brookline Aging Collaborative. For more information, call the APDA Information and Referral Center at 617-638-8466.

## SAFE RETURN PROGRAM EVENT

32,000 Alzheimer's patients wander away from home or long-term care facilities each year. If a wandered person is not found within 24 hours, their survival rate drops to 50%.\* On **Wednesday, May 20, at 1:30 pm** at the Senior Center, Griswold Special Care is sponsoring the presentation of three programs that are addressing this problem:

- Alzheimer's Association Safe Return Program—presented by Michael Kincade, Manager, Safety Services and Community Programs, Massachusetts Alzheimer's Association

- Massachusetts Sheriff's Project Lifesaver Program—presented by Dr. William Knight, Massachusetts Sheriff's Department
- Massachusetts Sheriff's Are You OK Program—presented by Officer William Reardon, Brookline Police Department

This event is free, but space is limited so registration is required. Call 617-730-2777 to register or for additional information.

Refreshments will be provided by the South Shore Office of Griswold Special Care.

\* <http://rapidrecoverythracinc.org/statistics.php>

## RECESSION, RETIREMENT, RESILIENCE

The May offerings in this timely support and information series that is being offered on **Wednesday evenings from 7:00 to 8:30 pm** at the Senior Center for those newly in retirement or approaching retirement—*Recession, Retirement, Resilience* are:

- **May 6**, *Activists Don't Retire*, presented by John Steward, activist and former Newton alderman.
- **May 13**, *Health Plan Options for People Thinking about Retirement*, see article below for this one. It is being sponsored by Blue Cross Blue Shield of Massachusetts and it very broad reaching in scope.

- **May 20**, *Well Being/Being Well as You Retire*, presented by Beth Erlichman, certified personal trainer
- **May 27**, *Living Your Dreams, Getting the Life You Want at Retirement*, presented by Karma Kitaj, certified life coach, psychotherapist, and author.

There is no charge for the sessions of this series, but space is limited and pre-registration is definitely required. Please call or e-mail Deidre Waman at 617-730-2767 or [dwxman@brookline.ma.gov](mailto:dwxman@brookline.ma.gov) with questions you may have or to reserve your space.

## HEALTH PLAN OPTIONS FOR PEOPLE THINKING ABOUT RETIREMENT

What happens to my health insurance if I retire younger than 65? Or if I work past 65? What about coverage for my spouse?

On **Wednesday, May 13 from 7:00 to 8:30 pm**, the Senior Center will host a seminar (as part of the Recession, Retirement, Resilience (or 3Rs) series—*Health Plan Options for People Thinking about Retirement*. Presented by Susan Flanagan of Blue Cross Blue Shield of Massachusetts (which is also sponsoring the event), the presentation is intended for those consider-

ing retirement. It includes an explanation of COBRA as well as the Direct-Pay health options available once a person has Medicare. A questions-and-answer period will follow the presentation.

This program is open to the public—all are welcome regardless of insurance coverage. The program is free but preregistration is highly recommended. To obtain further information about, and to register for, this seminar, call 617-730-2770.

## SENIOR SERVICES

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

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

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

If you want to apply or be recertified for the BETS program, please bring your 2008 income tax returns when you meet with Alicia.

(Remember that all riders must be recertified every year in order to be able to buy BETS coupon books.)

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

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

**BLAB** The Brookline Legal Assistance Bureau (BLAB), will be at the Senior Center from **9:00 am to 12:00 noon** on **Wednesday, May 6**. BLAB is staffed by volunteer local attorneys who offer individuals legal expertise on matters of law as well as information and referrals. This service is offered free of charge, and no appointment is needed.

**FILE OF LIFE** provides individuals with emergency medical ID cards to be used both at home

and away from home. This is a very important program. It should be part of your emergency preparedness program. For more information specifically on the File of Life, call 617-730-2777 and leave your name and address. Someone at the Senior Center will call you back as soon as possible.

**HELP** finds trained, dependable workers to assist individual seniors with such tasks as meal preparation, errands, house cleaning, and shopping—for an affordable rate. All workers are trained and screened by the HELP staff. To get HELP, call 617-730-2752.

**JOBS** The Job Opportunities for Brookline Seniors (JOBS) program is an employment service designed and sponsored by the Brookline COA. Its goal is to match Brookline's capable, older workers with local employers who are seeking either part-time or full-time staff.

**NEEDS** helps seniors stretch food dollars with such aids as food stamps. For more information, leave a message for Riva Berkovitz at 617-730-2777, and she will get back to you.

**SHINE** counselors Deborah Brass and Sonia Wong are at the Senior Center on **Monday through Thursday mornings** to help individuals explore their health-insurance options. For an appointment with a SHINE counselor, call 617-730-2777.

A **SOCIAL SECURITY** Contact Station is no longer available at the Senior Center. If you need assistance, please call the Boston Social Security office at 617-565-8903 or their main number at 1-800-772-1213.

# Restoring your life one step at a time.

**Brookline Health Care Center's Stroke Recovery Program** is designed to maximize the rehabilitation potential of individuals recovering from a stroke. The program is an interdisciplinary approach with a focus on returning home. Patients will receive comprehensive Nursing and Therapy services to improve their cognitive, physical, communication and emotional strength.

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## LOOKING INWARD, GAZING OUTWARD REPRISE



This stress-reducing group ended with a party on April 13. The participants were joyful, not that the group was ending, but rather that it had been such a positive experience.

## WORKMAN'S CIRCLE EVENT

On **Sunday, May 31, from 2:00 to 4:00 pm**, the Workman's Circle is sponsoring an afternoon of Yiddish music and culture. Keep your eye on the TAB for more information about this event. Bring your children and your grandchildren as there will be activities for everyone at this inter-generational event. This is a don't miss event for everyone!

## EASY TRAVEL

Vicky Danberg will talk about and show slides of her adventures with Project Stretch, an international dental program, on **Thursday, May 7, at 1:30 pm** at the Senior Center.

## BROOKLINE CHORUS

The Brookline Chorus will perform Mendelssohn's *Elijah* on **Saturday, May 9, at 8:00 pm** at Sanders Theatre at 45 Quincy Street in Harvard Square. For more information and/or to purchase tickets, access the Brookline Chorus at [www.brooklinechorus.org](http://www.brooklinechorus.org) or the Harvard box office at [www.boxoffice.harvard.edu](http://www.boxoffice.harvard.edu).

## THE PIATIGORSKY FOUNDATION CONCERT

On **Monday, May 11, at 1:30 pm**, the Senior Center Gift Cart and Rogerson Communities are sponsoring a very special concert presented by The Piatigorsky Foundation and featuring Dana Vachharajani, soprano, and Jeffrey Grossman, pianist.



Ms. Vachharajani is in her 8th season with The Piatigorsky Foundation. She received her BA in Fine Arts from Carnegie Mellon University and her MA in Vocal Performance from Juilliard. She has performed widely and runs a successful Music Studio and Children's Choir when she is not touring with The Piatigorsky Foundation. For more information about Ms. Vachharajani, access her on the web at [www.danavmusic.com](http://www.danavmusic.com).

Mr. Grossman has extensive experience on the piano, the harpsichord, and the chamber organ. He recently completed a Master of Music degree in Conducting at Carnegie Mellon University. He is looking forward this fall to the release of three CDs he recorded during the 2007-2008 season with various collaborators on the Albany and Naxos labels. For more information on his activities, access his web site at <http://www.jeffreygrossman.com>.

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## BROOKLINE MUSIC SCHOOL

There will be no Brookline Music School concert in May. Stay tuned to later issues of the *Senior News and Events* for their next concert.

## SPRING INTO FITNESS

Now that spring is here, we all want to be healthy and fit to help us participate in the many activities the spring and summer seasons offer. Perhaps the **Rogerson Communities Fitness First Program** is the thing for you. This program's venue is the basement of the Senior Center (Room B17, labeled as [what else?] the Fitness Center).

The Fitness Center is chock full of Nautilus and other equipment especially selected to improve your strength, balance, flexibility, and mobility. Professional instructors are available to design individual fitness programs to meet your needs and abilities.

And all this is available for a monthly membership fee of \$30.00 that entitles you to two, 30-minute sessions per week. The Fitness Center is open Monday through Thursday from 1:30 to 4:30 pm. For more information, contact Sharon Devine at 617-730-2741.

\*\*\*\*\*

There are many other fitness programs available for seniors. Among them:

- **Brookline Adult and Community Education (BA&CE) Program** This program offers a variety of exercise and strength training classes for older adults throughout the year—see their seasonal catalogs available at the Senior Center and many other locations around Brookline. Or you can request a catalog from BACE by calling 617-730-2700.
- The **Brookline Recreation Department** offers a variety of activities including swimming, aquatic exercise, tennis, golf, and bowling. Call 617-730-2069 for more information and a catalog.
- At the **Senior Center** itself, we also have activities to help you keep fit that include weekly bowling (in collaboration with the Brookline Recreation Department), gentle

chair exercises, line dancing, and a walking group called Solemates. Read the *Senior News and Events* each month and/or call 617-730-2770 for more information about Senior Center Programs.

- **Match-up Interfaith Volunteers' Strong for Life Program** provides trained volunteers who assist frail and disabled elders weekly with learning and performing exercises in their homes or other community-based settings such as the Senior Center. A 30-minute video is used as a guide, and exercises can be adjusted to the strength and abilities of each individual. For more information on this program, call 617-487-1510.
- The **Top of the Hill Gang Ski and Sports Club** was created in 1987 for energetic individuals over 50 years young who enjoy the camaraderie of year-round activities such as bicycling, skiing, hiking, golfing, and other social gatherings. A membership application is available on the web at [www.tohg.org](http://www.tohg.org).

In addition, many private health clubs offer special discounted rates for seniors so don't hesitate to inquire at these clubs directly for more information.

### AND, OF COURSE, WALKING...

Always remember that walking is near to the perfect exercise as you age. It gets you out in the open air, exploring your surroundings be they manmade (your neighborhoods) or bucolic ( the greenery of open spaces). Walk with the Senior Center's **Solemates** (For more information, leave a message for Mildred Seigel at 617-730-2777, and she will get back to you.).

Or if you need a companion to walk with you around the neighborhood, out for a treat, or even up and down the corridors of your building, Match-Up Interfaith Volunteers' **Walking Buddies** program is there to help. Call them at 617-482-1510.

## BROOKLINE BIKES BEACON



Last year's inaugural event was a great success, and this year promises to be even more fun! We'd like to have the Senior Center well represented with a group of cyclists in this year's bike parade. The 5-mile biking route along Beacon Street will be police escorted and car free (a shorter option is also possible). The event will be held on Sunday, May 31 at 12:30 pm beginning (and ending) at Amory Park. If you have a bike and want to ride with our group, call December Heffernan at 617-730-2753 to register and get a BSC tee shirt as a bonus.

## UNIVERSAL HEALTH CARE: LESSONS FROM MASSACHUSETTS FOR THE NATION —SAVE THE DATE—

Thursday, June 25, from 7:00 to 9:00 pm—Be sure to save this date for the 14th Annual Public Health Policy Forum at the Senior Center. Moderated by former Massachusetts Governor Michael Dukakis, this is always an extremely popular and well-attended forum. This year the panelists are Robert Restuccia, Executive Director of Community Catalyst; Nancy Turnbull, a senior lecturer at the Harvard School of Public Health' Department of Health Policy and Management; and Sarah Iselin, Commissioner of the Division of Health Care Finance and Policy for the Commonwealth of Massachusetts.

The event is free but preregistration is required. To preregister, call 617-730-2700 or go to [brooklineadulted.org](http://brooklineadulted.org) on the web. In either case, mention course code **X221**.

## QUILT SHOW

Jinney's Challenge, a hand-made quilt made by our own Brookline Bees, will be on display at the Quilters Connection—Boston 32nd Annual Quilt Show being held Friday through Sunday, May 29 to 31, at the Arsenal Center for the Arts in Watertown.

The exhibition of over 200 quilts, many of which are for sale, will include pieces ranging from classic to cutting edge.

For more information, including directions for getting to the Arsenal Center for the Arts, access the Quilters Connection web site at <http://www.quiltersconnection.org/qshow.shtml>.



## MODERN BEADING WORKSHOP

Learn modern beading techniques using thin soft-flex and crimps. Combine old beads into interesting new designs. Just bring beads, crimps, and 1 yard of thin soft-flex to the Senior Center on **Wednesday, May 27, at 1:30 pm** and Marge Harvey will lead you to creative stringing. All materials are available at the Pear Tree Shop and at other area craft shops.

No registration is required for this course.

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## COPING WITH CARING IN A TOUGH ECONOMY

Any family member or friend who is caring for a frail elder or adult with a disability is welcome to dial in to speak with experts by calling in to *Coping with Caring in a Tough Economy* series of 3 free teleseminars being offered by the Council on Aging (COA) in cooperation with the Visiting Nurse Association (VNA) Private Care\* during Older Americans Month. The experts on call will share their knowledge—and take questions from callers.

John Paul Marosy, executive director of VNA Private Care, will host all three teleseminars, which will take place on **Wednesday evenings** from 7:00 to 8:00 pm.

- **May 6: Easing Your Caregiving Stress: Tips from the Experts** with **Carol Westheimer**, MED, LCSW, LMHC, co-founder of To Life! Elder Care. Carol draws on over 20 years of experience as a geriatric care manager advising families on how to deal with the challenges of caring for elders. She has special expertise in coping with the difficult behaviors of persons with Alzheimer's Disease and other forms of dementia.
- **May 13: Maintaining A Healthy Brain – for You and Your Loved One** with world-renowned brain-health expert, **Nancy Emerson Lombardo**, PhD, founder of HealthCare Insights and Adjunct Research Assistant Professor of Neurology at Boston University's Alzheimer's Center. Learn everyday nutrition and exercise techniques that can make a real difference in preserving memory and stimulating brain function.
- **May 20: Paying for Care When Money Is Tight** with **Bill McGroarty**, Brookline's Director of Veterans Services, who will describe ways veterans can possibly save health-care dollars on prescription drugs and home assistance, and **John Brodrick**, President of Your Home for Life a, Westwood-based company he founded in 1995.

He is the past president of the Massachusetts Mortgage Association and currently serves on the State and Local Issues Committee for the National Reverse Mortgage Lenders Association.

A question and answer period will follow each speaker's presentation – so you can ask any question on your mind.

The teleseminars are free and no special equipment is needed to call-in. However, you must register in advance. It's as easy as 1-2-3:

1. Call 1-800-454-2977 to register for one or more teleseminars.
2. You will be given a phone number and a passcode, so you can join the conference call.
3. On the day of your teleseminar, call the number and enter the passcode.

For more information, call VNA Private Care at (800)-454-2977.

*VNA Private Care is the private pay affiliate of the Visiting Nurse Association of Boston.*

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## FROM THE DIRECTOR

May is here, and that means the lilacs are blooming. Take a stroll around the Arnold Arboretum to enjoy the flowers and get some outdoor exercise. Amy Lowell, who was in Brookline, wrote:

Lilacs,  
False blue,  
White  
Purple  
Colour of lilac,  
Your great puffs of flowers  
Are everywhere in this my New England....  
(Check out her entire poem.)

The Senior Center is hosting a treasure trove of fabulous events in May. I urge you to attend those that interest you and invite a friend as well.

We will even be open the weekend of May 2 and 3 as we are a host site for Brookline Artists Open Studios. Nine artists will be displaying their extraordinary talents. Stop in for a great show from 11:00 am to 6:00 pm each day. (See p. 14.)

One of our special programs of the year will be held on Wednesday, May 20. The annual reading by the *Telling Your Story* class is clearly an event not to be missed. The readings never fail to move and inspire me. (See p. 3.)

On Tuesday, May 12, at 11:00 am we are pleased to have a lecture by US Representative **Barney Frank** who will discuss *How the Obama Administration Policies Affect Seniors*. (See p. 21.)

I am pleased that we are offering another one of our exciting festivals on Tuesday, May 19, celebrating the rich Peruvian culture. Taste a delicious meal, and sample the best of Peruvian music and dance. Join us. (See p. 1.)

I urge every one of our citizens to vote on May 5. Elections are the way we function as a society, and we all must exercise that right.

May is also the time for our excellent students to graduate. **Amanda Perry, Emma Banks, Rebecca Porter, and Kalina Black** have finished their internships at the Senior Center. Join me in wishing them well in their future careers and thanking them for all their hard work.

Finally, but by no means last, Happy Mother's Day! This is the 101st year we celebrate Mother's Day. The Senior Center celebration will be a Springwell brunch on May 7. (See p. 17.) For those of you who are mothers, a special thank you for all the hard work and love and sacrifice you do for your families and for everyone else. Sons and daughters, honor your mothers by doing something kind for someone this month.  
—Ruthann Dobek, Director

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## AT THE GALLERY



*Photograph by Mimi Katz*

*The Brookline Senior Center  
presents*

*Images of Brookline*

*Past & Present*

a group show featuring paintings, photographs, fabric, and other media

Through  
Friday, May 29

Hours: 8:30 am to 5:00 pm

## FRENCH CONVERSATION

*Parle français* with Agnes Serenyi on **Tuesdays, May 12 and 26, at 12:45 pm**. Improve your French conversational skills at the Senior Center in a friendly, casual group.

## SENIOR MOVIES AROUND TOWN

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

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

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

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

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

## BROOKLINE ARTISTS OPEN STUDIOS

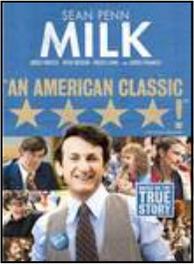
The Senior Center will be open on Saturday, May 2, and Sunday, May 3, from 11:00 am to 6:00 pm to participate in the Brookline Artists Open Studios townwide event presented by The Brookline Council for the Arts & Humanities, Inc. Nine artists will exhibit at the Senior Center:

- Riva Berkovitz, photography (floral images, abstracts)
- Gloria Carrigg, photography (landscape photography, mixed media in vibrant colors)
- Lisa Goren, painting (watercolors of Antarctica and other polar landscapes)

- Anita Jamieson, painting (vivid, bold watercolors of fruits, vegetables, and flowers)
- Mimi Katz, photography (wide range of photographic images)
- Lina Marks, collages (painted, with paper tiles)
- Istvan Morocz, photography (traditional black and white photography)
- David Stern, photography (vibrant photography [Italy and nautical scenes] printed onto ceramic tile)
- Karen Stern, painting/textiles/printmaking (abstract paintings and prints, custom-made handbags and accessories)

## MOVIE LOVERS SERIES FOR MAY

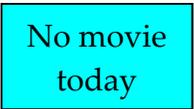
Tuesday afternoon at 1:30 is movie day at the Senior Center. Come relax and enjoy a good movie.



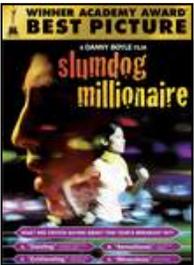
**May 5 Milk (2008)** 129 minutes  
 Sean Penn (in the Oscar-winning title role) stars in this fact-based drama about Harvey Milk, the openly gay activist and San Francisco politician who was murdered along with mayor George Moscone by disgruntled city employee Dan White (in an Oscar-nominated role) in 1978. Director Gus Van Sant's compelling biopic (nominated for a Best Picture Academy Award) co-stars Emile Hirsch, James Franco and Diego Luna.



**May 12 Eleanor Roosevelt (1999)** 150 minutes  
 Admired for expanding the first lady's role in the White House, Eleanor Roosevelt was an early feminist turned contemporary heroine who overcame her share of obstacles. Speaking with her biographers Allida Black, Blanche Wiesen Cook and Geoffrey C. Ward—plus a string of Roosevelt's surviving relatives—this installment of the *American Experience* series paints a comprehensive portrait of one of history's most fascinating subjects.



**May 19** No movie. Instead come and enjoy **A Taste of Peru**. See page 1 for a full description of this exciting event.



**May 26 Slumdog Millionaire (2008)** 120 minutes  
 After coming within one question of winning 20 million rupees on the Indian version of *Who Wants to Be a Millionaire?*, 18-year-old Mumbai *slumdog* Jamal Malik (Dev Patel) is arrested on suspicion of cheating. While in custody, Jamal regales a jaded police inspector (Irfan Khan) with remarkable tales of his life on the streets, as well as the story of Latika (Freida Pinto), the woman he loved and lost. Danny Boyle's film won a Golden Globe and an Oscar for Best Picture.



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**COUPON**

MONDAY	TUESDAY	WEDNESDAY
<p>ALL MEALS INCLUDE 8 OZ. OF 1% MILK AND MARGARINE.</p> <p>Low sugar desserts are available, and need to be ordered with the site manager</p> <p>***Higher Sodium Content</p> <p>Menu subject to change. \$1.75 donation.</p> <p>For meal reservations on Mondays, please call the previous Friday by 11:00 am.</p> <p>If you must cancel your lunch reservation, please call 617-730-2770.</p>		
<p>4) <b>Vegetable Soup / Crackers</b>                      Greek Chicken                      Paprika Potatoes                      Broccoli &amp; Red Pepper                      Wheat Syrian Pocket                      OR                      Ham &amp; Swiss on Oatmeal Bread                      Broccoli Tomato Salad, English Pea Salad  <b>Chocolate Pudding / Topping</b></p>	<p>5) ***Reduced Sodium Hot Dog                      Baked Beans                      Cole Slaw                      Hot Dog Roll                      OR                      Seafood Salad on Rye Bread, Lettuce Leaf, Tri-Color Pasta Salad, Tossed Garden Salad W/ Lite French Dressing  <b>Fresh Fruit</b></p>	<p>6) <b>Oriental Vegetable Soup / Crackers</b>                      Beef Stir Fry                      Brown Rice, Carrots                      Oatmeal Bread                      OR                      California Chicken Salad on Lettuce Leaf Cole Slaw, Pasta Vegetable Salad, Multi-grain bread  <b>Pineapple</b></p>
<p>11) <b>Corn Chowder / Crackers</b>                      Vegetable Cheese Quiche                      Zucchini &amp; Tomatoes                      Oatmeal Bread                      OR                      Breaded Chicken Patty on Whole Wheat Roll, Roman Blend, Vegetable Salad                      Lemon Rice Salad  <b>Mixed Fruit</b></p>	<p>12) Beef Steak Patty w/Brown Gravy whipped Potatoes                      Green Beans                      Wheat Bread                      OR                      Egg Salad on Rye Bread, Lettuce Leaf Potato Salad,                      Tomato Red Pepper Salad  <b>Frosted Cake</b></p>	<p>13) <b>Vegetable Soup / Crackers</b>                      Orange Almond Chicken                      O'Brien Potatoes                      Broccoli                      Multigrain Bread                      OR                      Roast beef &amp; Mozzarella Cheese on Oatmeal Bread, Lettuce leaf, Lite Mayo, Cole Slaw                      Three Bean Salad  <b>Tapioca Pudding / Topping</b></p>
<p>18) ***Chicken Kielbasa                      Parsley Potatoes, Onions &amp; Peppers, Mixed Vegetables, Sub Roll                      OR                      Tuna Salad on Oatmeal Bread, Lettuce Leaf                      Tomato Broccoli Salad, Potato Salad  <b>Pears</b></p>	<p>19) <b><u>A Taste of Peruvian Food</u></b>                        NO SPRINGWELL LUNCH TODAY.</p>	<p>20) <b>Clam Chowder / Crackers</b>                      Baked Fish Au Gratin w/ Sauce                      Sweet Potatoes, Peas                      Whole Grain Bread                      OR                      Turkey Salad on wheat Bread, Lo Mein Pasta Salad, Spinach Mandarin Orange Salad, Lite Italian Dressing  <b>Chef's Choice Dessert</b></p>
<p>25)   <b>MEMORIAL DAY HOLIDAY</b>                      No Meal Service.                      Senior Center is closed.</p>	<p>26) <b><u>Birthday Lunch</u></b>  <b>Potato Chowder / Crackers</b>                      Breaded Fish, Lemon Sauce                      Brown Rice, Peas &amp; Onions                      Rye Bread                      OR                      Egg Salad on Multigrain, Lettuce Leaf, Beet Salad, Potato Salad  <b>Fresh Fruit</b></p>	<p>27) American Chop Suey                      Grated Parmesan Cheese                      Tossed Garden Salad/ Italian Bread                      OR                      Peppercorn Turkey &amp; Mozzarella Cheese on Whole Wheat Bread, Lite Mayo, Cucumber Tomato Salad, Three Bean Salad  <b>Mixed Fruit</b></p>

## LUNCHEON SPECIALS FOR MAY

THURSDAY	FRIDAY
	1) Seafood Newburg w/ Newburg Sauce Carrots, White Rice Wheat bread <p style="text-align: center;"><b>OR</b></p> Roast Beef & American Cheese on Ham- burger Roll, Lite Mayo, Potato Salad, To- mato Red Pepper Salad <p style="text-align: center;"><b>Fresh Fruit</b></p>
7) <b>Mother's Day Special Brunch</b> Fresh Fruit Cup Cheese Omelet W/ Cream Sauce Home Fries French Toast Sticks w/ Syrup Cinnamon Coffee Cake Chocolate Piece	8) Turkey Vegetable Casserole Peas, Tossed Garden Salad Lite Italian Dressing Biscuit <p style="text-align: center;"><b>OR</b></p> Tuna Salad on Multigrain Bread Riviera Salad, Potato Salad <p style="text-align: center;"><b>Mandarin Oranges</b></p>
14) <b>Minestrone Soup / Crackers</b> Stuffed shells w/Tomato Sauce Brussels Sprouts Wheat Bread <p style="text-align: center;"><b>OR</b></p> Chicken Salad on Lettuce Leaf, Tomato & Zucchini Salad Pasta Salad Whole Wheat Bread <p style="text-align: center;"><b>Mandarin Oranges</b></p>	15) <b>Tomato Soup / Crackers</b> Broccoli Cheese Fish w/Sauce Spinach Brown Rice Rye Bread <p style="text-align: center;"><b>OR</b></p> Turkey & Cheese on Multigrain Bread, Let- tuce Leaf, Lite Mayo Rice Broccoli Cheese Salad, Beet Salad <p style="text-align: center;"><b>Fresh Fruit</b></p>
21) Beef Stew Green Beans Corn Bread <p style="text-align: center;"><b>OR</b></p> Ham & American Cheese on Multigrain Bread, Lettuce Leaf, Mustard, Cole Slaw, Orzo Vegetable Salad <p style="text-align: center;"><b>Fresh Fruit</b></p>	22) <b>Mixed Bean Soup / Crackers</b> Cheese Lasagna & Meatball Three Bean Medley Multigrain Bread <p style="text-align: center;"><b>OR</b></p> California Chicken Salad on Hamburger Roll, Lettuce Leaf, German Potato Salad, Riviera Salad <p style="text-align: center;"><b>Pistachio Pudding / Topping</b></p>
28) <b>Minestrone Soup / Crackers</b> Chicken Marsala O'Brien Potatoes, Brussels Sprouts Oatmeal Bread <p style="text-align: center;"><b>OR</b></p> Roast Beef & Swiss on Rye bread, Lite Mayo, German Potato Salad, Tomato Red Pepper Salad <p style="text-align: center;"><b>Bread Pudding / Topping</b></p>	29) <b>Split Pea Soup / Crackers</b> Baked Ham/Raisin Sauce Carrots, Mashed Potatoes Wheat Bread <p style="text-align: center;"><b>OR</b></p> Seafood Salad on Lettuce Leaf, Tossed Salad, Lite Dressing, Macaroni Salad <p style="text-align: center;"><b>Pineapple</b></p>

Reservations for **ALL** Springwell lunches must be made by 11:00 am on the **weekday preceding the day on which you want to have lunch.** For reservations for **Monday lunches**, please call the **previous Friday.** This applies to both regular and special lunches unless otherwise listed below. Call 617-730-2770 for reservations.

On **Thursday, May 7**, come to the Springwell Mother's Day Special Brunch, featuring fresh fruit cup, cheese omelet with cream sauce, French toast sticks, and cinnamon coffee cake.

There is a very special treat in store for everyone who comes to lunch on **Tuesday, May 19.** The Senior Center is having a special Peruvian Festival on that day and Peruvian food will be served for lunch. The cost of the festival is \$7.00. This price includes lunch, which will be served from 12:00 to 1:00 during the festival. Pre-registration is required for the event. See page 1 for details about the festivities and registration.

On **Tuesday, May 26**, we will celebrate May birthdays. If you, or a friend who is coming to the luncheon, is celebrating a birthday in May, please tell us when you make your reservation for lunch.

**EVENTS CALENDAR**

MONDAY	TUESDAY	WEDNESDAY
<p><b>To reserve a lunch please call 617-730-2770 by 11 am, a day in advance</b></p>	<p>BETS discount taxi coupons can be purchased at the Senior Center or through the mail. For more information or to apply for the program please call (617)730-2740</p>	<p>SHINE counselors are available to answer your individual health insurance questions. Please call 617-730-2777 for an appointment.</p>
<p>4            9 am Podiatry Clinic by appt.            10:30 am Poetry Workshop-filled            12:30 pm Chinese programs            1 pm Mah Jongg            1--2 pm Line Dancing            2-4 pm Open computer lab</p>	<p>5            TOWN ELECTION TODAY            10:30am Brookline Bees-Quilters not today            1 pm Bingo            1:30 pm Movie Lovers' Film Series "Milk"</p>	<p>6            9am - BLAB lawyer            9:30 am Retired Men's Club            12:30 pm Bridge            2-4 pm Open computer lab            7-8:30 pm "Three R's" Group pre-registration required</p>
<p>11            10:30 am Poetry Workshop-filled            12:30 pm Chinese programs            1- 2 pm Blood Pressure Screening            1 pm Mah Jongg            1--2 pm Line Dancing (not today)            1:30 pm Piatigorsky Concert with D. Vachharajani &amp; J. Grossman            2-4 pm Open computer lab</p>	<p>12            10:30am Brookline Bees-Quilters            11 am Rep. BARNEY FRANK            12:45 pm French Conversation grp.            1:00 pm Bingo            1:30 pm Movie Lovers' Film Series "Eleanor Roosevelt"</p>	<p>13            9:30 am Retired Men's Club            12:30 pm Bridge            1 pm COA mtg. with Bill McGroarty from Veterans' Affairs Dept.            2-4 pm Open computer lab            7-8:30 pm "Three R's" Group open to the public—but pre-reg is sug.</p>
<p>18) 9 am Podiatry Clinic by appt.            10:30 am Poetry Workshop-filled            12:30 pm Chinese programs            1 pm Mah Jongg            1--2 pm Line Dancing            2-4 pm Open computer lab            2:30 pm Swing band start-up informational meeting</p>	<p>19            10:30am Brookline Bees-Quilters            Noon—Peruvian Festival, lunch &amp; entertainment, pre-reg. required. \$7            No Springwell Lunch today            1:00 pm Bingo            1:30 pm Movie Lovers' Film Series Not today</p>	<p>9:30 am Retired Men's Club            10:15 a.m "Telling Your Story" autobiographical readings            12:30 pm Bridge            1 pm Low Vision Group            1:30 pm "Safe Return" program            2-4 pm Open computer lab            7-8:30 pm "Three R's" Group-pre-reg.req.</p>
<p>25            Memorial Day Holiday observed            Senior Center is closed.            Rogerson Adult Day Health Program is closed.</p>	<p>26            10:30am Brookline Bees-Quilters            Noon - May birthday lunch            12:45 pm French Conversation grp.            1:00 pm Bingo            1:30 pm Movie Lovers' Film Series "Slumdog Millionaire"</p>	<p>27            9:30 am Retired Men's Club            1 pm Eileen Currier, St.E's N.P.            1:30 pm Modern Beading Workshop            2-4 pm Open computer lab            7-8:30 pm "Three R's" Group open to the public but pre-reg sug.</p>

## ONGOING SENIOR CENTER EVENTS

THURSDAY	FRIDAY
	1 9 am Bridge 9:30 am Solemates Walking group 10 a.m Project Volunteer Group 10:30 am Current Events 10:30 am Senior Chorus 1 pm Parkinson Support Group
<b><i>The Senior Center will be open on Saturday and Sunday, May 2 and 3 from 11 am - 6 pm for Brookline Artists Open Studios</i></b>	
7 10:30 am Arthritis Exercise class Pre-registration required 10:30 am Knit and Crochet Noon - Mothers' Day Brunch Special 1:30 pm " Easy Travel" Learn about Project Stretch with V. Danberg. 1:30 pm Russian Tea Room	8 9 am Bridge 9:30 am Solemates Walking group 10 a.m Project Volunteer Group 10:30 am Current Events 10:30 am Senior Chorus Afternoon Alzheimer Support Group
14 10:30 am Arthritis Exercise class Pre-registration required 10:30 a.m Knit and Crochet 1:30 pm Russian Tea Room	15 9 am Bridge 9:30 am Solemates Walking group 10 a.m Project Volunteer Group 10:30 am Current Events 10:30 am Senior Chorus 1 pm "Ageing in Place—Let's Chat about Technology" with Laurie Orlov
21 10:30 am Arthritis Exercise class Pre-registration required 10:30 a.m Knit and Crochet 1:30 pm Active Adults meeting 1:30 pm Russian Tea Room	22 9 am Bridge 9:30 am Solemates Walking group 10 a.m Project Volunteer Group 10:30 am Current Events 10:30 am Senior Chorus
28) 10 am "De-Cluttering: Living Better with Less" 10:30 am Arthritis Exercise class Pre-registration required 10:30 a.m Knit and Crochet 1:30 pm Russian Tea Room	29 9 am Bridge 9:30 am Solemates Walking group 10 a.m Project Volunteer Group 10:30 am Current Events 10:30 am Senior Chorus
Evening Alzheimers support group	31 2-4 pm Workman's Circle Event

### MONDAY

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

### TUESDAY

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

### WEDNESDAY

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

### THURSDAY

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

### FRIDAY

9:30 am— Solemates, Walking Group  
10:30 am— Current Events Discussion Group  
10:30 am— Senior Chorus

## JF&CS CENTER FOR FAMILY ASSISTANCE: RESPONSE TO THE ECONOMIC CRISIS

In an ongoing effort to serve the community, the Jewish Family & Children's Service (JF&CS) Center for Family Assistance is offering free workshops to help people during this economic crisis. Join the JF&CS for these workshops and receive advice and support from its professional advisors while meeting others who are going through the same hardships. These free workshops will be held at JF&CS Headquarters at 1430 Main Street in Waltham and are open to the all so share this information with anyone who might be interested. If you would like to attend one or both of these workshops or if you want more information, call Tali Cook at the Center for Family Assistance at 781-693-1346 or e-mail her at [tcook@jfcsboston.org](mailto:tcook@jfcsboston.org).

### Health Insurance for the Unemployed

*Monday, May 11, from 6:30 to 8:30 pm*

Are you unemployed or afraid you soon will be? David Pomeranz (who has conducted workshops for over 450 individuals on how to navigate Massachusetts' complex health insurance system) will explain the different health insurance options for the unemployed, specifically

regarding the federal economic stimulus bill and the state's Medical Security Program.

### Behind on Your Mortgage? Learn about Options

*Thursday, May 21, from 6:30 to 8:00 pm*

Are you concerned about your mortgage? Are you facing foreclosure and don't know what to do? Do you want to buy a house but aren't sure what your options are? Receive advice from a Martin Paley, Senior Mortgage Banker at Mid-Island Mortgage Corp., and Anthony F. Buono, a bankruptcy attorney from Black & Buono, PC. Considerable time will be dedicated to answering questions via a panel discussion and one-on-one sessions.

### TAX WORKOFF PROGRAM

As the tax workoff program's first year winds down, there are a very few opportunities for this year's participants to gain a few more hours of tax workoff credits. If you could use a few more workoff hours, call Deidre Waxman at 617-730-2767.

In addition we will be re-enrolling current participants for the new fiscal year that begins on July 1. Depending on availability after this re-enrollment, we will assess the need and funding availability for the new fiscal year. We will advertise any new Tax Workoff slots if and when they become available.

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### DTV IS COMING

June 12 is the current date for the changeover from analog to digital (DTV) transmission of television programming. If you still are not ready, need a coupon, have questions, or just want information, call Stephen Bressler, Brookline's Ombudsman for CATV, at 617-730-2330.

## MAY OWL MEETING

—SPEAKER: BARNEY FRANK—

Join us at the Senior Center for the May meeting of the Greater Boston Chapter of OWL (the voice of midlife and older women) on **Tuesday, May 12, at 11:00 am** at the Senior Center. US Representative Barney Frank will speak on *How the Obama Administration Policies Affect Seniors in Massachusetts* with a question-and-answer period following his speech.

This event is sponsored by OWL and the Senior Center. It is free and open to the public at large so feel free to bring a friend, but since we anticipate a large crowd, please register by calling 617-524-7126. Light refreshments will be served at 10:30 am in the meeting room.

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## SENIOR SCENE

The Senior Scene program, produced and hosted by Betty Joel, will air every week on Channel 3 (Brookline Access TV [BATV]) on Sundays at 7:30 pm with repeats on Thursdays at 7:00 am and 7:00 pm, Fridays at 1:00 pm, and for all you insomniacs, Mondays at 1:00 am. Look for programming on the Senior Center/JPC: Arbol de vida-sponsored Spanish Immersion program in early May.

For more information about the show or about BATV, call 617-731-8566. For more information about the Spanish Immersion program in Brookline, call Giovanna at 617-730-2777 or 617-953-7016.

## FORUM FOR HEALTH REFORM



Barney Frank

This May, it seems, is Barney Frank month in Brookline. Mr. Frank will also participate in a *Forum for Health Reform* that is being given at Young Israel of Brookline at 62 Green Street on Sunday, May 3, from 9:00 am to 12:00 noon.

This event is moderated by Aaron Feuerstein, world renowned philanthropist and businessman. There will be talks on the subject by Rabbi Benjamin Samuels (of Congregation Shaarei Tefillah and a PhD student at Boston University, Robert Restuccia (Executive director of Community Catalyst and former advisor to Senator Ted Kennedy's health-care staff), US Congressmen Barney Frank and Michael Capuano, and David Pomeranz (conductor of many workshops on health insurance options). Audience participation is not only allowed, it is actively encouraged.



Michael Capuano

There is a suggested donation of \$10.00 for this event. A light continental breakfast will be served. For more information, go to <http://healthcare.yibrookline.org>. If you would like to attend, please RSVP at [masshealthins@aol.com](mailto:masshealthins@aol.com) or 617-734-0276.

This forum is co-sponsored by CJP (Combined Jewish Philanthropies), the Jewish Community Relations Council, JF&CS (Jewish Family & Children's Services), the Jewish Vocational Service, the Bureau of Jewish Education of Greater Boston, Hebrew SeniorLife, Vaad Harabonim, Congregation Shaarei Tefilah, Congregation Kadimah-Toras Moshe, Young Israel of Sharon, and Century Bank.



**Remember  
Armed Forces Day, May 16  
and Memorial Day, May 30**

# Golden Anniversary Celebration Reprise



Irvin and Phyllis Stock have been married the longest of any couple at the celebration—60 plus years!

*The auditorium was transformed into an exclusive club, the cake was divine, the music was delightful and eminently danceable, and the guests were transported back to their wedding days—over 50 years ago. All told, it was a magical evening, and from the looks of these pictures, everyone had a grand time. The party was simply...wonderful.*

*Photographs by Mimi Katz*



## AGING IN PLACE: BETTER LIVING WITH TECHNOLOGY

On Friday, May 15, at 1:00 pm at the Senior Center, Laurie Orlov—a tech industry veteran, writer, speaker, and elder care advocate and founder of Aging in Place Technology Watch—will address the subject of how technology can enhance life at home and help seniors and boomers (who are about to become seniors, gulp). Trends and new products for the market will be an integral part of her talk.



*Decluttering and Aging in Place are both aimed at helping seniors stay comfortably in their homes as long as possible so plan on attending both of these programs!*



## DECLUTTERING: LIVING BETTER WITH LESS STUFF

Do you sometimes feel that you are drowning in *stuff*—papers that seem to multiply continually; belongings collected over a lifetime, many of which are really extraneous; stuff your children, grandchildren, and great-grandchildren might or might not want after you are gone?

If you or a friend or loved one is a clutterer, this workshop is for you, and you are hereby invited to come to the Senior Center on **Thursday, May 28, from 10:00 am to 11:30 am** when a C&Z Transitions LLC team —move planning and home downsizing specialists—will guide you through the process of downsizing while still preserving your memories. From the cellar to the attic, they will share the basics that can eliminate anxiety and inertia about getting started and move the rightsizing process forward.

Participants in this workshop will be guided through a series of exercises designed to help determine what to keep and what to give away, donate, sell, recycle, or discard.

The session is free, but space is limited so please RSVP by May 26. To register, call 617-730-2770. For additional information, call 617-730-2777.

*May is Older Americans Month!*



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

## ECONOMIC RECOVERY PAYMENTS COMING FOR PEOPLE WHO RECEIVE SOCIAL SECURITY AND SSI BENEFITS

The *American Recovery and Reinvestment Act of 2009*, which the President signed into law in February, provides for a one-time payment of \$250 to people receiving Social Security and Supplemental Security Income (SSI) benefits.

These one-time recovery payments will go out in May 2009, and all payments should be received by the end of May. In April, Social Security will send a letter with additional information to each person who is eligible for the one-time payment. The payments will be sent automatically, meaning no action is required on the part of the person receiving benefits. The economic recovery payments will be made separately from a person's regular monthly payments.

Anyone who receives benefits or who was eligible to receive benefits during any of the three months prior to the passing of this act (November and December of 2008 and January 2009) will receive the one-time payment as long as the address of record is in one of the 50 states, the District of Columbia, Puerto Rico, Guam, US Virgin Islands, American Samoa, or the Northern Mariana Islands.

The payments will be made in the same way that regular monthly payments are made. Peo-

ple with direct deposit will receive their payments electronically. Those who receive paper checks will receive their payments in the mail. People who receive regular payments through the *Direct Express* debit card will receive their one-time payments through the card.

If someone receives both Social Security and SSI, only one payment of \$250 will be made. The economic recovery legislation also provides for a one-time payment to recipients of Department of Veterans Affairs (VA) and Railroad Retirement Board (RRB) benefits. However, if you receive Social Security or SSI benefits and you also receive VA and/or RRB benefits, you will only receive one \$250 payment. The Social Security Administration will send you this payment.

To assist in processing the payments as efficiently as possible, please do not contact Social Security unless you do not receive a payment by June 4, 2009. Information is available at [www.socialsecurity.gov](http://www.socialsecurity.gov) and will be updated regularly.

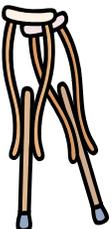
To learn more about the *American Recovery and Reinvestment Act of 2009*, visit [www.recovery.gov](http://www.recovery.gov).

Judy Bernstein,  
Social Security District Manager in Boston

### SUPPORT YOUR LOCAL ELF

In this case ELF (Equipment Loan Fund) is the Council on Aging's program for recycling gently used canes, walkers, shower benches, commodes, bed boards, grabbers, crutches, and wheelchairs. If you have any such equipment,

**do not** just drop it off at the Senior Center. Instead, call December Heffernan at 617-730-2753 to discuss what you have, its condition, and so forth. Because of space limitations and other guidelines, we will not be able to accept all items.



### A MESSAGE TO CELL PHONES AND IPODS

There is definitely an afterlife for retired cell phones and iPods. Bring them to Susan Andriole at the Senior Center. She will see to it that these instruments are recycled and put to use again. And the Senior Center will get money for each one that will be used to help support our programs.



## THE CATALYST DESIGN SUMMER PROGRAM



We need your insight and experience in the Catalyst Design Summer program. Explore new ways of problem solving while helping your friends and

peers. Work with a team of Suffolk university students to solve a challenge faced by the senior community.

Join us once a week from **Monday, May 18, through Thursday, August 13**, at the Senior Center for this exciting multidisciplinary summer project. Times each week will be determined by the availability of participants.

Intrigued with this? For more information and to register for this program, call Ruthann Dobek at 617-730-2770. We can't wait to work with you!



## SPRINGWELL NUTRITION PROGRAM

Springwell serves a hot (or cold if you prefer) nutritious lunch daily at the Senior Center. Did you know that it costs Springwell \$8.14 to provide each meal? And that the federal government provides less than half of the cost needed to produce and deliver these meals? So Springwell depends on your contributions to make this program possible.

A donation of only \$1.75 is suggested for each meal you eat. And if you have some spare change to add to this amount, it will be gratefully appreciated. In these times of economic crisis, Springwell depends on your donations now more than ever to help continue this invaluable service to the senior community.

## THE JFK BIRTHPLACE

The National Park Service (NPS) has received funding to prepare the first formal, strategic plan for the John Fitzgerald Kennedy (JFK) National Historic Site (NHS). The public is a key partner in this process. Together the NPS and the public will craft a vision for the site and a plan for its future. This plan will guide the site for the next 15 to 20 years.

The first opportunity for public input into the planning process will happen in May:

- On Sunday, May 3, from 2:00 to 4:00 pm, there will be an *Open House* at the JFK NHS at 83 Beals Street in Brookline. This is an opportunity to learn about the JFK NHS before the public meeting. Tour the house and meet NPS service experts who will answer your questions about the house/museum, site archeology, the historic neighborhood, and the Kennedys in Brookline.
- On Wednesday, May 6, from 6:30 to 9:00 pm, attend the *public meeting—Envisioning the Future: A Community Dialogue*—at the Edward Devotion School at 345 Harvard Street. Help plan the future for the JFK NHS. After a brief presentation on the site and the planning process, the NPS and the attendants will join forces to begin the process. Registration will be at the Devotion School at 6:30 pm and the actual meeting will be from 7:00 to 9:00 pm. The project planners look forward to seeing you all there!



## SOUTHWEST CORN AND BLACK BEAN SALAD

As sunny and warm weather approaches, enjoy this healthy, easy, delicious recipe. This is a complete and affordable meal at only \$1.70 per serving!

### Ingredients:

- 1 15-oz can corn or 1¾ cups frozen corn kernels, thawed
- 1 15-oz can black beans
- 1 cup red cabbage, chopped
- ½ large tomato, chopped
- ¼ cup red onion, chopped (optional)
- 3 Tbsp sunflower seeds, preferably roasted

### Dressing:

- ⅛ cup lime juice or juice of 1 lime
- 1 Tbsp olive oil or canola oil
- ⅛ cup fresh cilantro, chopped
- ¼ teaspoon salt
- Freshly ground pepper to taste

### Preparation Instructions:

1. If you are using canned corn, drain and rinse in a colander. If you are using frozen corn, thaw the corn in a microwave. Place corn in a large bowl.
2. Drain and rinse black beans in a colander. Place them in the large bowl with the corn.
3. Chop the cabbage, tomato, and red onion, and add all to the large bowl.
4. Measure out the sunflower seeds, and add them to the large bowl as well.
5. In a liquid measuring cup or a small bowl, whisk the lime juice, oil, cilantro, salt, and

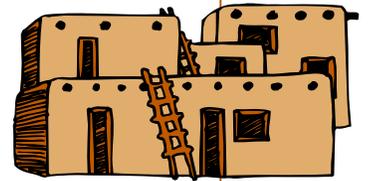
**Yield:** 2 servings

**Total Time:** 20 minutes

**Ease of Preparation:** Easy

### Kitchen Equipment:

- Cutting board
- Knife
- Can opener
- Strainer
- Measuring spoons
- Measuring cups
- Small frying pan
- Large bowl
- Liquid measuring cup or small bowl



pepper and add all to the vegetable mixture in the large bowl.

6. Toss the salad to coat it.
7. Refrigerate the dressed salad until you are ready to serve.

### Nutrition Analysis:

**Per 2 cup serving:** 470 calories; 15 g fat (1.5 g sat, 8 g mono); 0 mg cholesterol; 70 g carbohydrate (18 g dietary fiber); 19 g protein; 475 mg sodium;\* 537 mg potassium.

\* The salt in this recipe contributes 300 mg of sodium per serving. Omit the salt if you need to eat less sodium.

### Nature's Perfect Convenience Foods

When it comes to good nutrition, all forms of fruits and vegetables count—fresh, frozen, and canned. Most frozen and canned foods are packaged within hours of harvest, preserving their flavor and nutritional value. In addition, the low amount of waste and spoilage saves money. Recipe-ready canned foods are cooked prior to packaging. Rinse canned fruit or vegetables to remove unwanted sodium or sugar used in packing. Frozen foods require little preparation with no washing or slicing required! With so many types of easy-to-store and easy-to-eat fruits and vegetables available, eat the types you like best often **and** try new types every once in a while.

*Jewish Family & Children's Service (JF&CS). Recipe and nutrition information adapted from: [www.eatingwell.com](http://www.eatingwell.com) and [www.fruitsandveggiesmorematters.org](http://www.fruitsandveggiesmorematters.org).*

## VOLUNTEER APPRECIATION LUNCHEON REPRISE

This year's Volunteer Appreciation Luncheon was great. From the glorious spring flower arrangements done by Mak So Hing to the excellent service by the COA Staff, the party was flawless...and fun, too. There were lots of raffle items given away and lots of pictures taken.

Volunteer of the Year awards went to Agnes Rogers and Naomi Podhorzer (winner of the John and Molly Dolan Award).

This article is just a teaser. We will have a fuller report on the event (with pictures) in the June *Senior News and Events*.

## COMPUTER NEWS

There is one Brookline Adult & Community Education (BA&CE) computer course, being given at the Senior Center, that is starting in May. It is:

### Advanced Computer Basics for Seniors

Bob Roll, Instructor                      Course code: **C157**  
9:30 to 11:30 am                              Fee: \$67.00  
4 Fridays beginning May 1

For more information or to register, call BA&CE at 617-730-2700 or access the BA&CE web site at [www.brooklineadulted.org](http://www.brooklineadulted.org).

## BOOK PICK-UP AVAILABLE

The Friends of the Brookline Library will pick up books for donation to the Library book sales for people in Brookline who request the service. All you need do is e-mail them at [bookpickup@aol.com](mailto:bookpickup@aol.com). They are usually very prompt. Donating books to the library's ongoing and annual book sale enables the purchase of new books that the library needs in these times of fiscal constraint to the library's budget. And it helps you to reduce the clutter in your home, too. (See p. 23 for programming about decluttering.)

## MAY EVENTS AT THE BROOKLINE ARTS CENTER

The Brookline Arts Center at 86 Monmouth Street would like to invite you to its ongoing and May events and exhibits. For more information, call The Brookline Arts Center at 617-566-5715, or access them online at [www.brooklineartscenter.com](http://www.brooklineartscenter.com).

- BD Colen's photographic exhibit entitled *Fluff: the Mayor of Monmouth Street*, featuring Monmouth Street's venerable Fluff, the cat will continue through Friday, May 22
- Saturday and Sunday, May 2 and 3, from 11:00 am to 6 pm is Brookline Open Studios
- featuring the artists of the Brookline Arts Center and many other Brookline artists. Pick up a flyer/map at many locations around town (and see p. 14 for information on the exhibits that will be held at the Senior Center).
- Saturday, May 2 through Friday, June 12, at the Brookline Arts Center, see *Reflections on the City* by Myrtle Figueiredo—a Brighton resident from Kenya who finds complex layers of visual experience when traveling through the city.

**Brookline Council on Aging/Senior Center**  
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## Did You Know?



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

Consult your Financial advisor.	Help the Senior Center Thrive!	It's Tax Free!
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# Kick it up a Notch.



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THE ASSISTANCE YOU NEED TO STAY INDEPENDENT

## NEWSLETTER ONLINE

The internet has indeed become an integral part of daily life in just a few short years. Social networking (like Twittering), shopping online, getting information of all sorts—all are examples of the participating in the wider world that can now be done from the comfort of your home via the internet.

Another example of using the internet can be found at the Town of Brookline official web site at [www.brookline.ma.org](http://www.brookline.ma.org). There you can get all sorts of information about Brookline and what is happening in Brookline. And you can also access the *Senior News and Events*—in color—featured every month and archived so that you can even see back issues.

## KEEP OUR SENIORS ACTIVE WITH A GIFT OF INFORMATION!

This year, when you are trying to think of a thoughtful gift for a friend or relative, consider giving our *Senior News and Events*. For just \$10.00, you can assure that a copy of our Brookline *Senior News and Events* is delivered your friend or relative by mail every month for a full year. And a gift card will be sent to the recipient telling them of your gift to them. See page 31 for a form.

## TWITTERING FOR ELDERS

The new technology fascinates me, especially the new *social-networking* sites, such as Facebook and MySpace.

I am particularly amused by the name of one of the social messaging sites — *Twitter* — each time I run across it. I envision hundreds of little birds perching on the power and telephone poles near my home twittering happily, waking me up on Saturday morning. I was unsure what Twitter really was, so I took a little adventure in order to share it with the *Senior Center News and Events* readers.

Twitter is a web site where you can post messages, or “tweets,” in real time, using either your cell phone or e-mail. The messages are up there on the site for everyone to see within moments. There is a catch — the messages are limited to 140 characters. This makes for a style of writing that is brief, to the point, catchy, and fits into the fast tempo of modern society.

It is easy to sign up and free. Even I was able to do it without a hitch. (I’m not very good at these things). All you have to do is:

- Go to [Twitter.com](http://Twitter.com)
- Click on the *Join for free* button
- Fill out the *Join the Conversation* page
- Click on the *Create My Account* button.

When you get on your own Twitter page, the question you are asked to answer is “What are you doing?” As a matter of fact, people not only describe what they are doing, as in, “My hip pain is better now” (from Laurie345), but often provide comments to newsworthy topics. Many of these news tweets provide a brief comment, and then link a pertinent web site that you can access by a click. This is how Twitter accelerates the flow of information in our worldwide society.

Aside from updating your network of friends and family on your goings about town, you can find the *Search* function on the bottom of your Twitter page. Just click it. For example, I

searched Madoff, and Maddow. While I was looking at the Madoff tweets, five new tweets were posted. Some of the postings had links to web sites. So you can find very interesting, up-to-date news on topics of interest to you by using Twitter. You can even have tweets on your subject of interest fed to your Twitter home page. (This is called a “feed.”)

Twitter was in the news during the Mumbai terrorist attacks in November, when victims and onlookers were able to instant-message from their cell phones onto the Twitter web site as the events unfurled. This helped with the rescue effort. Tweets by onlookers and others also helped speed up the rescue of passengers and crew of US Airways Flight 1549 in January when the plane made an emergency landing in the Hudson River.

And Senator Claire McCaskill of Missouri was tweeting her friends, relatives, and colleagues during Obama’s speech to the Joint Session of Congress in late February. (When she noticed Justice Ruth Bader Ginsberg arrive, McCaskill tweeted “I did big woohoo for Justice Ginsberg. She looks good.”) There are even cable TV programs springing up that use tweets in real time as commentary.

So what do you think about this brave new world? Fascinating, isn’t it. —*Laurie Israel, Esq.*

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Coolidge Corner

*Don't forget to vote in the townwide elections on Tuesday, May 5!*

## THANK YOU FOR GIVING

A heartfelt thanks to all the people who contributed to the Senior Center in April:



To Miriam Alpert for her gift **in honor of** Ruthann Dobek

To Gertrude Crowley for her gift **in honor of** Income Tax Calculation

To Sarah Ehrlich and Tobey Taylor for their gifts **in honor of** John Knutson (tax preparation)

To Judith Gimple and Arlene Strowman for their gifts **in honor of** Peter Rosenaum (tax preparation)

To Marcelle Jabbawy for her gift **in honor of** the Spanish Immersion Program

To Kathleen Murphy for her gift **in honor of** Tax Return Preparation

To Barbara Scotto for her gift **in honor of** Evelyn A. Roll

To Yemema Seligson for her gift **in honor of** Betsy Pollock



To Dotty Bell, the Brookline Senior Center kitchen staff, Alicia Ebrat, Kathryn Kilpatrick, Charlotte Millman, George Settle, Dorothy Wolfson, and Sonia and William Wong for their gifts **in memory of** Ms. Deborah Foster (Ralph Perkin's sister)

To Jonathan Ceely for his gift **in memory of** Mildred Adelson

To Nellie Slater for her gift **in memory of** Erna Sharf



To **Annual Appeal Donors** Mary Ames, Lai Bing Ma and Emmeline Chin, Anne Covert, Roland Eavey, Renee Gelman, Eve Glick, Jea Gold, Mark Murstein, Yuet M. Ooi, Sarah Ostroff, Margaret and Stephen Senturia, Rena and Mi-

chael Silevitch, Brabar Walshaw, Waneta Louise West, Christine westphal and Susan Wheeler (Food program), Seymour and Joan Yesner, ad Ellen Ziskind.



**Van Fund Donors** Lai Bing Ma and Emmeline Chin

## OUR CONTRIBUTORS

Our special thanks go out to contributors to the May issue of the *Senior News and Events*: to Mimi Katz for the photos of the Golden Anniversary Celebration Reprise on p. 22; to Judy Bernstein, Social Security District Manager in Boston for the article on p. 24; Jewish Faily & Children's Service (JF&CS) for the recipe on p. 26 adapted from [www.eatingell.com](http://www.eatingell.com) and [www.fruitsandveggiesmorematters.org](http://www.fruitsandveggiesmorematters.org); and to Laurie Israel, Esq., for the article on Twittering on p. 29.

## OUR ADVERTISERS

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

### HANDICAPPED ACCESS

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

**WOULD YOU LIKE TO RECEIVE THE TOWN OF BROOKLINE SENIOR NEWS AND EVENTS EVERY MONTH?**

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

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

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