TOWN OF BROOKLINE SENIOR NEWS AND EVENTS

Council on Aging

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

Brookline Senior Center
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Brookline, Massachusetts 02446

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www.brooklinema.gov

HIGHLIGHTS

Brookline Open Studios on May 1 and 2. See p. 13
Grandma's Single Treasure on May 6. See p. 8
Petite Boutique on May 16. See p. 20
Telling Your Story reading on May 19. See p. 7
Prelude to a Kiss on May 23. See p. 26
A Taste of Greece on May 25. See p. 11

Don't forget to
Vote on Tuesday, May 4,
in the Town of Brookline elections. Your vote is always needed, but this is especially so in these days of town government belt-tightening so that Senior Center programs and important services to the individuals and the body of the Brookline senior community do not disappear because of lack of funding.

MAY 2010

OLDER AMERICANS MONTH 2010
AGE STRONG! LIVE LONG!

Brookline is a community that includes large numbers of citizens aged 60 and older, and, the older adults in Brookline are among Town's most *treasured resources*, interpreting events through varied perspectives and backgrounds to bring wisdom and insight to our community. And increasing numbers of adults are reaching retirement age and remaining strong and active for longer than ever.

Therefore, the community of older adults in Brookline deserves recognition for the contributions it has made and will continue to make to the culture, economy, and character of our community and our nation. The Town of Brookline can provide that recognition and respect by improving the quality of life for older Americans by:

- Increasing elders' opportunities to remain active and engaged in community life
- Providing individualized services and support systems to maintain the dignity, independence, and self-determination of older Americans as they age
- Combating ageist attitudes by honoring seniors' past, present, and future contributions

Therefore, the Senior Center of Brookline, Massachusetts, hereby proclaims May 2010 to be Older Americans Month in Brookline. We urge every citizen to take time this month to honor our older adult community and the professionals, family members, and volunteers who care for those members of the senior community who need care. Our recognition and the involvement of older Americans can enrich our entire community's quality of life.

TABLE OF CONTENTS

A Special "Thank You" to… 30
A Special "Thank You" to… 30
Active Seniors..... 20
Advertisers, Our..... 29
Aging at Home 9
Alzheimer's Association Event 29
Alzheimer's Caregivers Support Group 7
Arthritis Exercise..... 14
Beading Workshop, Modern 13
Blood Pressure Screenings..... 4
Book Discussion Group..... 14
Bowling 14
Bread, Bread, Bread 10
Breakfast of Champions, Minutes in Motion: 10
Brookline Aging Collaborative, The..... 11
Brookline Music School Concert (Yoko Miwa Jazz Trio... 8
Brookline Open Studios 13
Brookline Recreation—It's What We Do! 21
Careers in Aging 25
Cell Phones, iPods, Glasses 24
Contributors, Our 29
Council on Aging (COA) Board Meeting 8
Director, From the..... 15
English Conversation 25
EVENTS CALENDAR..... 18
Five Straight Facts on Health Reform 27
Food Distribution Coordinator Needed 10
French Conversation 14
Gallery, At the 13
Goodbye and Good Luck..... 30
Goodbye and Good Luck..... 30
Governor's Aging Agenda, The..... 3
Grandma's Single Treasure (Artbarn Community Theater's Split Hares Traveling Troupe) 8
Handicapped Access 29
Health Page, The (Ask a Nurse, Podiatry Clinic, Low Vision Group, Blood Pressure Screenings) 4
Health-Care Reform and Medicare 5
Information Hotline..... 29
Keeping Your Last Will and Testament Safe..... 24
Lessons from My Mother-in-Law by Susana Lannik..... 23
Luncheon Specials for May 17
May Holidays 8
Movie Lovers Series for May (May 4—Fan- tastic Mr. Fox, May 11—The Hurt Locker, May 18—A Touch of Spice)..... 12
Old Fashioned Bread Pudding..... 10
Older Americans Month 2010: Age Strong! Live Long! 1
Ongoing Senior Center Events..... 19
Open Studios Performances 13
Parkinson's Disease Support Group 7
Peppers, Stuffed 11
Petite Boutique 20
Public Health Policy Forum, 15th Annual—SAVE THE DATE 26
Senior Services (BETS, BLAB, File of Life, HELP, JOBS, SNAP, SHINE, Social Security)..... 6
Spanish Immersion 26
Spring Cleaning and the Gift Cart..... 13
Springwell Nutrition Program..... 16
Springwell Nutrition Talk 11
Swing Band, Senior Center..... 14
Taste of Greece, A 11
Tax Preparers, The 30
Tax Preparers, The 30
Telling Your Story—25th Anniversary 7
Thank You—May 2010..... 30
Thank You—May 2010..... 30
Theatre Group, Brookline Senior 26
Volunteer Appreciation Luncheon Reprise..... 28
Volunteer Needed..... 26
Vote on Tuesday, May 4 1
Workshop for Older Parents Who Are Caring for an Adult Child with Mental Illness 29

Happy Mother's Day to all!

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

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Subscription fee: $10.00/year. See page 31 for subscription/renewal form.

THE GOVERNOR'S AGING AGENDA

Governor Patrick met March 16 with an audience of seniors, service providers, aging experts, and advocates to talk about the Patrick-Murray Administration's *Aging Agenda*. In a town hall-style meeting, the Governor stressed that the Massachusetts senior population will grow from approximately 20% of the state's residents to 25% over the next decade and that therefore planning is essential to staying physically, financially, and emotionally healthy over the long term.

"Aging is a lifelong process that begins at birth and extends throughout our lives." said he. "My administration is committed to eliminating age discrimination, promoting health and well being, and supporting seniors who wish to remain in the workforce or want meaningful volunteer opportunities. The nine principles of our *Aging Agenda* will engage seniors, the private sector, and local and state government to forge a path-setting partnership."

Billed as a "Conversation with Governor Patrick," the forum at UMass-Boston included the state's Elder Affairs Secretary Ann L. Hartstein, Associate Professor of Gerontology at the UMass-Boston McCormack School of Public Policy Dr. Ellen Bruce, President and CEO of the Commonwealth Corporation Nancy Snyder, and President and CEO of Hebrew SeniorLife Len Fishman. Panelists addressed three significant challenges facing seniors in the Commonwealth: the ability to find work, housing and supports, and economic security.

"The *Aging Agenda* principles provide a guideline not only for seniors, but for all of us, because most of us will have the good fortune to grow older," said Secretary Hartstein. "Aging is intergenerational, requiring participation by everyone to provide the best possible quality of life for all of us."

The *Aging Agenda* forum was followed by a Q&A session with audience members.

The Administration's nine *Aging Agenda* principles are:

- A society that understands the positive aspects of aging and the importance of interdependence
- Economic security through adequate earnings, savings, and basic financial skills
- The best possible physical, cognitive, and mental health
- Affordable housing, accommodating the changes in physical abilities
- Managing one's own life and fully participating in community life for as long as possible
- Affordable, consumer-directed, long-term services and supports
- Adequate transportation options
- Meaningful caregiver supports
- Access to social assistance services and protection against abuse and neglect

Elder Affairs Citizens Advisory Committee Chair Dorothy Vitale, who is also Executive Director of the Norwood Council on Aging, said, "Never before in our history have so many people lived such long and active lives and the *Aging Agenda* sets a new course in meeting our new challenges. We all benefited from having an opportunity to talk about the future with Governor Patrick and the panel."

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Ask a Nurse St. Elizabeth's Medical Center's Nurse Practitioner Eileen Currier will be at the Senior Center on **Wednesday, May 26, from 1:00 to 2:00 pm** to consult with individuals.

Podiatry Clinic Routine foot care with Dr. John McLaughlin is available by appointment on **Monday, May 3 and May 17, from 9:00 am to 12:00 noon**. Sessions, which last 15 minutes each, cost $25. Appointments are required. Make an appointment by calling 617-730-2777.

Low Vision Group This peer-led support group for individuals with limited eyesight will meet on **Wednesday, May 19, from 1:00 to 2:30 pm**.

Blood Pressure Screenings
The Brookline Health Care Center will provide a blood pressure screening **at the Senior Center** on **Monday, May 3, from 1:00 to 2:00 pm**. The nurse who presides at this session is bilingual. (She speaks English and several Chinese dialects.)

There will be blood pressure screenings **at the Senior Center** with a nurse from the Brookline Health Department on **Thursday, May 20, from 9:00 to 10:30 am**.

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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BLOOD PRESSURE SCREENINGS

There will be blood pressure screenings with a Brookline Health Department Nurse on Thursday, May 20, at the Senior Center from 9:00 to 10:30 am. Other screenings will take place:

- Wednesday, May 5, at the Brookline Health Department, 11 Pierce Street, from 2:00 to 3:00 pm.
- Wednesday, May 12, at Sussman House, 50 Pleasant Street, from 1:00 to 2:00 pm.
- Wednesday, May 26, at O'Shea House, 61 Park Street, from 1:00 to 2:00 pm.

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HEALTH-CARE REFORM AND MEDICARE

In the past year, there has been a long, hard-fought debate about health reform in our country. If you are on Medicare, you are probably concerned and confused about how the newly passed legislation will change Medicare. The National Council on Aging (NCOA) has released a booklet—***Straight Talk for Seniors on Health Reform***—to help you understand these changes. This publication is available on the NCOA web site, www.ncoa.org.

The NCOA is a nonpartisan, nonprofit organization, with a long history of helping older adults understand complex programs. NCOA states that the new legislation will provide you with the following:

- **More help with prescription drug costs:** If you fall into the Medicare prescription drug "doughnut hole" or coverage gap—this plan will help. It will gradually close the gap, so you'll no longer have a period where you have to pay 100% of your drug costs. In the first year, the plan will provide a one-time $250 payment to individuals who hit the gap. It will also improve the program that reduces drug costs for seniors with limited means and make it easier for you to appeal coverage denials.
- **Better preventive care:** You'll receive a new, free, annual wellness visit. And you'll no longer pay any out-of-pocket costs for preventive benefits under Medicare—such as cancer and diabetes screenings.

The **SHINE** (Serving Health Information Needs of Elders) program will help you understand further changes to your Medicare coverage as more information becomes available.

If you need help with your current Medicare health insurance, call the Senior Center for a *SHINE* appointment. You can also reach a *SHINE* volunteer by phone at 1-800-AGE-INFO. Once you get the *SHINE* answering machine, leave your name and number. A volunteer will call you back, as soon as possible.

Article courtesy of SHINE.

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SENIOR SERVICES

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

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 2009 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 what proof you will need to bring. (Remember that all riders must be recertified every year in order to be able to buy BETS coupon books.)

BETS service is available for use in all cabs of all companies that are based in Brook-line. **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 5**, and on Wednesday, June 2. 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 on the File of Life, call 617-730-2777 and leave your name and phone number. Someone at the Senior Center will call you back as soon as possible.

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

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

SNAP (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. Leave a message for her at 617-730-2777 and, and she will get back to you promptly.

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

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

PARKINSON'S DISEASE SUPPORT GROUP

The Parkinson's Disease (PD) Support Group will meet on **Friday, May 7, from 1:00 to 2:30 pm** at the Senior Center. For more information, contact the Information & Referral Center at the Boston University Medical campus at 617-638-8466.

This group is cosponsored by The Brookline Aging Collaborative and the American PD Association (APDA).

ALZHEIMER'S CAREGIVERS SUPPORT GROUP

Treating this disease's tragic symptoms is a heartbreaking task for caregivers. This support group's goal is to help caregivers cope with the stresses and demands of helping their Alzheimer's-stricken family members and friends.

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

The **Afternoon** group will meet **Friday, May 14.** Call group leader Elaine Yanowitz at 617-730-2751 to register to attend and/or for further information.

The **Evening** group will meet **Thursday, May 27.** Call 617-730-2754 to register to attend and/or for further information.

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TELLING YOUR STORY —25TH ANNIVERSARY—

For 25 years, members the Brookline Adult & Community Education (BA&CE) autobiographical writing group *Telling Your Story* tell their stories at a public reading at the Senior Center. This year is no exception, so on **Wednesday, May 19, 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 and 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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MAY HOLIDAYS

Memorial Day is a United States federal holiday observed this year on **May 31**. It commemorates US men and women who died while in the military service. First enacted to honor Union soldiers of the American Civil War, it was expanded after World War I.

Many people observe this holiday by visiting cemeteries and memorials. A national moment of remembrance takes place at 3 pm local time. Another tradition is to fly the flag of the United States at half-mast from dawn until noon local time. Volunteers often place American flags on each grave site at National Cemeteries. In addition to remembrance, Memorial Day is also considered the official beginning of the summer season and as such is a time for picnics, barbecues, family gatherings, and sporting events.

The Senior Center and Rogerson Adult Day Health and Fitness First programs will be closed **May 31**.

COUNCIL ON AGING (COA) BOARD MEETING

The COA Board of Directors will meet on **Wednesday, May 12, at 1:00 pm** at the Senior Center. Brian Kane of the Brookline Transporation Board will update us on the #66 Bus situation. Polish up your questions, and ask them at the meeting. All are welcome, indeed encouraged, to attend the meeting.

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BROOKLINE MUSIC SCHOOL CONCERT

The next concert in the Brookline Music School 2010 Series will be at the Senior Center on **Wednesday, May 5, at 1:00 pm**. The faculty performer will be Yoko Miwa, jazz pianist, and her Jazz Trio. This event is cosponsored by the Brookline Music School and the Senior Center.

Since her arrival in the United States, Japanese improviser Yoko Miwa has earned a reputation for being one of the more lyrical, melodic, and accessible pianists in the Jazz world. She has been based in Boston since 1997 and has become a part of the city's thriving jazz scene with her trio, which has become a fixture at the city's top jazz venues. *Jazziz Magazine* says "Pianist Yoko Miwa displays unpretentious melodies, elegant phrasing, and the lyrical sensibility of a jazz poet...she's a remarkably fluent mainstream player with a graceful touch and a self-assured notion of where each tune is headed."

GRANDMA'S SINGLE TREASURE

Artbarn Community Theater's Split Hares Traveling Troupe is delighted to perform at the Senior Center on **Thursday, May 6 at 4:00 pm**. The troupe looks forward to this special dinner theater format where their 24 students, 2 interns, and 4 staff members will join the seniors for dinner after the show. The show and the dinner are free, but space is limited so reservations are a must.

Everyone can share in the riches of *Grandma's Single Treasure*, an original Artbarn production starring the 1st- through 5th- grade Split Hares Traveling Troupe. The story follows Antonio, originally from Costa Rica, as he navigates the confusing world of etiquette with only the wisdom of his Abuela: responsibility, politeness, and most of all, friendship. With spunky songs and dynamic dancing, you'll be ready for any social situation after you discover *Grandma's Single Treasure*.

AGING AT HOME

Moving right along, the May meeting is a step forward. It will be held at the Senior Center on **Wednesday, May 12, at 3:00 pm**. This is a working meeting: Committees will be formed. If you want to work to help build Brookline's senior "village," come and join one of the following committees:

Expanded HELP and the instant handyperson (community liaison)
Facilitators: Helen Kass and Susann Wilkinson
The HELP program connects Brookline residents with practical assistance ranging from house cleaners to escorts for a reasonable fee. Jewish Family & Children's Services' (JF&CS) Aging Well at Home program has offered such services in the form of a handyperson as a one-time practical service with no fee in its North Brookline demo area. The committee will concern itself with demand for the HELP service, overcoming barriers to expansion, and approaches to introducing the handyperson position townwide.

Improved volunteer-based information service and outreach
Facilitator: Alberta Lipson
This committee will work to strengthen the information services that are provided to residents through the Council on Aging (COA). The committee will focus on those members of the Brookline senior community who lack full awareness of the many service resources that are available to Brookline seniors. This committee will attempt to bring in new volunteers to strengthen the service and to reach out to older residents who are reluctant to ask for assistance.

Public education programs
Facilitators: Susan Krinsky and Marsha Frankel
This committee will arrange a series of public forums on aspects of the "aging-at-home" theme. These forums will provide information that is immediately useful to older residents and concerned family members. Another aim is to call the public's attention to the needs of older residents. The committee will build on the programs that have already been launched by the COA and JF&CS and continuously seek to reach broader and broader audiences.

Expanded intergenerational volunteerin
Facilitator: Shari Gershenfeld
Intergenerational volunteering can be beneficial to both volunteers and recipients of assistance as shown by the COA's SHOP program that has high school students doing weekly grocery shopping for elders. The committee will work to find other forms of volunteering through which teenagers can be linked to older residents.

Promotion of neighborhood-based mutual aid
Facilitators: Carol and Frank Caro
Informal neighbor-to-neighbor assistance can play an important role in making communities livable, sustaining vulnerable older people who live independently, and complementing formal services provided through the COA and other service providers. Some older residents are susceptible to isolation. This committee will encourage development and strengthening of neighbor-to-neighbor assistance throughout the Town. The aim is to identify approaches that are effective in various parts of Brookline and encourage replication elsewhere.

Financing
Facilitator: Ruthann Dobek
Funding is needed to pay for expanding both the HELP program and the handyperson position. The committee will explore sources of funding.

Publicity
Facilitators: Ralph and Sylvia Memolo.
We need strong publicity for many reasons. One aim is to inform residents and concerned relatives about the supportive services offered by the COA. We also need publicity to lay the ground work for fund raising. We need to make use of a wide variety of forms of communication.

BREAD, BREAD, BREAD

Our Tuesday Food Distribution has been a great success. If you haven't already visited us for the Tuesday distribution, you might want to do so now. The baked goods have expanded greatly; we now have a super collection that includes more wrapped breads, rolls, and even some pastries. And we still have a fine supply of produce. Come on Tuesdays. The hours are 11:00 am to 3:00 pm. (These times are relative—the opening depending on when we actually get the supplies and the closing depending on when we run out of things.) Bring a bag to take your food home in. For the best pick, come early. For a less crowded experience, come later.

OLD FASHIONED BREAD PUDDING

We have so much bread available now that Edith Richman has contributed this recipe for turning old bread into a snazzy dessert.

Ingredients:

1½ cups milk
2 large eggs
¼ tsp salt
1 tsp vanilla
¼ tsp cinnamon
¼ tsp lemon juice
1½ tbsps honey
1 tbsp brown sugar
2 cups coarsely crumbled bread
¾ cup freshly grated apple OR
¼ cup chopped, dried fruit
¼ cup chopped nuts (optional)

1. Beat (or use a blender if you wish) together the mikl, eggs, salt, vanilla, cinnamon, lemon juice, honey, and brown sugar.
2. Then mix together the bread, apples (or dried fruit), and nuts (if you wish) in a 9" x 13" pan.
3. Add the beaten ingredients (the first column of ingredients above) to the mixture in the 9" x 13" pan and push everything around with a wooden spoon until all is combined.
4. Bake for 35 minutes in a preheated 350° oven.
5. Serve hot, warm, or cold with ice cream, fresh fruit, or applesauce.

FOOD DISTRIBUTION COORDINATOR NEEDED

The Brookline Senior Center is in need of a Food Distribution Coordinator on Tuesdays from 9:00 am to 1:00 pm. Duties include working with volunteers to coordinate food donations and with community members seeking food at the Senior Center Distribution Site.

Qualifications: Low-moderate income applicants accepted. Patience in working with large groups of people a must.

Salary: $8/hour as a member of the BSC Work Opportunities program.

If you are interested and for more information, contact Deidre Waxman at: 617-730-2767 or e-mail her at dwaxman@brookline ma.gov.

BREAKFAST OF CHAMPIONS

The Minutes in Motion (MIM) for Seniors iniative will end on **May 21** with a breakfast banquet at the Senior Center at **10:00 am**. Dr. Vikas Saini, Director of the Lown Cardiovascular Research Foundation, will be the guest speaker. There will be prizes and giveaways for everyone, but the biggest prize will be the health benefit that the participants achieved by participation in the iniative.

MIM for Seniors has been sponsored by The Brookline Aging Collaborative, the Brookline Public Health Department, and Brookline Adult & Community Education.

Pictures from the April 6 Kickoff program. Left: Supplies for the participants, right: Carlotte and volunteers.

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

SPRINGWELL NUTRITION TALK

Springwell nutritionist Josh Hammond, RD, LDN, will present *Know Your Fats* on **Tuesday, May 18, at 11:00 am**. This is a hot health topic since there has been a fair amount of confusing and just plain misinformation circulating of late about this subject. So come and be prepared for an informative and interesting session.

A TASTE OF GREECE

Brookline Adult & Community Education (BA&CE) and the Brookline COA are cosponsoring a very special event in May. Try ***A Taste of Greece: Food, History, and Culture*** on **Tuesday, May 25, from 12:00 noon to 2:30 pm** at the Senior Center. Journey for an afternoon of cultural appreciation, history, and a sampling of delicious Greek cuisine. We'll listen to music and learn about Greece's rich history. Bring your appetite, your intellect, and your cultural curiosity as we celebrate a land of intellectual and historical intensity—Greece, the birthplace of democracy, Western philosophy, the Olympic games, Western literature and historiography, political science, major scientific and mathematical principles, and Western drama.

The fee of $7.00 includes the program and lunch. This is certain to be an extremely popular program, but space is limited, so reservations are required. Register by calling BA&CE at 617-730-2700, or online at www.brookline adulted.org. **The course code is X232**.

STUFFED PEPPERS

Jewish Family and Children's Service (JF&CS) has provided a recipe for May that is easy to make, has healthy ingredients, and costs only $1.99 per serving. Active preparation time is 30 minutes (total preparation time is 1 hour).

Ingredients

2 large green bell peppers
¾ tsp canola oil
½ medium onion, chopped
1 clove garlic, minced, or 1/8 tsp garlic powder
½ pound ground turkey
¾ cup cooked brown rice
½ of an 8-ounce can (½ cup) no-salt-added tomato sauce, divided
1½ tsp chopped fresh parsley, or ½ tsp dried
¼ tsp salt (optional)
Freshly ground pepper, to taste

Preparation Instructions

1. Preheat oven to 350°F.
2. Cut out stem ends of bell peppers and discard. Scoop out seeds. Bring 4 cups of water to a boil in a large pot and blanch the peppers until tender-crisp, about 1 minute. Drain and cool under cold running water. Set aside.
3. Heat oil in a large nonstick skillet over medium heat. Add onion and garlic and cook, stirring occasionally, until the onions and garlic are softened, about 3 minutes. Add turkey and cook, crumbling with a wooden spoon, just until the turkey loses its pink color, about 2 minutes. Drain the fat.
4. Transfer the turkey mixture to a medium bowl and mix in rice, ¼ cup tomato sauce, parsley, salt (if using) and pepper. Stuff the peppers with the mixture and place them in a 2-quart casserole dish. Spoon the remaining ¼ cup tomato sauce over the peppers. Cover and bake until the peppers are tender and the filling is heated through, 30 to 35 minutes.

Source: www.eatingwell.com

MOVIE LOVERS SERIES FOR MAY

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

May 4
Fantastic Mr. Fox (2009) 87 minutes
When Mr. Fox's nightly raids on three nearby farms raise the ire of the selfish farmers, he must outwit the men's increasingly outrageous plans to catch him in this animated adaption of the Roald Dahl book. As the farmers' schemes take a toll on his hungry family, Mr. Fox must find a new way to get his paws on the bounty. Wes Anderson directs, and George Clooney and Bill Murray lend their voice-over talents in this Oscar nominee.

May 11
The Hurt Locker (2008) 130 minutes
Kathryn Bigelow directs this gripping drama (winner of the Best Picture Oscar) following one of the US Army's elite EOD (explosive ordnance disposal) teams operating in the ferocious war zone of Iraq. As the squad identifies and dismantles improvised explosive devices and other bombs, they must also contend with the frayed nerves and internal conflicts that arise from living in constant peril. Jeremy Renner, Anthony Mackie, Ralph Fiennes, David Morse, and Guy Pearce star.

May 18
A Touch of Spice (2003) 108 minutes
In Greek with English subtitles
Growing up in Istanbul under the care of his upbeat, culinary-minded grandfather, Fanis (Georges Corraface) learned the secret of a happy existence: Life, like food, requires a dash of spice. But when Fanis returns home years later, he fears he's forgotten the lesson. Taking his grandfather's philosophy out into the world, Fanis has become a first-class chef, spicing up the lives of others—but neglecting his own.

There will be **no movie** on Tuesday, May 25 as the Greek festival: ***A Taste of Greece*** is at the Senior Center all afternoon. See p. 11 for details.

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AT THE GALLERY

You are cordially invited to see an exhibit of

Photographs by

Josephine Shields

At the Senior Center through
Friday, May 28
From 8:30 am to 5:00 pm

MODERN BEADING WORKSHOP

This beading workshop for beginners and experienced beaders alike will meet in April at the Senior Center with Marge Harvey on hand to instruct and help. Learn modern techniques of beading using thin Soft Flex and crimps. Combine old beads and broken strands for new and interesting designs. Make earrings, necklaces, and bracelets for yourself and as gifts for family and friends. Bring beads, earring backs, crimps, and one yard of Soft Flex—all available craft stores.

The workshop is free, and no registration is required. The group will meet on **Wednesday, May 19, at 1:00 pm**.

Spring is here.
As you are spring cleaning, remember the Senior Center Gift Cart and consider donating your unwanted jewelry and giftware to the cart.

BROOKLINE OPEN STUDIOS

The Senior Center is participating this year in the annual spring Brookline Open Studios, which will be on **Saturday and Sunday, May 1 and 2**, from 11:00 am to 6:00 pm The artists who will exhibit at the Senior Center are:

- Gloria Carrigg
  Photography, Mixed Media
- Marc Goldring
  Photography
  "Fine art digital images that reflect abstractions of my version of reality"
- Mimi Katz
  Photography
  "Images of whatever happens to catch my eye"
- Lina Marks
  Paper Mosaics
  Collages using ¼" paper tiles
- Jenny Amory
  Photography
  Photographs from the Maine woods and shore illustrate the intensely spiritual dimensions of nature
- Josephine Shields
  Photography
  Painting images of a vanishing way of life in Ireland

OPEN STUDIOS PERFORMANCES

Entertainment on **Saturday, May 1**, at the Senior Center will include performances by Laura Vecchione, soprano, from 2:00 to 2:30 pm and by Genithia Lilia Hogges, soloist, from 5:15 to 5:45 pm.

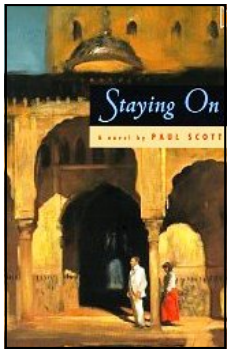
In addition, the Coolidge Corner community Chorus will perform at 1:30 pm on Saturday, May 2.

FRENCH CONVERSATION

Brush up and improve your French conversational skills on **Tuesdays, May 11 and 25, at 12:30 pm** with Agnes Serenyi and her group of fellow French linguists.

BOOK DISCUSSION GROUP

The group will meet on **Monday, May 17, at 2:00 pm** at Temple Emeth in Putterham Circle to discuss *Staying On* by Paul Scott.



In this sequel to *The Raj Quartet*, Colonel Tusker and Lucy Smalley stay on in the hills of Pankot after Indian independence deprives them of their colonial status. Finally fed up with accommodating her husband, Lucy claims a degree of independence herself. Eloquent and hilarious, she and Tusker act out class tensions among the British of the Raj and give voice to the loneliness, rage, and stubborn affection in their marriage. *Staying On* won the Booker Prize and was made into a motion picture starring Trevor Howard and Celia Johnson in 1979.

Many thanks to Temple Emeth for providing space for this group to meet during the renovation of the Putterham branch of the Brookline Public Library.

SENIOR CENTER SWING BAND

Swing and sway with James Demicco at the Senior Center. If you enjoy playing popular music from the 20s, 30s, 40s, and 50s and can read music or play by ear, this is the group for you. Previous band experience is helpful but not necessary. You bring the instrument. We will supply the sheet music.

At press time, we had not firmed up the meeting dates for May. Please call Charlotte at 617-730-2769 for schedule details.

BOWLING

Bowling is an activity that is year-round. The Senior Center bowlers meet at 9:30 am on Wednesday mornings at 20th Century Bowling Alley (affectionately known as Ron's) at 1231 Hyde Park Avenue (next door to the Hyde Park police station). The cost is $6.50 for three strings and shoe rental. The group is generally back at the Senior Center by 12:00 noon. If you need a ride, call 617-730-2777, and leave your name and telephone number for Nancy Johnson. She will get back to you.

ARTHRITIS EXERCISE

There will be a summer series of Arthritis Exercise classes at the Senior Center following the NEW and IMPROVED guidelines developed by the Arthritis Foundation. This series will begin on **June 3** and run on 10 **Thursdays through July 29 from 10:30 to 11:30 am.** (Note: There will be no class on July 1.)

These gentle stretching and muscle-building exercises will benefit people with arthritis and others interested in improving their flexibility, muscle strength, and general fitness level. This year, the use of both hand weights and stretch bands will be incorporated. Ilse Leeser, PhD, RN, will instruct the class.

Call the Senior Center at 617-730-2777 to register and to obtain an authorization form that must be filled out by your health-care provider. (For previous participants, health-care provider information that has been provided within the last year will not need to be updated.) Space is limited, so be sure to sign up early!

The Arthritis Exercise Class is sponsored by the Brookline Council on Aging and the Arthritis Foundation Exercise Program.

FROM THE DIRECTOR

May is Older Americans Month. Its theme for 2010 is ***Age Strong! Live Long!*** Do your part by completing your Minutes in Motion (MIM) initiative and celebrating your good health at the Breakfast of Champions on May 21 (see p. 10). I have enjoyed my daily walks to get into better shape.

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

We will even be open two weekends this month. The weekend of May 2 and 3, we are a host site for Brookline Artists Open Studios. Nine artists will be displaying their extraordinary talents. Stop in for a treat to the eyes from 11:00 am to 6:00 pm each day, and treats to the ears with two vocal concerts on May 1 and the Coolidge Corner Community Chorus on May 2 (see p. 13).

Then on May 16, the Senior Center will be buzzing with activity as we hold a *Petite Boutique* (see p. 20) where our finer jewelry and giftware will be sold, delectable desserts will be offered, and the Justin Meyers trio will entertain us. Please come!! Your $2.00 donation will get you a fabulous day.

And as if that is not enough, our theatre club is taking a trip to Huntington Theatre to see a *Prelude to a Kiss* on May 23 (see p. 26). Tickets are a bargain at $20. Sign up today!

One of our special programs of the year will be held on Wednesday, May 20. The annual reading by the *Telling Your Story* class (see p. 7) is clearly an event not to be missed. The readings never fail to move me and inspire all.

I am pleased that we are offering another one of our exciting festivals on Tuesday, May 25, celebrating the rich and ancient culture of Greece (see p. 11). Taste a delicious meal, and sample wonderful music and dance. Join us.

I urge every one of our citizens to vote on **May 4**. Elections are the way we function as a society, and we all must exercise that right. In addition, voting is a way to make our voices heard.

May is also the time that our excellent students graduate**. Kelly Burke, Alex Davis, Jamie Donchin, and Liz Kalfas** will be finishing their internships. Join me as we wish them well in their future social work careers and thank them for all their hard work.

Finally, I want to wish all a Happy Mother's Day! This is the 102nd year we celebrate Mother's Day. Our celebration will be a Springwell brunch on May 6. For those of you who are mothers, a special thank you for all the hard work, love, and sacrifice you do for your families and for everyone else. Sons and daughters, make your mother proud by doing something kind for someone this month in her honor.

—Ruthann Dobek

Springwell Nutrition Program MAY 2010

617-730-2770

MONDAY	TUESDAY	WEDNESDAY
3) **Minestrone Soup** Greek Chicken, Lemon Olive Rice, Riviera Vegetable Blend, Wheat Bread **OR** ***Seafood Salad on Multigrain Bread, Lettuce Leaf, German Potato Salad, Tomato & Red Pepper Salad **Tapioca Pudding/Topping**	4) **Corn Chowder** Baked Haddock, Lemon Butter Sauce, Lemon Wedge, Spinach, Red Bliss Potatoes, Rye Bread **OR** Chef Salad, Lite Italian Dressing, Greek Pasta Salad, Wheat Roll **Peaches**	5) **Cinco De Mayo** Mild Beef & Bean Chili, Nachos, Corn, Tossed Salad w/Lite Dressing, Corn Bread **OR** Tuna Salad on Multigrain Bread, Lettuce Leaf, Lemon Rice Salad, Purple Cabbage Cole Slaw **Lime Mouse**
10) **Mushroom Barley Soup** Chicken Paprika, Garlic Parsley Potatoes, Green Beans, Multigrain Bread **OR** Tuna Salad on Hot Dog Roll, Lettuce Leaf, Carrot Pineapple Salad, Three Bean Salad **Fresh Fruit**	11) American Chop Suey, Grated Parmesan Cheese, Spinach, Italian Bread **OR** ***Deli Corned Beef w/Swiss Cheese & Sauerkraut on Dark Rye, Garden Salad w/Lite Italian Dressing, English Peas Salad, Russian Dressing **Frosted Cake**	12) **Seafood Chowder** Breaded Fish w/Broccoli Cheese Sauce, Mixed Vegetables, Wild Rice, Rye Bread **OR** Roast Beef & Provolone Cheese on White Bread, Mustard, Lettuce Leaf, Summer Squash Salad, Potato Salad **Mandarin Oranges**
17) **Cream of Butternut Squash** Meatloaf W/Brown Gravy, O'Brien Potatoes w/Red & Green Peppers, Broccoli & Cauliflower, Whole Wheat Roll **OR** Chicken Patty on Hamburger Roll, Lite Mayo, Lettuce Leaf, Cucumber Creamy Dill Salad, Pasta Salad w/Cheese **Chef's Choice Dessert**	18) **May Birthday Lunch** **Vegetable Barley Soup** Creamy Italian Chicken w/Creamy Italian Sauce,Mashed Potatoes, Brussels Sprouts,Oatnut Bread **OR** Peppercorn Turkey & Mozzarella on Whole Wheat Bread, Lite Mayo, Carrot Pineapple Salad, Three-Bean Salad **Peaches**	19) Roast Turkey w/Gravy, Sweet Potatoes, Green Beans & Red Peppers, Cranberry Sauce, Apple Cinnamon Muffin **OR** Roast Beef & American Cheese on Oatnut Bread, Mayo Packet, Lettuce Leaf, Balsamic Vinaigrette Pasta Salad, Broccoli Tomato Salad **Fresh Fruit**
24) ***Reduced Sodium Hot Dog, Baked Beans, Cole Slaw, Hot Dog Roll **OR** Roast Beef & Swiss on Wheat Bread. Lite Mayo, Orzo Vegetable Salad, Tomato Red Pepper Salad **Butterscotch Pudding/Topping**	25) **A Taste of Greece** **No Springwell lunch**	26) Beef Stir Fry, Brown Rice, Red Pepper, Mushrooms & Onions, Rye Bread **OR** Tuna Salad on Oatnut Bread, Lettuce Leaf, Macaroni Salad, Beet Salad **Mandarin Oranges**
31) **Memorial Day Holiday** **No Meal Service**	**If soup is served for any meal, crackers are included.** **Meals are served at 12:00 noon unless otherwise noted.** **For meal reservations on Mondays, please call the previous Friday by 11:00 am.** **For meal reservations on Tuesdays through Fridays, please call the previous day by 11:00 am.**	

THURSDAY	FRIDAY
6) **Mother's Day Special** **Fresh Fruit Cup** **Cheese Omelet w/Cream Sauce** **Home Fries** **French Toast Sticks w/Syrup** **Cinnamon Coffee Cake w/Crumb Topping** **Chocolate Dessert**	7) **Vegetable Soup** Baked Macaroni & Cheese, Broccoli, Whole Wheat Roll **OR** Chicken Patty on Hamburger Roll, Lite Mayo, Lettuce Leaf, Potato Salad, Cucumber Carrot Onion Salad **Fresh Fruit**
13) **Vegetable Pasta Soup** Pot Roast w/Brown Gravy, Mashed Potatoes, Beets, Apple Cinnamon Muffin **OR** Turkey & Cheese on Multigrain Bread, Lite Mayo, Lettuce Leaf, Tomato & Zucchini Salad, German Potato Salad **Pistachio Pudding / Topping**	14) Ham & Pasta Bake w/White Cheese Sauce, Carrots, Oatnut Bread **OR** Egg Salad on Wheat Bread, Lettuce Leaf, Spinach Mandarin Orange Salad w/Dressing, Corn Salad **Tropical Mixed Fruit**
20) **Clam Chowder** Baked Haddock, w/Lemon Sauce, Rice Pilaf, Zucchini & Summer Squash Multigrain Bread **OR** ***Ham & Swiss on Rye Bread, Sliced Tomato, Mustard, Riviera Salad, Potato Salad **Mandarin Oranges**	21) Stuffed Shells, w/Meatball & Tomato Sauce, Peas, Carrots, Dinner Roll **OR** Tuna Salad on Multigrain Bread, Lo Mein Pasta Salad, Garden Salad w/Lite Italian Dressing **Chocolate Pudding / Topping**
27) **Split Pea Soup** Meatball Sub, Parmesan Cheese, Corn Spinach, Soft Sub Roll **OR** Chicken Salad on Lettuce Leaf, Rice Tomato Black Olive Salad, English Pea Salad, Rye Bread **Fresh Fruit**	28) **Florentine Soup** Hawaiian Chicken, Mashed Potatoes Mixed Vegetables, Wheat Bread **OR** Egg Salad on Multigrain Bread, Lettuce Leaf, Purple Cabbage Cole Slaw, Three-Bean Salad **Chef's Choice of Dessert**

ALL MEALS INCLUDE 8 OZ. OF 1% MILK AND MARGARINE.

Low sugar desserts are available, and need to be ordered with the site manager

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Menu subject to change. $1.75 donation

LUNCHEON SPECIALS FOR MAY

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

On **Thursday, May 6**, join your peers to eat and socialize at the **Springwell Mother's Day Special** lunch. And stay at the Senior Center for the Artbarn Theatre and light supper that follows later in the afternoon. See p. 8 for more information.

Then join in the fun at the **May Birthday Lunch** on **Tuesday, May 18**. Be sure to tell us if you or someone in your party has a May birthday when you make reservations.

Plan on attending **A Taste of Greece**, **on Tuesday, May 25**, a festival celebrating the food, history, and culture of Greece. See p. 11 for more info.

The Let's Go Out to Lunch group will not meet in May so plan on attending A Taste of Greece instead. Reservations are required for this event.

Brookline Senior Center
93 Winchester Street
617-730-2770

May 2010

EVENTS CALENDAR

MONDAY	TUESDAY	WEDNESDAY
3 9 am Podiatry Clinic 10:30 am Poetry Workshop filled 12:30 pm Chinese programs 1-2 pm Blood pressure screening 1 pm Mah Jongg/Scrabble 1--2 pm Line Dancing 2-4 pm Open computer lab	4 TOWN ELECTION TODAY 10:30 am Brookline Bees-not today 11am-3:00 pm Food distribution 1:00 pm Bingo 1:30 pm Movie Lovers' Film Series "Fantastic Mr. Fox"	5 9 am BLAB lawyer 9:30 am Retired Men's Club 12:30 pm Bridge 1 pm Brookline Music School Performers—Yoko Miwa Jazz Trio 2-4 pm Open computer lab
10 10:30 am Poetry Workshop filled 12:30 pm Chinese programs 1 pm Mah Jongg/Scrabble 1--2 pm Line Dancing 2-4 pm Open computer lab	11 10:30am Brookline Bees-Quilters 11am-3:00 pm Food distribution 12:30 pm French Conversation grp. 1:00 pm Bingo 1:30 pm Movie Lovers' Film Series "The Hurt Locker"	12 9:30 am Retired Men's Club 12:30 pm Bridge 1 pm COA Meeting - Bus # 66 Discussion w/Brian Kane from the Brookline Transportation Bd. 2-4 pm Open computer lab 3 pm Aging At Home planning mtg
17 9 am Podiatry Clinic 10:30 am Poetry Workshop filled 12:30 pm Chinese programs 1 pm Mah Jongg/Scrabble 1--2 pm Line Dancing 2-4 pm Open computer lab	18 10:30 am Brookline Bees-Quilters 11am-3:00 pm Food distribution 11 am Know Your Fats talk 12 noon May Birthday Lunch 1:00 pm Bingo 1:30 pm Movie Lovers' Film Series "A Touch of Spice	19 9:30 am Retired Men's Club 10:15a.m Telling Your Story reading 12:30 pm Bridge 1 pm Beading workshop 1 pm Low Vision Group 2-4 pm Open computer lab
24 10:30 am Poetry Workshop filled 12:30 pm Chinese programs 1 pm Mah Jongg/Scrabble 1--2 pm Line Dancing 2-4 pm Open computer lab	25 10:30 am Brookline Bees-Quilters 11am-3:00 pm Food distribution 12 noon Greek Festival Lunch and Entertainment, pre-reg. required 12:30 pm French Conversation grp. 1:00 pm Bingo 1:30 pm No Movie Lovers' Film	26 9:30 am Retired Men's Club 12:30 pm Bridge 1-2 pm Eileen Currier, St.E.'s Nurse Practitioner 2-4 pm Open computer lab
31 Memorial Day Holiday Senior Center is Closed Rogerson Community Adult Day Health is closed.		***To reserve a lunch please call 617-730-2770 by 11 am, a day in advance***

THURSDAY	FRIDAY
6 10:30 am Knit and Crochet 12 noon Springwell Mothers' Day Lunch 1:30 pm Knit and Crochet 1:30 pm Russian Tea Room 1:30 pm Easy Travel on vacation 4 pm Artbarn Supper Theatre- Pre-registration required	7 9 am Bridge 9:30 am Solemates Walking Group 10 am Project Volunteer Group 10:30 am Current Events 10:30 am Senior Chorus 1 -2:30 Parkinson's Support Group
13 10:30 am Knit and Crochet 1:30 pm Russian Tea Room 1:30 pm Knit and Crochet	14 9 am Bridge 9:30 am Solemates Walking Group 10 am Project Volunteer Group 10:30 am Current Events 10:30 am Senior Chorus (out of bldg.) Afternoon Alzheimer's Support Group Call for time
20 9 am Blood Pressure Screening 10:30 am Knit and Crochet 1:30 pm Knit and Crochet 1:30 pm Russian Tea Room	21 9 am Bridge 9:30 am Solemates Walking Group 10 am Minutes in Motion Breakfast speaker, Dr. Vikas Saini 10 am Project Volunteer Group 10:30 am Current Events 10:30 am Senior Chorus
27 10:30 am Knit and Crochet 1:30 pm Knit and Crochet 1:30 pm Russian Tea Room Evening Alzheimer's group call for time	28 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
SHINE counselors are available to answer your individual health insurance questions. Please call 617-730-2777 for an appointment.	For information about BETS discounted taxi tickets, please call 617-730-2740, Mon-Wed., noon - 4 pm

ONGOING SENIOR CENTER EVENTS

MONDAY

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

TUESDAY

10:15 am—Brookline Bees, Quilters
12 noon -4 pm—BETS
1:00 pm—Bingo
1:30 pm—Movies

WEDNESDAY

9:30 am—Retired Men's Club
12 noon-4 pm—BETS
12:30 pm—Bridge
2-4 pm Computer Lab open

THURSDAY

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

FRIDAY

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

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PETITE BOUTIQUE

Come to a very special event on **Sunday, May 16, from 12 noon to 2 pm.** We will have our finest jewelry, glassware, and other treasures for sale. And there is more to the event. Following the Boutique, there will be a musical performance by the Justin Meyers Trio at 2:00 pm. And with the concert, there will be a delicious dessert buffet.

Admission to the Boutique is only $2.00. This fee entitles you to attend both the boutique and the concert. If you wish to attend only the concert, the fee will still be only $2.00.

If you have fine jewelry and giftware to donate to the Boutique for sale, call Charlotte at 617-730-2769. All proceeds from this event will go to benefit the programs and services of the Brookline Senior Center.

ACTIVE SENIORS

Claire Weston and her son, Michael , attended the Boston University's Joining Hands ***Senior Prom,*** and, wow, Claire was crowned Prom Queen. Way to go, Claire!

Photo by Jewel Chin

And many went on the Active Adults visit to the ***Flower Show*** and had a preview of spring. *John Strange* has given us some photos he took so that we can all share the wonderful sights.

Bingo, Irish style, followed the St. Patrick's Day Lunch at the Senior Center. Faith and begorrah! And the **green** was everywhere.

Photo by Julie Washburn

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BROOKLINE RECREATION—IT'S WHAT WE DO!

The Brookline Recreation Department has planned excursions galore for the summer:

Walking Tour of the Commonwealth's State House—Friday, May 14—Van leaves the Senior Center at 11:00 am and returns a approximately 2:30 pm. ***Cost:*** $5.00 per person.

Lunch at the Robert T. Lynch Golf Course followed by a ***guided tour of the Museum of Transportation***—Friday, May 28—Van leaves the Senior Center at 12:00 noon and returns at approximately 4:00 pm. ***Cost:*** $20.00 per person.

WalkingTour of Fenway Park—Friday, June 11—Van leaves the Senior Center at 11:00 am and returns at approximately 2:30 pm. ***Cost:*** $15.00 per person.

Spirit of Boston Cruise and Lunc—Wednesday, June 3—Bus leaves the Soule Center at 10:15 am and the Senior Center at 10:30 am and returns at approximately 3:00 pm. ***Cost:*** $45.00 per person.

Foxwoods Casino—Saturday, June 26—Bus leaves the Soule Center at 7:45 am and the Arcade Building at 8:00 am and returns at approximately 6:00 pm. ***Cost:*** $30.00 per person.

Patriot Place—Shopping—Friday, July 9—Van leaves the Senior Center at 12:00 noon and returns at approximately 4:00 pm. ***Cost:*** $5.00 per person.

Castle Island—Friday, July 23—Van leaves the Senior Center at 12:00 noon and returns at approximately 4:00 pm. ***Cost:*** $5.00 per person.

Warren's Lobster House/Outlet Shopping—Thursday, August 5—Bus leaves the Soule Center at 9:45 am and the Senior Center at 10:00 am and returns at approximately 5:00 pm. ***Cost:*** $40.00 per person.

Barbecue at Larz Anderson Park—Friday, August 20—Van leaves the Senior Center at 11:30 am and returns at approximately 2:00 pm. ***Cost:*** $10.00 per person

For more information about, and to register for, the above excursions, call the Brookline Recreation Department at 617-730-2069, or visit their web site at www.brooklinerec.com.

Note: The Brookline Recreation Department is no longer doing regular mailings to Active Adults. However, you can keep informed about their excursions by subscribing to the Senior News and Events for only $10.00 per year. To subscribe, use the form on p. 31.

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- Wound Management
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- Discharge Teaching

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LESSONS FROM MY MOTHER-IN-LAW

My mother-in-law, Nadia, is now about 99 years old. When I first met her, she was still working and supporting herself. She was widowed very young. Her first words to me were "It is not your job to ingratiate yourself into this family; it is my job to welcome you in."

She has welcomed every new life into the family with great love and excitement, and she has not criticized when doing so would have done great damage to her children and grandchildren. As a result, she has maintained good relationships with all. And each child, grandchild, or great grandchild keeps in touch with her. Nadia will never be lonely.

As she aged, Nadia, developed osteoporosis in every piece of her spine. She was and is in terrible pain. But she remains undefeated. Instead of complaining about how bent she is from disease, she describes how big the furniture looks!

A number of years later, Nadia broke her femur. At the hospital, a young 'bow-tie" doctor interviewed her. She described her physical ailments to a "T," without complaint, even though the pain was enormous. The doctor looked at her and said, "You have a great quality of life. I'm going to see that the therapies you get are the most and best we can do for you."

Nadia is no longer able to walk far; her breathing is difficult; her heart is frail; she is hard of hearing, losing her eyesight, and has chronic bronchitis. Yet she is more observant than people with 20/20 vision. She discusses politics and religion like a pro. Her views are *very* modern still.

Recently, she asked me about a pair of earrings she had given me "Susana," she said, "I have to ask you a question, but I am embarrassed to ask it." I could not imagine what she wanted to know and why she was embarrassed. "[The] earrings are yours, and you have every right to do what you will with them. Last time you wore them, it looked as if you had altered them. Did you change them, or is it my eyesight?" I was astounded. It was her eyesight. I never would have changed the earrings. But she needed to know. I wasn't sure if she needed to know that her eyesight is really bad or if she needed to know that I had made a change in the earrings, but I suspect that it was concern about her eyesight.

Surely she is worried with her eyesight and hearing. Certainly she is afraid when she can't breathe or walk. But the way she translates these anxieties into productive questions is so amazing that I am without words to describe it in any other way than to say that she lives with *grace under pressure*.

Nadia has taught me some important lessons about living with the aging process. In my profession, I try to translate these lessons into an understanding that some of my clients come to the office in great physical, mental, and emotional pain. My job is to help them, but it is also to welcome them in and make them as comfortable as I can. I am not always as successful as Nadia, but I keep trying. I am truly grateful for my relationship with her, and I am inspired daily by how she has handled what life has dealt her.

by Susana Lannik

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Brookline & Newton Offices

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Original member of Brookline Senior Center Committee and Brookline Legal Assistance Bureau.

KEEPING YOUR LAST WILL AND TESTAMENT SAFE

Clients frequently ask where to keep their signed Last Will and Testament (Will). The original Will is required for probate. If only a copy can be found, the testator is presumed to have revoked the Will. Asking for a copy of the Will to be allowed poses a problem, unless all of the heirs-at-law (those who would receive the estate had the decedent died without a will) assent to using the copy.

What if you were to place the original in a safe deposit box at a bank? This is a good solution for many people. However, unless there is a joint signer to the box who possesses (or who can obtain) a key, there will be a problem getting the will out of the box after the testator's death.

The best way to solve this problem is to have at least two people at all times who can access the box. This works well for married people, but once one spouse has died, the surviving spouse should think about providing joint access to another person so that when the second spouse dies, getting the Will is easy.

If you are single (or your spouse has died), give a friend or a relative access to the safe deposit box after your death by having him/her sign as a joint registrant on the box. You need to trust the person you select to have joint access. You may want to think about whether to select a relative who would receive an "intestate share" as next of kin if you died without a will but who will receive nothing if the Will in the safe deposit box is probated.

If a friend or relative has died and you suspect that the Will is in his/her safe deposit box, you may have a problem. You cannot probate the Will until you have it. If you go to the bank, you may be told that you cannot open the box until you are appointed by the court. That creates a *Catch 22*, because you can't be appointed as executor (where there's a Will) until you have that original Will in your hand.

In a situation like this, some banks have good internal procedures and systems in place to provide access to a Will in a safe deposit box. Some do not. If the safe deposit box does not have a joint holder, you may have to go to Probate Court to get an order to access and search the box.

Other possibilities for keeping your Will safe include keeping it in a fireproof lock box at home or simply having the original documents in a file at home. Make sure your named executor and at least one of your heirs knows where the box and the key to it is located, or where the file in the home the Will has been placed.

by Laurie Israel, Esq.

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CELL PHONES, IPODS, GLASSES

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

The Senior Center also accepts donations of eyeglasses for the Lions Eyeglass Recycling Program. A donation box for eyeglasses is located in the lobby of the Senior Center.

CAREERS IN AGING

Once again we are looking for seniors to join in the Senior Center's popular Careers in Aging (CIA) program to work with Brookline High School students in July. Projects include: photography and scrapbooking, oral history interviews, reminiscence projects, an intergenerational book club, crafts and games projects, and round-table discussion on current and controversial topics.

This year in addition to recruiting the many talented seniors who have made this program so successful in the past, we are also seeking veterans of both sexes and of all branches of our armed forces from all foreign conflicts—World War II, Korea, Vietnam, and so forth—to help the students in the CIA program learn about, and understand, the veterans' experiences.

We are reaching out to all interested seniors early because we want to be sure we reach all of you. For more information or if you'd like to participate in the program in general, call Deidre Waxman at 617-730-2767. For more information about the veterans portion of the program, call Julie Washburn at 617-730-2760.

Life's a walk in the park at Chestnut Park!

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Entrance on Chiswick Road
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If you love meeting new people and staying active at the Senior Center, you'll love living at Chestnut Park at Cleveland Circle. Discover the world-class service that makes life easier, and enjoy:

- Award-winning dining
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We're Just 4 Minutes (1.6 Miles) Away From the Senior Center!

Call 617-566-1700 today to schedule a complimentary dinner & personal tour!

Assisted Living • Memory Care

ENGLISH CONVERSATION

Rosalind Mainelli is offering an hour of English conversation for people wishing to feel more comfortable with their English language skills. The only requirement is basic reading ability in English. The first six-session program is on Fridays from April 9 through May 14 from 10:30 to 11:30 am. These sessions are free but group size is limited so preregistration is required.

VOLUNTEER NEEDED!

The Senior Center is looking for a volunteer to coordinate the Theatre Club that the Senior Center and Center Communities in Brookline—Hebrew SeniorLife cosponsor. This exciting volunteer position will include finding and planning shows and events appropriate, and of interest, to the Brookline senior community; promoting and advertising the performances/shows; collecting fees and distributing tickets; and acting as group leader for all the excursions the club sets up.

Interested in volunteering for this position? Call Vivian Freeman at 617-730-2743.

15TH ANNUAL PUBLIC HEALTH POLICY FORUM—SAVE THE DATE

On Thursday, June 17, at the Senior Center, this year's Public Health Forum will be on *Health Care Reform: What Happened? What Next?* Moderator former governor Michael Dukakis will be joined by panelists Marcia Angell (senior lecturer in the Department of Social Medicine at Harvard Medical School), Jonathan Gruber (professor of economics at the Massachusetts Institute of Technology), and Amy Whitcomb Slemmer (health-care attorney).

Light hor d'oeuvres will be served from 6:00 to 7:00 pm. The panel discussion will be from 7:00 to 9:00 pm. This event is free, but reservations are required. For more information and to register, call 617-730-2300.

This event is presented by Friends of Brookline Public Health and Brookline Adult & Community Education in cooperation with the Brookline Department of Public Health, the Brookline Council on Aging (COA), The Brookline Human Relations-Youth Resources Commission, the League of Women Voters of Brookline, the Brookline Commission for Women, and the Brookline Department of Veterans Services.

SPANISH IMMERSION

The Spanish Immersion program is expanding and offering Spanish classes for beginners in 2010 on Thursday afternoons from 1:00 to 2:00 pm. There is a fee of $25.00 for this 6-week course. The instructor is now-Brookline resident Lourdes Murray, originally from Columbia. She has lived in the United States for many years. For more information about, and to register for, future beginning Spanish classes, call Mercedes Briceno on Thursdays between 1:00 and 4:00 pm at 617-730-2644, or e-mail her at brookline.spanish.immersion@gmail.com.

Spanish conversation skills improvement by talking one-on-one with Spanish-speaking elder teachers (for a fee of $11/hour or $90/10 hour-long conversations and a registration fee of $8) is also still very much available. For more information, making matches, and to register, contact coordinator Jane Cohen at 617-953-7016.

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

BROOKLINE SENIOR THEATRE GROUP

Join the group on **Sunday, May 23**, at a performance of the Huntington Theatre Company's *Prelude to a Kiss.* Reserve a place by calling the Senior Center at 617-730-2770. Vans will pick up participants from the Senior Center, 100 Centre Street, and 1550 Beacon Street at 1:00 pm.

A fee of $20.00 (which includes the ticket and round-trip transportation) is due at registration by cash or check. Make checks payable to the Brookline Senior Theatre Group. (Note: There will be no ticket refunds after May 19. If you are unable to attend the show, please arrange for someone to take your ticket.)

FIVE STRAIGHT FACTS ON HEALTH REFORM

The facts presented here are from the new health reform law—the Patient Protection and Affordable Care Act:

1. The law will provide health coverage for millions of uninsured Americans—plus extra protections for most people who currently have insurance.
2. The law will not cut any benefits provided under traditional Medicare—and it will even improve some benefits. See the SHINE article on Health Care on p. 5.
3. The law will help you find and afford long-term care at home.
4. The law will improve care for older Americans in other ways. It will help prevent and combat elder abuse, neglect, and exploitation; improve the workforce caring for seniors and increase the number of primary care physicians; improve nursing home quality; and reduce health insurance premiums for Americans aged 55 to 65.
5. The law will reduce Medicare spending growth—and it's fully paid for by slowing the rate of payment increases to Medicare providers, reducing payments of Medicare Advantage (MA) plans, reducing fraud and waste, asking high-income beneficiaries to pay higher Medicare premiums, and creating a new Medicare Advisory Board. —*NCOA*

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THE ASSISTANCE YOU NEED TO STAY INDEPENDENT

Let's hear a big "Hurrah" for our Volunteer of the Year

Bob Roll!

Photos left and below by Jewel Chin

Photos by (top to bottom)

Volunteer Appreciation Luncheon Reprise

Vivian Freeman, our volunteer coordinator, set the tone and expressed the gratitude of all of us to the host of volunteers who attended the luncheon on April 14:

"I always look forward to this day. I get to talk to some of you from time to time, but now I can see all of you at once. It's like a big family reunion, and I can tell you in person how appreciative we are for everything you do.

Your contribution of time and caring adds a new dimension in helping provide the best possible service to our elder population. We can enrich and supplement services through devoted and experienced volunteers like you.

There are as many reasons to volunteer as there are people who do so. Some people recognize needs and want to satisfy them. Others just want to have fun. Retirees offer their professional expertise to the community. The young provide energy to the elderly, while receiving the benefit of their wisdom.

Not only do you help others, but being a volunteer helps you in many ways:

- Satisfaction from accomplishing a goal
- Teamwork
- Improved self esteem
- Numerous opportunities to meet new contacts and friends"

WORKSHOP FOR OLDER PARENTS WHO ARE CARING FOR AN ADULT CHILD WITH MENTAL ILLNESS

The Brookline Community Mental Health Center is offering this workshop as part of their Caring Elders Program. Everyone is invited to attend on **Tuesday, May 4, from 1:00 to 5:00 pm** at the Brookline Community Mental Health Center at 41 Garrison Road.

Topics will include: planning for the future--benefits, challenges, barriers; making a plan—letters of intent; locating community resources for adults with mental illness; talking with siblings and other family members; and getting organized—legal and financial arrangements.

Presenters from the Brookline Community Mental Health Center are Anne Donnelly (social worker), Jenny McCartney (psychologist), and Henry White (MD and clinical director). Ellen K. Wade (attorney from Wade & Horowitz) will also be on hand as a presenter.

There is not charge for attending this workshop. However, space is limited so an RSVP call to 617-277-8107 is required.

This program is supported by a grant from Springwell.

INFORMATION HOTLINE

You may have noticed that the Senior Center now has a phone number for "Information Hotline" on page 1 of our newsletter. This hotline is now ready to go so look in the June newsletter for information on what it is and how it will function.

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

Do you know someone who does?

If so, please call us!

1-800-243-4636

(1-800-AGE-INFO)

OUR CONTRIBUTORS

We want to thank everyone who contributed materials to the *May Senior News and Events*: to SHINE for the article on p. 5; to Edith Richman for the recipe on p. 10; to www.eatingwell/com for the recipe on p. 11; to Jewel Chin, John Strange, and Julie Washburn for the photos on p. 20; to Susana Lannik for the essay on p. 23; to Laurie Israel for the essay on p. 24, to NCOA for the article on p. 27, and to Jewel Chin and Julie Washburn for pictures on p. 28.

OUR ADVERTISERS

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

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 assistance or special accommodations, please contact the COA at 617-730-2777.

ALZHEIMER'S ASSOCIATION EVENT

Join a conversation with David Dosa, MD and author of *Making Rounds with Oscar: The Extraordinary Gift of an Ordinary Cat* on **Thursday , May 20 at 6:30 pm** at the Alzheimer's Association's offices at 311 Arsenal Street (4th floor). RSVP to 617-868-6718 or DevelopmemtMANH@Alz.org.

ROGER R. LIPSON

ATTORNEY-AT-LAW

7 HARVARD STREET | BROOKLINE MA 02445-7379

Tel. 617-566-2300

THANK YOU—MAY 2010

This month we have many, many people to thank: For donations of money that help us support the programs and services that make the Senior Center so vibrant. And for giving so generously of their time to keep the programs and services at the high standards the Brookline senior community

Our heartfelt thanks for their donations go to:

Annual Appeal Donors: Rebecca Blunk, Michael Chambers, Sylvia Franklin, and Tania Friedman

Van Fund Donor: Charlotte Simmons

Donations in Honor of:
Income tax preparation from Gertrude Crowley, Gerry Randolph, and William Sullivan

Chris Dippel for tax preparation from Pearl Lampert, Arlene Strowman, and I. Ethel Spellman

John Knutson for tax preparation from Yuet M. Ooi

Doris Bernhard for her 100th birthday from Nellie Slater

Ruthann Dobek, Anne Higgins, Charlotte Millman, and Sonia Wong from Ellen Zellner

Elaine Yanowitz and the Brookline Senior Center from Joyce James

Donations in Memory of:
Ruth Denson, Wilma Perkins, Rita Yelgin, and Max Rossi from Elaine Langenthal

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Raymond Rogers from Dotty Bell, Ruthann Dobek, Kathryn Kilpatrick (***supporting the Van Fund***). Naomi Podhorzer, Dorothy Wolfson, and Sonia and William Wong

Rita Yelgin from Sharon Kaufman

Donations supporting the "Taste of Greece" event from Mary Perdikes

THE TAX PREPARERS

Special thanks this month go to the AARP tax preparers—Chris Dippel, John Knutson, and Peter Rosenbaum. We all appreciate their work to help us prepare and file our Federal and State Income Tax forms. They worked tirelessly through February and March—and even into April. Keep up the good work—we need you!

GOODBYE AND GOOD LUCK

Alas, it is also time to say farewell to our student interns for this year: Kelly Burke, Alex Davis, Jamie Donchin, and Liz Kalfas. We send with you our thanks for the work you have done this academic year at the Senior Center and many wishes for success in your careers. And thank you for choosing geriatric social work .

A SPECIAL "THANK YOU" TO…

All the volunteers and staff who helped set up, serve, and clean up deserve special recognition. (See p. 30 for a reprise of the event.)

However, a very special thank you goes to **Jennie Chen Zheng, RN, from the Brookline Health Care Center** for service above and beyond the call of duty. Thank you, Jennie for all your good work to help make the luncheon especially wonderful.

And to ***Vivian Freeman***, the Senior Center Volunteer Coordinator, we want to give kudos for all her good work with the volunteers and the volunteer programs over the 15 years she has been with the Council on Aging. She has served all that time with good humor, grace, and the highest of professional standards, and keeps on finding the best group of volunteers.

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 monthly. To subscribe, please fill in the following form and return it and a check for $10.00 to:

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93 Winchester Street
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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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