

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



Council on Aging Elderbus Hotline

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HIGHLIGHTS

Learn about Alzheimer's Awareness Month—see pp. 1 and 4 to 5.

Come to the **2008 Holiday Fair** on
Friday, November 14, and Saturday, November 15—see p. 18

Get your shots at the Flu Clinics—see p. 6

Read about Nettie Lesser—see p. 12

Attend the Utilities Workshop—see p. 22

Let' Talk Politics with the Duke—see p. 24



NOVEMBER 2008

ALZHEIMER'S AWARENESS MONTH

World wide it is estimated that about 16 million people have Alzheimer's disease, 4.5 million of them are Americans. For every person with Alzheimer's, there is often at least one other person who directly cares for them and a host of health-care and social workers, advocates, volunteers, and support workers in the background. With so many people directly or indirectly affected by Alzheimer's, it is good that a time of year is set aside to promote awareness.

It is not known what causes Alzheimer's disease, and at present, there is no cure. But there is hope and help. Research into the disease is offering answers to many questions. Pooling knowledge and increasing international funding will one day provide us with the cause and with better ways of treating Alzheimer's and eventually will, we sincerely hope, provide a cure for Alzheimer's.

Until that day we pay tribute to all the people who have Alzheimer's disease and to all who strive to make the lives of people with Alzheimer's better. To all the caregivers who love and care, who daily give such a lot to help their loved ones, we say a special thank you in recognition of your very special contribution.

—Christine Kennard

in About.com: Alzheimer's Disease

See page 4 for more Alzheimer's other articles connected with Alzheimer's Awareness Month.



**Don't forget to
VOTE
on Tuesday,
November 4!!!**

TABLE OF CONTENTS

<p>Alzheimer’s Awareness Month..... 1</p> <p>Council on Aging Meeting..... 3</p> <p>Medicare Alert..... 3</p> <p>Holidays 3</p> <p>Rogerson Programs Note..... 3</p> <p>Alzheimer’s Awareness Month</p> <p style="padding-left: 20px;">Warning Signs of Alzheimer’s Disease 4</p> <p style="padding-left: 20px;">Drugs Currently Available to Treat</p> <p style="padding-left: 40px;">Alzheimer’s Disease 4</p> <p style="padding-left: 20px;">Alzheimer’s Caregivers Support Groups..... 4</p> <p style="padding-left: 20px;">More Area Information about</p> <p style="padding-left: 40px;">Alzheimer’s Disease 5</p> <p style="padding-left: 20px;">Improv for Dementia Caregivers 5</p> <p style="padding-left: 20px;">Useful Books about Alzheimer’s 5</p> <p>Flu Clinics 2008..... 6</p> <p>Did You Know [about depression]? 6</p> <p>The Health Page 7</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>Blood Pressure Screenings..... 7</p> <p>At the Gallery 8</p> <p>Easy Travel..... 8</p> <p>Modern Beading Workshop 8</p> <p>Book Discussion Group..... 8</p> <p>Modern Dance 8</p> <p>Movie Lovers Series for November 9</p> <p>Senior Movies Around Town 9</p> <p>Senior Services..... 10</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>Project Volunteer..... 10</p> <p>Tax Abatement for Seniors 11</p> <p>Web Sites for Job Hunters..... 11</p> <p>Creativity and Aging: Letters We’ve</p> <p style="padding-left: 20px;">Never Written 11</p> <p>Bank of Canton Courses</p> <p style="padding-left: 20px;">Identity Theft, Security, and Elder Abuse..... 11</p> <p style="padding-left: 20px;">Back to Basics Banking..... 11</p> <p>Let Them Eat Cake..... 12</p> <p>Fire Safety Tip..... 13</p> <p>Arthritis Exercise Class 13</p> <p>Gathering of LGBT Grandparents 13</p> <p>Giving Wisely to Charity 13</p> <p>Springwell Nutrition Program..... 14</p>	<p>Luncheon Specials for November 15</p> <p>Events Calendar 16</p> <p>Ongoing Senior Center Events 17</p> <p>2008 Holiday Fair 18</p> <p>Chili for the Chilly 18</p> <p>Old Cell Phones 19</p> <p>Events at Goddard House in Brookline</p> <p style="padding-left: 20px;">in November 19</p> <p>DTV is A-Coming 20</p> <p>Autumn Benefit—Reprise 20</p> <p>Concert 20</p> <p>Neighborhood Fall Fair—Reprise 20</p> <p>Spanish Immersion..... 20</p> <p>From the Director 21</p> <p>Get ICEed..... 21</p> <p>Thanksgiving..... 21</p> <p>Utilities Workshop..... 22</p> <p>Global Warming Café—Reprise 22</p> <p>Keeping Warm This Winter 23</p> <p>Saving Our Resources 24</p> <p>Falls Are Preventable 24</p> <p>Let’s Talk Politics 24</p> <p>85+ Study Reprise 24</p> <p>Giving..... 25</p> <p>From the Board President..... 25</p> <p>Brookline Food Pantry 25</p> <p>Special Thanks..... 25</p> <p>Our Advertisers 25</p> <p>Our Contributors 25</p> <p>Handicapped Access 27</p>
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The Town of Brookline Senior News & Events

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Subscription fee: \$10.00/year. See page 27 for subscription/renewal form.

COUNCIL ON AGING MEETING

This month's meeting on **Wednesday, November 12, at 1:00 pm**, will feature Doreen Nemeth, Associate Director of the MetroWest Regional SHINE (Serving the Health Information Needs of Elders) Program, giving a SHINE update presentation. This is a great opportunity to learn what is happening in the SHINE program — what's new, what's changing, what we can expect in our insurance needs for the coming year.

MEDICARE ALERT

Last month, many people with Medicare received a fat package from their prescription drug plan or Medicare private health plan that describes changes to their plan for 2009.

These changes may include:

- Drugs that will no longer be covered
- Increased monthly premiums
- Increased co-pays for drugs, doctors' visits, or hospital stays

People who do not pay attention to, or understand, the information in the packages may not find out about changes until January — when it will be **too late** to do anything about it! **Don't let this happen to you!**

Now is the time to make sure you understand how your plan may be changing and review other plans that are available to you. During the annual **Medicare Open Enrollment Period (November 15 to December 31)**, you can **CHANGE** your plan to one that best meets your needs. This change will be effective on January 1, 2009.

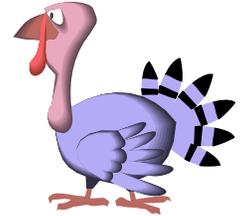
Details about plans in your region are now available by meeting with a SHINE (Medicare) Counselor at the Senior Center. Call 617-730-2777 for an appointment. Call **SOON** for a SHINE appointment as they are in great demand!

You may also receive help by calling 1-800-MEDICARE or visiting www.medicare.gov.

HOLIDAYS

Veteran's Day is **Tuesday, November 11**. The Senior Center will be closed that day in memory of all the men and women who have not come marching home from the too-frequent wars in which we have been involved in our two and a quarter plus centuries of history.

On a happier note, we will also celebrate Thanksgiving on **Thursday, November 27**, by closing the Senior Center for the day so that staff can celebrate with their families and friends.



ROGERSON PROGRAMS NOTE

Do remember that the Rogerson Adult Day Care and Rogerson Fitness programs will be open on Tuesday, November 11. Call Janie Spilker at 617-383-6012 for more information about the Adult Day Care program and Sharon Devine at 617-73-2741 for more information about the Rogerson Fitness program.

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ALZHEIMER'S AWARENESS MONTH

November is Alzheimer's Awareness Month. We do not yet know the cause. We do not yet have a cure. However, we have a great deal of ongoing research. And some new treatments. So every day we get closer to controlling the course of the disease and to the cure.

WARNING SIGNS OF ALZHEIMER'S DISEASE

This devastating disorder affecting older people — Alzheimer's disease—has many warning signs. If someone has several or even most of the symptoms listed below, it does not mean they definitely have the disease. It does mean they should be thoroughly examined by a medical specialist trained in evaluating memory disorders, such as a neurologist or psychiatrist, or staff at a comprehensive memory disorder clinic with an entire team of expert knowledge about memory problems.

1. Asking the same question over and over again.
2. Repeating the same story, word for word, again and again.
3. Forgetting activities that were previously done regularly and easily—how to cook, make repairs, or play cards,
4. Losing the ability to pay bills or balance a checkbook.
5. Getting lost in familiar surroundings.
6. Misplacing household objects.
7. Neglecting to bathe while insisting that one has taken a bath.
8. Wearing the same clothes over and over again while insisting that the clothes are still clean.
9. Relying on someone else, such as a spouse, to make decisions or answer questions that used to be something that could be done alone.

*Based on a list by The Suncoast Gerontology Center,
University of South Florida.*



DRUGS CURRENTLY AVAILABLE TO TREAT ALZHEIMER'S DISEASE

No treatment has been proven to stop Alzheimer's disease. However, for some people in the early and middle stages of the disease, the drugs donepezil (Aricept®), rivastigmine (Exelon®), or galantamine (Razadyne®, formerly known as Reminyl®) may help prevent some symptoms from becoming worse for a limited time in some patients. Another drug, tacrine (Cognex®), was approved by the Food and Drug Administration (FDA) but is no longer actively marketed by the manufacturer. In addition, the drug, memantine (Namenda®), has been approved to treat moderate to severe Alzheimer's, although it also is limited in its effects. And the FDA recently approved the use of donepezil to treat moderate to severe Alzheimer's.

Also, some medicines may help control behavioral symptoms of Alzheimer's such as sleeplessness, agitation, wandering, anxiety, and depression. Treating these symptoms often makes patients more comfortable and makes their care easier for caregivers.

SOURCE: National Institute on Aging

ALZHEIMER'S CAREGIVERS SUPPORT GROUPS

Two Alzheimer's Caregivers Support Groups will meet in November. The **Daytime** group will meet **Friday, November 14**. Call group leader December Heffernan at 617-730-2753 to attend and/or for further information. The **Evening** group will meet **Thursday, November 20**. Call Susan Andriole at 617-730-2754 to attend and/or for further information. Both groups are open to Brookline residents and town employees free of charge.

MORE AREA INFORMATION ABOUT ALZHEIMER'S DISEASE

The West Suburban Area Alzheimer's Partnership (a collaboration of families and health-care and human-service providers whose mission is to identify and serve the needs of individuals with Alzheimer's Disease and related disorders and their families) has published a guide intended as a starting point for getting information about local available services for a person with Alzheimer's or a related disorder. Finding the right provider or service to meet individuals' and families' particular needs is often a matter of doing some homework and asking the right questions.

The Alzheimer's Association has many tools and checklists available to help in this process. Many can be downloaded free from their web site at www.alzmass.org or requested by calling their Help Line at 800-548-2111.

Copies of this Guide—Community Resource Guide to Services for Alzheimer's Disease and Related Disorders—can be downloaded at www.springwell.com. Or you can request a copy of the guide by calling the Information and Referral Department at Springwell at 617-926-4100 or by e-mailing a request to inforef@springwell.com.

USEFUL BOOKS ABOUT ALZHEIMER'S

The Alzheimer's Action Plan: The Experts' Guide to the Best Diagnosis and Treatment for Memory Problems by P. Murali Doraiswamy, Lisa P. Gwyther, and Tina Adler (Hardcover, 2008)

The Myth of Alzheimer's: What You Aren't Being Told About Today's Most Dreaded Diagnosis by Peter J. Whitehouse and Daniel George (Hardcover, 2008)

ABC's of Activities for Alzheimer's by Amira Choukair Tame (Paperback, 2006)

A Caregiver's Guide to Alzheimer's Disease: 300 Tips for Making Life Easier by Patricia R. Callone (Paperback, 2005)

IMPROV FOR DEMENTIA CAREGIVERS

People with dementia are “in the moment,” which can make it difficult to reach them. Too often, caregivers and loved ones of those with dementia struggle to bring them into our world, trying to remind them of a past they have trouble connecting to. This can often lead to frustration, confusion, and anger. Improv for Dementia Caregivers offers another way: Use the tools employed by professional improvisational actors to learn how caregivers, too, can join others in the moment and therein find beauty, fun, connection, and joy. The workshop also offers the opportunity to connect with other caregivers.

This workshop (with Erik Volkert instructing) will be held on Saturday, November 15 at 10:00 am at Goddard House in Brookline, 165 Chestnut Street. Refreshments will be served.

The workshop is free of charge but an RSVP to 617-731-8500 is necessary. Parking is available on site. Directions for getting to Goddard House in Brookline is available online at www.goddardhouse.org. Additional information on the Improv is available online at www.improvboston.com.

Learning to Speak Alzheimer's: A Groundbreaking Approach for Everyone Dealing with the Disease by Joanne Koenig Coste and Robert Butler (Paperback, 2004)

Alzheimer's Disease: A Guide for Families and Caregivers by Lenore Powell, Katie Courtice, EdD. Lenore Powell, and Katie Courtice (Paperback, 2002)

Alzheimer's Activities: Hundreds of Activities for Men and Women with Alzheimer's Disease and Related Disorders by B. J. Fitzray (Hardcover, 2001)

The 36-Hour Day: A Family Guide to Caring for Persons with Alzheimer's Disease, Related Dementing Illnesses, and Memory Loss in Later Life by Nancy L. Mace and Peter V. Rabins (Paperback, 2001)

FLU CLINICS 2008



The Brookline Health Department has announced the schedule for Brookline's 2008 adult flu clinics.

According to Alan Balsam, PhD, MPH, Director of Public Health and Human Services, "The Health Department anticipates having its normal supply of flu vaccine available after November 1 and has set its flu clinic dates accordingly." Dr. Balsam noted that Brookline residents interested in receiving the flu vaccine earlier may contact their primary care provider or check the following web sites for a current list of public flu clinics (flu.masspro.org or findaflushot.com/Mass). In New England, the flu season usually begins in December and does not peak until February. Therefore, flu vaccine can be administered throughout the flu season.

The Brookline adult flu clinics are open to all Brookline residents 18 years of age or older. Brookline clinics also will offer both pneumonia and tetanus vaccines. For persons under 65, there is a \$10 charge for each of the three vaccines. Dr. Balsam commented that people at risk for pneumococcal disease should also receive the pneumococcal vaccine, which is effective in preventing invasive pneumococcal disease, a common complication of the flu.

Dates, times and locations for the 2008 adult flu clinics are:

Thursday, Nov. 6, from 10:00 am to 1:00 pm at the **Senior Center**, 93 Winchester Street

Monday, Nov. 24, from 10:00 am to 12 noon at **O'Shea House**, 61 Park Street

Tuesday, Nov. 25, from 4:00 to 6:00 pm at **Putterham Golf Clubhouse**, 1281 West Roxbury Parkway

Tuesday, Dec. 2, from 3:00 to 6:00 pm at **Devotion School**, 345 Harvard Street

Seniors attending the flu clinics are asked to bring with them Medicare cards and health insurance cards, and to wear loose-sleeved clothing. These flu clinics are sponsored by the Brookline Department of Public Health, VNA of Boston, Beth Israel Deaconess Medical Center, the Brookline Housing Authority, and the Brookline Council on Aging

Information about the Brookline 2008 flu clinics also may be obtained by calling 617-730-2295 or from the Town web site: www.townofbrooklinemass.com.

DID YOU KNOW?

- Major depression affects approximately 15 million American adults (8% of the population) in a given year.
- Approximately 80% of people experiencing depression are not currently receiving treatment.
- Depression is one of the most treatable illnesses: 80-90% find relief. Source: The Wellness Corp.



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| • <u>Flu</u> vaccine clinics | • <u>Diabetes</u> instructions/supplies |

Call and talk to one pharmacist about your MEDICARE D plan!



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

Ask a Nurse Nurse Practitioner Eileen Currier of St. Elizabeth's Medical Center will be at the Senior Center on **Wednesday, November 19 from 1:00 to 2:00 pm.**



Podiatry Clinic Routine foot care with Dr. John McLoughlin is available by appointment on **Mondays, November 3 and 17, from 9:00 am to 12:00 noon.**

Sessions, which last 15 minutes each, cost \$25. Appointments are required. To make an appointment, call 617-730-2777.

Low Vision Group This peer-led support group for individuals with limited eyesight meets on **Wednesday, November 19, at 1:00 pm.**

Blood Pressure Screenings

The Brookline Health Care Center will provide a blood pressure screening **at the Senior Center on Monday, November 3, from 1:00 to 2:00 pm.** The nurse who will preside at this session is bilingual (English and Chinese).

Blood pressure screenings with a Brookline Health Department Nurse will be held **at the Senior Center, this month on Thursday, November 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
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BLOOD PRESSURE SCREENINGS

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

- Wednesday, November 5, at the Brookline Health Department, 11 Pierce Street, from 2:00 to 3:00 pm
- Thursday, November 20, at the Senior Center from 9:00 to 10:30 am
- Wednesday, November 26, at O'Shea House, 61 Park Street, from 1:00 to 2:00 pm

Don't forget to
VOTE
on Tuesday, November 4!!!

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AT THE GALLERY



*The Brookline Senior Center
invites you to see*

An exhibit of black and white photographs
by Alvin Brass

Monday, October 6, through
Wednesday, December 31
Hours: 8:30 am to 5:00 pm
Monday through Friday

Alvin Brass has made architectural detail and microphotography the theme of this interesting and often surprising photographic exhibit. This show is definitely worth seeing.

EASY TRAVEL

Travel to Greece, the cradle of democracy without leaving the Senior Center on **Thursday, November 6, at 1:30 pm** with Hilary Hopkins as your guide.

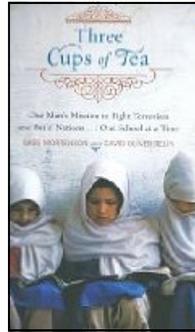
FRENCH CONVERSATION

Improve your conversational French with Agnes Serenyi on **Tuesday, November 25 at 12:30 pm**. There will be no meeting on Tuesday, November 11, as the Senior Center is closed on that day for Veteran's Day.

MODERN BEADING WORKSHOP

Come string beads imaginatively with workshop leader March Harvey on **Thursday, November 13, at 1:00 pm**.

BOOK DISCUSSION GROUP



The group will meet on **Monday, November 17**, at Temple Emeth at Putterham Circle (enter from the Puddingstone Road entrance) at **2:00 pm**. This month's book is *Three Cups of Tea* by Greg Mortenson. Everyone is welcome—regular attendees and newcomers.

MODERN DANCE

At press time no new program of no-stress dance and movement has been scheduled. However, this popular program may well be repeated. Keep an eye on the *Senior News and Events* and the TAB.



THANKFUL TO BE HOME WITH THOSE YOU LOVE

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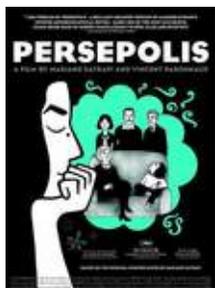
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MOVIES LOVERS SERIES FOR NOVEMBER

This November is going to be a busy month—with national elections, Veteran's Day, Thanksgiving, and the approach of cold weather. However, you can relax with a good movie on Tuesdays in November for free at the Senior Center at 1:30 pm. Note that **there will NOT be a movie on November 11** as it is Veteran's Day and the Senior Center will be closed on that day.



November 4
95 minutes (2007)
Persepolis

Marjane (voiced by Chiara Mastroianni) just wants to be an ordinary kid, but that isn't easy in 1978 Iran. This profound animated film follows Marjane's childhood in a repressive society, her adolescence in France, and her return to Tehran as an adult. Based on Marjane Satrapi's autobiographical graphic novel, this Oscar nominee for Best Animated Feature Film also features the vocal talents of Catherine Deneuve and Simon Abkarian.



November 18
117 minutes (1952)
With a Song in My Heart

Susan Hayward stars as Jane Froman, an ambitious singer whose career takes off after she makes her radio debut and marries her pianist (David Wayne), in this Oscar-winning musical biography. Just as she's about to break through, however, Froman is seriously injured in a plane crash. Ever the performer, she decides the show must go on, and after a tough recuperation, she travels the globe entertaining the troops during World War II



November 25
103 minutes (2007)
The Visitor

Widowed professor Walter Vale (Richard Jenkins) discovers an immigrant couple, Tarek (Haaz Sleiman) and Zainab (Danai Gurira), squatting in his Manhattan apartment and becomes wrapped up in their lives when Tarek is thrown into a detention center. A wonderful Hiam Abbass costars as Tarek's mother, who forges an unlikely connection with Walter. Director Thomas McCarthy's follow-up to his indie hit *The Station Agent* premiered at Sundance in 2008.

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. Refreshments are available at 1:00 pm, and the film starts at 1:30 pm. Call 617-730-2380 for more information.

There are also **Senior Matinees at the Coolidge Corner Theatre** on Wednesdays (\$3.00 for admission to any show before 4:00 pm). This program is co-sponsored by the Senior Services of Jewish Family & Children's Service and the Combined Jewish Philanthropies Senior Direct program. For more information, call 617-734-2500.

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

SENIOR SERVICES

The Brookline Senior Center and the Council on Aging (COA) are incredible organizations that offer a vast array of programs and activities.

BETS is a cab discount program that allows income-eligible Brookline residents over 60 to buy up to five (5) coupon books a month. Each coupon is worth \$10 in cab rides for just \$5, and each coupon book has five (5) coupons. That's half price folks! BETS coordinator Alicia Ebrat is at the Senior Center **Monday through Wednesday from 12:00 noon to 4:00 pm** to take applications for, and sell, BETS coupon books.

If you want to apply or be recertified for BETS, please bring your latest income tax returns when you meet with Alicia. (Remember that all riders must be recertified every year in order to be able to buy BETS coupon books.)

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

BLAB The Brookline Legal Assistance Bureau (BLAB), will be at the Senior Center from **9:00 am to 12:00 noon on Wednesday, November 5**. 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.



HELP finds trained, dependable workers to assist individual seniors with such tasks as meal preparation, errands, cleaning, and shopping—for an affordable rate. All workers are trained and screened by the HELP

staff. To get HELP, call 617-730-2752.

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

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.

SHINE counselors Deborah Brass, Sonny Saslaw, and Sonia Wong are at the Senior Center on **Wednesday and 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 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.



PROJECT VOLUNTEER

Looking for a meaningful volunteer experience that is also fun and social? Project Volunteer assists the Senior Center and other worthwhile nonprofit organizations with mailings and other tasks. Join us as we fold, stuff, and chat! Project Volunteer meets on Friday mornings. If you want more information or want to join this great volunteer group, call Rebecca at 617-730-2772.



TAX ABATEMENT FOR SENIORS

There are several places available in the new Tax Abatement program for seniors. This program will help address the growing concern that Brookline seniors are faced with of finding creative ways to remain in the community and of paying their property taxes. Seniors will receive \$750.00 off their property tax bill by volunteering 100 hours of service to town agencies. Jobs will be available in various town departments and range from clerical to outdoor projects. Brookline is joining over 100 Massachusetts communities who already have such a tax deferral program.

Volunteers seeking to work off their property taxes have several interesting work options in the town in addition to that of working for the Senior Center. To date jobs have been offered as follows:

- Clerical positions at the Assessor's office
- Grave decorating for Memorial Day at Veteran's Services
- Clerical positions at the Brookline Fire Department
- Clerical position at the Town Counsel's office

If you are interested in the Tax Workoff program, we still have a few spots left. Please call Deidre Waxman at 617-730-2767 or Ruthann Dobek at 617-730-2756 for more information or for an application. You may also call 617-730-2777 for an application.

WEB SITES FOR JOB HUNTERS

If you are looking for work, you might want to try these web sites:

- RetirementJobs.com has partnered with the AARP website www.aarp.org/money/wor
- www.aarp.org/jobtips
- SeniorJobBank.org
- WorkForce50.com
- RetiredBrains.com

CREATIVITY AND AGING: LETTERS WE'VE NEVER WRITTEN

Do you have letters running around in your head that you have never written? Letters of joy, love, anger, guilt? Join us in pursuing these scripts in a four-week program sponsored by the Senior Center. Letters We've Never Written is the first pilot in a new series on creativity and aging. It will meet at the Senior Center on **Fridays, November 7, 14, and 21, and on December 5, from 11:00 am to 12:00 noon**. The group will be led by Riva Berkowitz and Kalina Black and should be a fascinating experience for all who participate.

If you are interested in joining this pilot program or for more information, call 617-730-2777 and leave a message for Riva Berkowitz. Reserve your place early as the Letters We've Never Written program is limited.

BANK OF CANTON COURSES

The Bank of Canton is offering two, one-session courses of special interest to seniors at the Senior Center.

Identity Theft, Security, and Elder Abuse: This ID Red Flag program will provide you with information about what you can do to protect yourself against identity theft and elder abuse. Presenters will be Bank of Canton Assistant VP Elaine Joseph and Assistant Manager Barbara Hewitton. So come to the Senior Center on **Monday, November 17, at 10:00 am**. There will be a raffle item given away, a paper shredder.

Back to Basics Banking: This course will contain FDIC and DIF Insurance coverage reviews, a description of the Bank of Canton's easy-to-use and understand products and services, and a discussion of how we have all been affected by the current economic situation. Presenters are Senior VP Anthony Caruso and Assistant VP Elaine Joseph. This program will be on **Monday, November 24, at 10:00 am** and a book will be given as a raffle item.

LET THEM EAT CAKE

Our Senior Center runs on volunteers; we couldn't do without them. They are a vital part of almost every senior program. And one of our most unusual and beloved volunteers is Nettie Lesser, famous around the Senior Center as "the cake lady."

For several years, Nettie has baked beautiful birthday cakes for the monthly Birthday Luncheons at the Senior Center. The lunches, open to everybody, feature special presents for those born in the month being celebrated and slices of Nettie's birthday cake for all. Attendants include some regulars who never miss a birthday lunch, such as the woman who travels to Brookline from Somerville once a month; the cake is an attraction not to be underestimated.

Flavors vary from season to season: lemon bundt cake for September perhaps followed by apple cake in October. Nettie takes suggestions and requests and has been known to make small substitutions for the occasional luncher



who is allergic to or cannot eat a particular flavor. Asked if she regrets seeing her artistic creations disappear within minutes, she shakes her head. "The taste is part of the art, too," she says. Sometimes she will bake three or more cakes to be sure that nobody is left out; need-

less to say, leftovers are rare.

Growing up in Pennsylvania, Nettie learned to bake from her mother, and as she and her husband raised their own children on Long Island, she and several partners had a catering business. "We did everything for parties and weddings and so forth. I loved it, and the parties were such fun!" Small wonder that after she moved to Brookline to be near her two daughters and grandchildren, she would eventually find herself baking for the Senior Center, where she helps out in the kitchen every Monday as well.

Cake making appears to be a tradition in Nettie's family. On September 11, 1973, one of her daughters, an American college student in Chile, was caught in the Pinochet *coup d'etat*, and spent an anxious time hidden by a Chilean family, at some risk to themselves. Early this year, she returned to Chile to interview members of that family, and those who were children during her first stay with the family remembered fondly that she had baked carrot cakes for them. It was a skill and a gift from her mother that brightened a bad time, just as it brightens our good times. The Senior Center can be grateful that we share a Nettie Lesser tradition, too.

by Jean Kramer

Note: We also owe a special "thank you" to Vivian Freeman for providing birthday presents month after month in memory of her husband.

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FIRE SAFETY TIP

A wet dishcloth can be a one-size-fits-all lid to cover a fire in a pan! To deal with a common kitchen fire, for example, oil in a frying pan igniting, throw a wet dishcloth over the pan. This will smother the fire.

Throwing water directly into the pan is not a good idea. The water, being heavier than the oil, sinks to the bottom where it instantly becomes superheated. The explosive force of the steam blows the burning oil up and out. Inside the confines of a kitchen, the fireball could hit the ceiling and fill the entire room in moments.

In the same vein, do not throw sugar or flour on a grease fire. One cup of either creates the explosive force of two sticks of dynamite.

ARTHRITIS EXERCISE CLASS

This class, instructed by Ilse Leaser, PhD, RN, with guidelines developed by the Arthritis Foundation, will continue on **Thursdays, November 6, 13, and 20, from 10:30 to 11:30 am** at the Senior Center. Since the class began on October 23, it is too late to enroll in this group. Keep an eye on the *Senior News and Events* and the TAB for notice of any future arthritis exercise classes.

GATHERING OF LGBT GRANDPARENTS

The Stonewall Communities Lifelong Learning Institute is offering a gathering on Saturday, November 15 from 9:30 am to 3:30 pm. Keynote speakers will be Dr. Nancy Orel, author of studies of LGBT grandparents, and Mayor of Cambridge Denise Simmons. In addition to the general session, there will be break-out sessions for sharing experiences, connecting, learning, and celebrating. There will also be a resource table, and lunch is included.

The venue is Wheelock College's Brookline Campus at 43 Hawes Street. This gathering is free for seniors over 75 years of age. For everyone else, the fee is \$20.00.

For more information, call 617-369-9090 or e-mail www.stonewallcommunities.com.

GIVING WISELY TO CHARITY

Rachel Myer, a representative of the Better Business Bureau will be at the Senior Center on **Monday, November 10, at 10:00 am** to discuss giving wisely to charity with interested seniors. This program is particularly *apropos* in today's economy where every penny counts both for you and for charities you donate to.



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Springwell Nutrition Program

617-730-2770

NOVEMBER 2008

MONDAY	TUESDAY	WEDNESDAY
<p>3) Butternut Squash Soup/Crackers Meatloaf/Mushroom Gravy Scalloped Potatoes Green Beans/Multigrain Bread OR Chicken Salad on White Bread Tossed Garden Salad Lite French Dressing Pasta Salad Frosted Carrot Cake</p>	<p>4) Corn Chowder/Crackers Baked Fish/Dill Sauce Red Bliss Potatoes/Peas & Carrots Oatmeal Bread OR ***Ham & American Cheese on Rye Bread Mustard/Roman Blend Salad German Potato Salad Mandarin Oranges</p>	<p>5) Chicken Chili Buttered Rice/Corn Bread Tossed Salad/Lite Dressing OR Egg Salad on Oatmeal Bread/Lettuce Leaf Carrot Raisin Salad Balsamic Vinaigrette Pasta Pears</p>
<p>10) Oriental Vegetable Soup/Crackers Sweet and Sour Chicken Fried Rice/Wheat Bread Oriental Mixed Vegetables/Fortune Cookie OR Turkey & Swiss Cheese on Oatmeal Bread Lite Mayo/Carrot Pineapple Salad Three Bean Salad Pineapple</p>	<p>11) <u>Veterans' Day Holiday</u></p> <div style="text-align: center;">  <p>CLOSED</p> </div>	<p>12) ***Reduced Sodium Hot Dog Hot Dog Roll/Baked Beans/Cole Slaw Ketchup/Mustard/Relish OR Breaded Chicken Patty on a Hamburger Roll Lite Mayo/Lettuce Leaf Tomato Red Pepper Salad/Potato Salad Frosted Cake</p>
<p>17) Seafood Chowder/Crackers Breaded Baked Fish Amantine Mashed Potatoes/Broccoli/Rye Bread OR Roast Beef & Mozzarella Cheese on Multigrain Bread/Lite Mayo/Lettuce Leaf Ziti Broccoli Salad Summer Squash Salad Fresh Fruit</p>	<p>18) <u>Birthday Lunch</u> Minestrone Soup/Crackers Chicken with Creamy Italian Sauce Oven Roasted Potatoes Herbed Green Beans/Oatmeal Bread OR Seafood Salad on Lettuce Leaf Cucumber & Tomato Salad Italian Pasta Salad/Whole Wheat Bread Pineapple</p>	<p>19) Spinach Mixed Bean Soup/Crackers ***Chicken Kielbasa/Onions & Peppers Hot German Potato Salad Mixed Vegetables/Mustard/Sub Roll OR Chicken Salad on Oatmeal Bread Lettuce Leaf/Pineapple Cole Slaw Potato Salad Mandarin Oranges</p>
<p>24) Pasta e Fagioli Soup/Crackers Eggplant Parmesan/Meatball/Tomato Sauce Parmesan Cheese/Cauliflower/Cesar Salad Lite Dressing/Whole Wheat Bread OR Tuna Salad on Rye Bread Lo-Mein Pasta Salad Spinach Mandarin Orange Salad Lite Italian Dressing Diced Pears</p>	<p>25) Beef Stew w/Vegetables Peas Apple Cinnamon Muffin OR California Chicken Salad on Lettuce Leaf Cole Slaw Orzo Vegetable Salad Multigrain Bread Ambrosia</p>	<p>26) Split Pea Soup/Crackers Baked Crumb Topped Macaroni & Cheese Stewed Tomato & Zucchini Whole Wheat Bread OR Roast Beef & Swiss Cheese on Oatmeal Bread Lite Mayo/Lettuce Leaf Tomato Broccoli Salad Potato Salad Chef's Choice Dessert</p>
<div style="text-align: center;">  </div>	<div style="text-align: center;">  </div>	

LUNCHEON SPECIALS FOR NOVEMBER

THURSDAY	FRIDAY
<p>6) ***Baked Sliced Ham/Apple Glaze Whipped Potato Mixed Root Vegetables/Rye Bread OR Turkey Salad on Multigrain Bread Lettuce & Tomato Slices Potato Salad Ice Cream Cup</p>	<p>7) Vegetable Soup/Crackers Stuffed Shells/Meatball Spinach Alfred Sauce Zucchini/Scali Bread OR Roast Beef & Swiss Cheese on Wheat Bread/Lite Mayo Riviera Salad/Macaroni Salad Fresh Fruit</p>
<p>13) Tomato Soup/Crackers Fish Florentine Whipped Potatoes/Parsley Carrots Multigrain Bread OR Chef Salad w/turkey, egg, mozzarella cheese, vegetables/Italian Dressing Lo Mein Salad/Whole Wheat Roll Mixed Fruit</p>	<p>14) Cream of Mushroom Soup/ Crackers Beef Steak Patty/Brown Gravy Sweet Potatoes/Spinach Oatmeal Bread OR Tuna Salad on a Lettuce Leaf Tri-Color Pasta Salad Cole Slaw/Rye Bread Tapioca Pudding/Topping</p>
<p>20) Thanksgiving Special Day Roast Turkey Gravy/Stuffing Cranberry Sauce Whipped Potatoes Seasoned Peas, Carrots, Corn Corn Bread Apple Pie</p>	<p>21) Stuffed Cabbage/Tomato Sauce Buttered Noodles/Parmesan Cheese Italian Style Vegetables/Wheat Bread OR Turkey & American Cheese on Rye Bread/Lite Mayo/Lettuce Leaf German Potato Salad/Beet Salad Chocolate Pudding/Topping</p>
<p>27) Happy Thanksgiving</p> <div style="text-align: center;">  </div> <p style="text-align: center;">CLOSED</p>	<p>28) Chicken Broccoli Penne Casserole Alfredo Sauce Zucchini/Multigrain Bread OR Seafood Salad on Rye Bread Lettuce Leaf Carrot Raisin Salad Pasta Salad with Cheese Fresh Fruit</p>
<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>	

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

Thursday, November 20, join us for a traditional **Thanksgiving Special Day** followed by a nontraditional, but very worthy, session of community service. See p. 21 for more information.

Tuesday, November 18, is our monthly **Birthday Luncheon.** If you or one of your party has a November birthday, don't forget to tell us when you make reservations.

The **Out-to-Lunch** group will meet at **12:00 noon** at *Frankie and the Boys*

on Washington Street in Brookline Village. Have a hamburger or a hot dog as a reminder of younger, simpler times. Come and be social while having a lovely meal. Call Charlotte at 617-730-2769 to RSVP and/or for additional information..

MONDAY	TUESDAY	WEDNESDAY
3 9 am Podiatry Clinic by appt. 10:30 am-12 noon Poetry Workshop 10:30 am Holiday Fair planning mtg. 12:30 pm Chinese programs 1-2 pm Blood Pressure screening 1 pm Mah jongg 1-2 pm Line Dancing 2-4 pm Open computer lab	4 ELECTION DAY 10:30a.m Quilters - not today 12 noon - Springwell lunch 1 pm Bingo 1:30 pm Movie Lovers' Film Series "Persepolis"	5 9 am-12 noon BLAB lawyer 9:30 am Retired Men's Club 10 am –12 noon SHINEcounselor 12:30 pm Bridge 1 pm Justin Meyer Jazz Group, free performance sponsored by Brookline Mlusic School
10 10 am BBB presentation on "Giving Wisely to Charity" 10:30 am-12 noon Poetry Workshop 12:30 pm Chinese programs 1 pm Mah jongg 1-2 pm Line Dancing 2-4 pm Open computer lab	11 Veterans' Day Holiday Senior Center is closed Rogerson Adult Day Health program is open	12 9:30 am Retired Men's Club 10 am - noon SHINEcounselor 12:30 pm Bridge 1 pm COA meeting - speaker Doreen Nemitz, director SHINE program, will give an update on Medicare
17 9 am Podiatry Clinic by appt. 10am"Preventing ID theft,'red flag,' & other financial security issues.* 10:30-noon Poetry Workshop 12:30 pmChinese programs 1 pm Mah jongg 1-2 pm Line Dancing 2-4 pm Open computer lab	18 10:30amBrookline Bees-Quilters Noon - November Birthday lunch 1:00 pm Bingo 1:30 pm Movie Lovers' Film Series "With A Song in My Heart - The Jane Froman Story"	19 9:30 am Retired Men's Club 10 am –12 noon SHINEcounselor 12:30 pm Bridge 1 pm Low Vision Group 1:30 pmEileen Currier,Nurse Prac. 1:30 pm Digital T.V. presentation by David Green from Comcast
24 10 am "Back to Basics" in Banking* 10:30-12 noon Poetry Workshop 12:30 pm Chinese programs 1 pm Mah jongg 1-2 pm Line Dancing 2-4 pm Open computer lab	25 10:30amBrookline Bees-Quilters 12 noon -"Let's Go Out to Lunch Group meet at "Frankie & the Boys" 12:30 pm French Conversation grp. 1:00 pm Bingo 1:30 pm Movie Lovers' Film Series "The Visitor"	26 9:30 am Retired Men's Club 10 am –12 noon SHINEcounselor 12:30 Bridge
*presented by Bank of Canton		To reserve a lunch please call 617-730-2770 by 11 am, a day in advance

ONGOING SENIOR CENTER EVENTS

THURSDAY	FRIDAY
<p>6</p> <p>FLU Clinic 10 am - 1 pm</p> <p>10 am - noon SHINE counselor</p> <p>10:30 am Knit and Crochet</p> <p>1pm Knit and Crochet</p> <p>1:30 p.m " Easy Travel" goes to Greece with Hilary Hopkins</p> <p>1:30 pm Russian Tea Room</p>	<p>7) 9 am Bridge</p> <p>9:30 a.m Solemates Walking Group</p> <p>10 a.m Project Volunteer Group</p> <p>10 am Utilities Workshop</p> <p>10:30 am Current Events</p> <p>10:30 am Senior Chorus</p> <p>11 am "Letter Writing" workshop</p> <p>3:45 pm Modern Dance- \$2</p>
<p>13</p> <p>10 am –12 noon SHINE counselor</p> <p>10:30 am Knit and Crochet</p> <p>1 pm Knit and Crochet</p> <p>1pm Beading Workshop with Marge Harvey</p> <p>1:30 pm Russian Tea Room</p>	<p>14</p> <p style="text-align: center;">HOLIDAY FAIR</p> <p style="text-align: center;">10 am-3 pm</p> <p>9:30 a.m Solemates Walking Group</p> <p>No Current Events today</p> <p>10:30 am Sr. Chorus performs</p> <p>11 am "Letter Writing" workshop</p> <p>1 pm Alzheimers Support Group</p>
<p>20</p> <p>9-10:30 am Blood pressure screen.</p> <p>10 am - noon SHINE counselor</p> <p>10:30 am Knit and Crochet</p> <p>1 pm Knit and Crochet</p> <p>1:30 pm Russian Tea Room</p> <p>Evening Alzheimers' Support Group</p>	<p>21</p> <p>9 am Bridge</p> <p>9:30 a.m Solemates Walking Group</p> <p>10 a.m Project Volunteer Group</p> <p>10:30 am Current Events</p> <p>10:30 am Senior Chorus</p> <p>11 am "Letter Writing" workshop</p>
<p>27</p> <p>THANKSGIVING HOLIDAY</p> <p>Senior Center is closed</p> <p>Rogerson Adult Day Health program is closed</p>	<p>28</p> <p>9 am Bridge</p> <p>9:30 am Solemates Walking Group</p> <p>10 am Project Volunteer Group</p> <p>10:30 am Current Events</p> <p>10:30 am Senior Chorus</p> <p>11 am "Letter Writing" workshop (not this week)</p>
<p>SHINE counselors are available to answer your individual health insurance questions. Please call 617-730-2777 for an appointment.</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>

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

9:00 am—Bridge

9:30 am—Solemates, Walking Group

10:30 am—Current Events Discussion Group

10:30 am—Senior Chorus



2008 HOLIDAY FAIR

The time is fast approaching...for the 2008 Holiday Fair. It's on two days this year—**Friday, November 14, and Saturday, November 15, from 10:00 am to 3:00 pm each day** at the Senior Center. This fair has it all—something for everyone in your family—original artwork, jewelry, photographs, and holiday items will be for sale. Our crafters will offer a choice of afghans, necklaces, earrings, hand knits, and decoupage. The food court will offer yummie homemade baked goods and other tantalizing goodies to tickle your palate.

And all the proceeds will benefit the Senior Center in support of programs and services

to Brookline elders. Please stop by and show your support for local seniors. The Brookline Senior Center supplements our Town budget with fundraising activities. Donations support the van, the computer lab, weekend programs, and our many entertainment programs. All gifts are welcome and tax deductible.



Photo courtesy of
Mimi Katz

CHILI FOR THE CHILLY

This chili recipe makes a great cozy meal for a cool fall evening. Save any leftovers for meals during the week, or freeze them to have later in the month.

Ingredients

15½oz can kidney beans, drained & rinsed
14½ oz can low sodium diced tomatoes
15 oz can low sodium tomato sauce
½ lb 90% (or better) lean ground beef
1 medium yellow onion, diced
2 green bell peppers, diced
2 cups cooked brown rice (½ cup dry)

Seasonings:

1 clove garlic, minced
½ tbsp chili powder
¼ tsp black pepper
⅛ tsp salt

Total Time: 30 minutes
Ease of Preparation:
Easy to Moderate

Preparation Brown the meat in a large (3½- to 4-quart) saucepan, then drain the drippings. Add onions and cook until they are transparent. Add the remaining ingredients. Mix and simmer on medium-low, stirring occasionally, for 15 minutes. Serve over ½ cup of cooked brown rice.

Bean Bonuses Add beans to any dish and reduce meat to get great variety and taste while saving money and benefiting health by reducing the amount of saturated fat and increasing plant-based nutrients in your meals. Beans provide protein, fiber, iron, and many other nutrients, without any of the cholesterol and unhealthy saturated fat found in meats. Most beans are high in both insoluble and soluble fiber, which means that they do double duty fighting high cholesterol and constipation. Fiber is very filling, so you can feel full from fewer calories. Additionally, eating high fiber foods like beans helps keep blood sugars stable.

Tips For Using Beans Canned beans tend to be high in sodium, but draining and rinsing them before use decreases the sodium content. Boiling your own dried beans (which have no salt added) cuts sodium even more. Beans are a great addition to many meals, such as soups, casseroles, and snack dips

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THE ASSISTANCE YOU NEED TO STAY INDEPENDENT

EVENTS AT GODDARD HOUSE IN BROOKLINE IN NOVEMBER

On Wednesday, November 5, at 7:00 pm Dr. Regina Epperhard, Clinical Social worker at Beth Israel Deaconess Medical Center will talk about **Caring for the Elderly.**

Attorney Lauren Keane of Moschella & Winston, LLP will lead a **Veteran's Benefits Discussion** on Tuesday, November 11 at 8:00 am.

Discussion with Massachusetts State Senator **Cynthia S. Creem** on Thursday, November 13 at 9:30 am about the results of this year's presidential election and the political and economic issues important to elders.

There will be an **Improv for Dementia Caretakers** on Saturday, November 15 at 10:00 am. See p. 5 for more information.

For more information and to register for these programs, call Goddard House in Brookline at 617-731-8500. Directions for getting to Goddard House can be obtained online at www.goddardhouse.org.

OLD CELL PHONES

Don't forget that the Senior Center is still collecting old cell phones to get money that helps support our programs. Dig around in unusual places if you have already been to the likely places, and bring cell phones you find to Susan Andriole at the Senior Center. We will put the funds they generate to good use.

FROM THE DIRECTOR

“It is not happiness that makes us grateful, but gratefulness that makes us happy.”

*Brother David Steindl-Rast, from Human Values in Aging,
editor HR Moody, October 1, 2008*

October was indeed a scary month. Stock market plummeting, oil prices erratic, and news of recession hitting every budget—individual, local, state, and federal. Despite these real times of belt buckling and economic insecurity, we have much to celebrate. Every day that you have a warm bed and a full belly should be considered a good one.

November is the month of Thanksgiving and a season of gratitude. Here is just a few of the things that put a smile on my face and make me enjoy coming to work every day.

Staff—dedicated, caring, read to go-the-extra-mile.
They are the best!

Volunteers—over 300 strong and there every day for us. We would have to close our doors if we had to go without their thousands of hours of work.

Board—advocates in the rain, snow, freezing cold and against the bitter and ageist. They are why we have any funding and programs.

Programs—now more than ever, the great bargain for high-quality entertainment and educational opportunities is appreciated by all. Everyone should take advantage of the programs.

Services—the envy of most communities. Providing dignity and independence to every Brookline senior through top-notch delivery. Brookline community—talented and committed. The people who live here are always willing share their ideas and expertise with us. They are the reason we can be so successful on such limited means.

Team approach—all the human providers try to do what is best for our seniors and to work collaboratively. We share the tasks seamlessly to create a powerful safety net.

Seniors—you are the ones who make this job worthwhile with your wisdom, creativity, and energy. I salute each of you every day.

Autumn Benefit—the outpouring of generosity from the community to ensure we have enough money is heartwarming. Even in this time of economic woes we have surpassed last year’s income and are close to our 2008 goal.

Spirit of kindness—people who come to the senior center share this attitude. We care about one another. The joys and heartaches alike are part of our powerful community.

On Boss’s Day, my staff took up a collection in my honor to be used toward Senior Center Programs. I am deeply moved by their thoughtfulness. The gratitude I feel has brought me great joy! As always, enjoy the holidays with family and friends. Take a moment to truly be grateful

THANKSGIVING

This year the Senior Center’s Thanksgiving Luncheon (turkey and all the trimmings) will be on **Thursday, November 20**. And after the luncheon, we will do community service projects. Join us for a wonderful luncheon followed by good works—helping our senior community and the greater Brookline community as well.

GET ICEed

If you have a cell phone add an entry in your contacts list for ICE (which stands for In Case of Emergency). This should be the person you want to have notified in case of an emergency. All emergency responders look for an ICE entry if you have a cell phone as a matter of course. And, if you want more than one person to be notified, you can have an ICE 1, ICE 2, etc. listing.

UTILITIES WORKSHOP

Don't get left out in the cold this winter! Attend one of the sessions of this free utilities workshop offered by the Metropolitan Boston Housing Partnership and sponsored by the Brookline Home Heating Task Force and the Council on Aging.

If you are worried about losing your heat, hot water, and/or electricity, or if you have big bills for any or all services and can't figure out how to pay for it all, this workshop will help you to learn how to save energy and avoid being shut off.

These workshops will deal with very practical matters. It will assist you in:

- Applying for weatherization and fuel assistance
- Getting discounted rates from your utility companies
- Finding options for paying overdue bills
- Learning your rights and responsibilities as a consumer

So come to one of the two sessions, either on **Friday, November 7, from 10:00 to 11:30 am at the Senior Center at 93 Winchester Street** or on **Monday, November 17, from 6:30 to 8:00 pm at the Brookline Community Foundation at 40 Webster Place.**

Since space is limited at each meeting, contact Virginia Bullock at 617-730-2124 to RSVP even though the workshops are free of charge. Note that residents who RSVP for one of these workshops will also receive up to 20 free energy-efficient light bulbs.

GLOBAL WARMING CAFÉ—REPRISE

The Global Warming Café on October 4 served up a lot of food for thought. It presented the Town with the LOW CARBON DIET—a way to save money, save energy, and save the planet—a way to be part of the global warming solution!

This diet is “an easy, fun way to reduce the cost of home energy and the many impacts of global warming.” People throughout Massachusetts who want to do something real to combat global warming can form small groups (of 5 to 8 households) and use teamwork and behavior change to lose 5,000 pounds of carbon in 30 days. At the café, there were speakers and workshops aimed at helping people lower their carbon emissions by 10% or more and educational forums to learn about technical retrofits such as geothermal and solar energy use.

If you missed the event but want to learn more about how you can help reduce our carbon footprint and/or want to be part of the attempt, contact Mary Dewart, Climate Change Action in Brookline's co-director, at 617-734-4224, check out their web site at www.climatechangebrookline.org, or come to one of the Utilities Workshops (see article to the left) as Climate Change Action will be there, too.

You can also get lots of information and resources for low carbon living at the Massachusetts Climate Action Network's web site at www.massclimateaction.net/lcl/home. And more information about the Low Carbon Diet is available at www.empowermentinstitute.net.

Many thanks to the Massachusetts Climate Action Network for the quote about the Low Carbon Diet and for other information used in this article.

ROGER R. LIPSON

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KEEPING WARM THIS WINTER

As autumn shows her radiant colors and the nights grow longer and chillier, our thoughts turn to the expense of heating our homes. Oil, natural gas, and electricity prices are still astronomical for people on a fixed income (even though the price of oil is dropping). Folks need affordable ways to keep the chill out without touching the thermostat.

Bundle Up We heat through any exposed part of our bodies. The amount of heat we lose depends on the amount of exposed surface area. The rate of heat loss is relatively the same for any exposed part of the body (including the head).

It doesn't matter if you are 9 or 90—listen to your mother's often offered (and usually ignored) advice: Bundle up! Add an extra layer of clothing. Whether it's a woolly sweater on top with a thin cotton t-shirt underneath or a set of thin silk long johns, that extra layer will help insulate you and keep your own body heat in. For sleeping, try a night cap—no, not whiskey, a real cap—to cover your head: the one part of your body you usually leave exposed no matter how many blankets you pile on the bed.

Be a Storm Trooper Make sure to pull your storm windows down before winter starts blowing. The two layers of glass act as a small buffer of insulation between the outside temperatures and the inside window. No storm windows? Fit plastic sheeting over the windows inside your house or apartment instead. Also, keeping the interior doors in your home closed whenever possible will preserve warmth.

Dodge the Draft For pesky breezes that sneak their way in, use "draft catchers": fabric cylinders filled with sand or cat litter. These bolsters block cold drafts at the bases of doors and windows. Because they are filled with sand, they are incredibly flexible and can be molded to fit wherever they are needed. They are easily moved, so you don't have to worry about block-

ing access with some other type of covering. You can buy them inexpensively (at housewares, discount, or dollar stores), order them online, or make them yourself.

Stoke Your Internal Furnace and Spice Up Your Life That's right! Eating hot meals and drinking hot beverages help your body maintain an even, warm temperature simply because your body does not have to waste energy heating food so that it can digest it. Another dietary trick is to eat foods flavored with curry, chili, or cayenne pepper. Indian and Thai cuisines make fabulous use of these spices in yummy, filling dishes.

Be Resourceful Despite all our best efforts inside the home, some days are just too cold for comfort. If you find that creeping fuel costs are getting the better of your budget, check out what resources and benefits may be available to folks on a fixed income. The Massachusetts Low Income Home Energy Assistance Program (LIHEAP) provides eligible households with help in paying a portion of winter heating bills. To locate the nearest Fuel Assistance provider in your area, call the Massachusetts Department of Housing and Community Development Heat Line at 1-800-632-8175.

*by Victoria Ellsworth, Paralegal
Law Offices of Laurie Israel*

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SAVING OUR RESOURCES

This program will focus on finances and the environment, both individual and community. Individual talks scheduled for this program are:

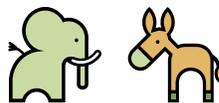
- Friday, November 7, from 10:00 to 11:30 am—Utilities Workshop given by the Brookline Home Heating Task Force—see p. 22 for details.
- Monday, November 10, at 10:00 am—Talk on giving wisely to charity by the Better Business Bureau—see p. 13 for details.
- Wednesday, November 12, at 1:00 pm—Medicare Update will be given at the Council on Aging board meeting. All are invited. See p. 3 for details.
- Monday, November 17, at 10:00 am—Bank of Canton talk on Identity Theft, Security, and Elder Abuse—see p. 11 for details.
- Monday, November 24, at 10:00 am—Bank of Canton talk on Back to Basics Banking—see p. 11 for details.
- And **SAVE THE DATE**—Tuesday, December 9 at 11:00 am Tips to Beat the High Cost of Grocery Shopping presented by Springwell Dietitian, Nancy Keith. This a not to be missed talk. Mark your calendars.

FALLS ARE PREVENTABLE

Steps you can take to reduce your risk of falling:

- **Talk to your doctor about your medications.** Some medications can affect your balance or cause dizziness.
- **Eat right.** Regular meals and proper nutrition will keep you on your feet.
- **Get regular vision exams.** Regular eye exams can spot problems with your vision.
- **Make your home safer.** Pick up all clutter that can limit movement in walking areas. Make sure all rugs are properly secured to avoid slips and trips. Install railings and grab bars where they are needed.
- **Stay active.** Regular exercise can help keep and maintain balance, flexibility, and strength.

LET'S TALK POLITICS



The last and probably the most meaty of this series of informative lectures and discussions is scheduled for **Wednesday, November 17**. Come to **Brookline High School, 115 Greenough Street from 7:00 to 8:30 pm** to hear Michael Dukakis, former Governor of Massachusetts and 1988 Democratic nominee for President (currently Distinguished Professor of Political Science at Northeastern University and Visiting Professor at the School of Public Policy at UCLA) lead what will undoubtedly be a lively discussion on the outcome of the 2008 Presidential election and where we can expect to go from here. Hear about the campaign, the candidates, and the issues and prospects with which the new administration will be faced. Share your thoughts on the election and the outcome. Ample time will be devoted to audience questions and answers.

The Brookline Adult and Community Education (BA&CE) is sponsoring this lecture. Pre-registration and a payment of \$5.00 is required. To register for this lecture/discussion, call 617-730-2700, fill out the registration form on the inside back cover of the BA&CE Fall 2008 catalog and send it in, or apply online at www.brooklineadulted.org. The **Course Code** for this event is **X196**.

85+ STUDY REPRISE

September's Council on Aging meeting introduced us to a study to determine the needs of Brookline's oldest seniors. The program is now under way—under the direction of Alberta Grossman Lipson and Ruthann Dobek.

We are now recruiting volunteers to help interview Brookline seniors 85 years of age and over. If you want to volunteer as an interviewer, call Vivian, our Volunteer Coordinator, at 617-730-2743.

An orientation/training meeting will be held on Monday, November 17, at 1:00 pm at the Senior Center.

GIVING

We extend thanks to all the people and organizations whose donations to the Senior Center and its programs and services in October were so generous.

To Dorothy Wolfson for her gift in **honor of Arlene Stern**

To Lisa Meister for her gift in **honor of the Brookline Senior Center Respite Programs**

To Diedre and Allen Waxman for their gift in **honor of the Brookline Senior Center Careers in Aging Program**

To Amy and Dwight Porter for their gift in **memory of Charlotte Sokoloff**

To Barbara O'Brien for her gift in **memory of Ruth Abrams**

To Adele Horwitz, Karen Rose Lane, and Ralph Perkins for their gifts **to our Annual Appeal**

FROM THE BOARD PRESIDENT

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

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

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

BROOKLINE FOOD PANTRY

There are other forms of giving. Contributions of items—like tea bags, hearty soups, jams and jellies, deodorant, soaps, toothpaste and tooth brushes, canned meats and fish, canned vegetables, rice, peanut butter, and cooking oil—are needed by the Brookline Emergency Food Pantry, a part of the United Parish Church of Brookline outreach program. Drop off goods donations for the pantry in the lobby of the Senior Center.

SPECIAL THANKS

To the Central Bank for their very generous gift in October to our Annual Appeal.

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 our advertisers for helping to support the *Senior Center News and Events* newsletter so that we can continue to serve the Brookline senior community.

OUR CONTRIBUTORS

Our thanks go to the contributors and sources of articles in the November *Senior News and Events*: to Christine Kennard for her article in About.Com: Alzheimer's Disease on p. 1, to the Suncoast Gerontology Center at the University of South Florida for the information used in the Warning Signs article on p. 4, to the National Institute on Aging for the Drugs article on p. 4, to The Wellness Corp. for the Did You Know? box on p. 6, to Netflix for the movie synopses on p. 9, to Jean Kramer for the article on Nettie Lesser (the cake lady) on p. 12, to Mimi Katz for the photo on p. 18, to Phyllis Pellman Good for the recipe on p. 18 and to Jewish Family & Children's Services for the copy about beans on p. 18, to the Massachusetts Climate Action Network for information and a quote in the Global Warming reprise on p. 22, and to Victoria Ellsworth for the article on p. 23.

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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:

Brookline Senior Center
93 Winchester Street
Brookline, MA 02446

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

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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.

HANDICAPPED ACCESS

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

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