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

Check out the new column: Ask a Geriatrician. See p. 6.

Become a Red Tape Cutter. See p. 11.

Learn about Property Tax Exemptions for Seniors on p. 29.

Enjoy the Piatigorsky Foundation Concert on November 3. See p.12.

Get your Flu shot at one of the Town flu clinics—November 9, 10, 14, or 30. See p. 5.

Come to the new Public Issues Nonfiction Book Discussion Group on November 23. See p. 28.

Do some holiday shopping and have a great time at the
26th Annual Holiday Craft Fair
at the Senior Center
on Friday, November 19, and
Saturday, November 20,
from 10:00 am to 3:00 pm.

NOVEMBER 2010

NATIONAL ALZHEIMER'S DISEASE AWARENESS MONTH

In 1998, the United States had only 9000 Geriatricians (MDs specializing in the medical problems of aging) trained to care for 34 million Americans over age 65. By 2006 the number of Geriatricians had declined to only 6700 specialists, yet the number of Americans over 65 had increased, and continues to increase steadily to a projected 62 million people over age 65 and in need of geriatric care by 2025. An estimated 43% of Americans 65 and older will spend time in a nursing home, and by 2012, 75% of Americans over age 65 will require long-term care. *(Statistics from The Importance of Early Detection by Jacqueline Marcell [from OurAlzheimer's.com])*

According to the *Alzheimer's Association 2010 Alzheimer's Disease Facts and Figures* report, there are 5.3 million people in the United States living with Alzheimer's Disease (AD) and 10.9 million unpaid caregivers. It is the 7th leading cause of death in the United States at an annual cost of $172 billion. *(This study is downloadable from the Alzheimer's Association web site at alz.org or by calling the MA/NH Chapter headquarters at 617-868-6718)*

On **Monday, November 8**, Dr. Daniel Press, Assistant Professor in Neurology, Beth Israel Deaconess Medical Center and Harvard Medical School will return to the Senior Center **from 1:00 to 2:30 pm** to give us an update to his excellent November 2007 talk on "The Aging Brain: Drugs to Prevent and Treat Alzheimer's Disease."

And see pp. 3, 5, and 6 for additional Alzheimer's news and information.

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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.

NOVEMBER HOLIDAYS

In November, the Senior Center will be closed on Thursday, November 11, for Veteran's Day and on Thursday, November 25, for Thanksgiving Day. But the Rogerson Adult Day and Fitness First programs, while also closed on Thanksgiving Day, will be open on Veteran's Day.

In addition to the whole month of November being National Alzheimer's Awareness Month, Monday, November 15, is also America Recycles Day. Since 1997, communities across the country have come together on November 15 to celebrate this day. More than a celebration, it is the only nationally recognized day dedicated to the promotion of recycling programs in the United States. One day to inform and educate. One day to get our neighbors, friends, and community leaders excited about what can be accomplished when we all work together. One day to make recycling bigger and better 365 days a year. (See p. 8 for tips from the Brookline 2010 Community Climate Challenge.)

COUNCIL ON AGING MEETING

On **Wednesday, November 10, at 1:00 pm**, come to the Council on Aging (COA) meeting at the Senior Center. Kathi Worhatch from the SHINE program will tell us about the New Health Care Reform Law (Affordable Care Act) and changes in Medicare and Medicare Plans for 2011. Everyone is encouraged to attend this presentation.

VOTING
is your privilege and your duty as a citizen. Be sure to VOTE on
Tuesday, November 2.
Your vote counts!

ALZHEIMER'S CAREGIVER'S CONFERENCE

On **Saturday, November 6, from 9:30 am to 12 noon**, the public is invited to a free conference at the Newton Free Library (330 Homer Street in Newton). Presented by West Suburban Area Alzheimer's Partnership, *New Directions in Alzheimer's Care: A Caregiver Conference* will feature two speakers: Gail Gazelle, MD, FACP, Founder of MD Can Help, a direct patient advocacy practice, and Assistant Clinical Professor at the Harvard Medical School will address "Navigating the System of Care: Becoming an Empowered Dementia Caregiver"; and Suzanne Siino, Alzheimer's Association volunteer, advocate, and Caregiver will give "A Caregiver's Story: Learning from Others."

For more information and to RSVP, call Emily Judd at 617-730-8500, ext. 105, or e-mail her at ejudd@RadiusManage ment.com.

LOSS AND BEREAVEMENT GROUP

While the holidays often bring festive fun and family times, many struggle to cope with sadness around the loss of a loved one, a job, or a significant life change or event. This holiday season the Brookline Senior Center will offer a five-week drop-in support group, "Loss and Bereavement: Dealing with Sadness at Festive Times," for those feeling lonely or sad; a group open to all Brookline residents 60+ who wish to share concerns with others who have experienced a recent loss.

The group will meet on **Mondays, November 15 through December 13**, at the Senior Center **from 2:00 to 3:30 pm**. While there is no charge for participation in this group, preregistration and a telephone discussion is required. Contact Deidre Waxman at 617-730-2767 or Anna Donehower at 617-730-2772.

Ask a Nurse The November date for St. Elizabeth's Medical Center's Nurse Practitioner Eileen Currier's visit the Senior Center to consult with individuals is to be announced.

Podiatry Clinic Routine foot care with Dr. John McLaughlin is available on **Mondays, November 1, 15, and 29, from 9:00 am to 12:00 noon**. Sessions, which last 15 minutes each, cost **$30** (note the increase in cost per session). Appointments are required. Make one by calling 617-730-2777.

Low Vision Group This peer-led support group for individuals with limited eyesight will meet on **Wednesday, November 17, from 1:00 to 2:30 pm** at the Senior Center.

Blood Pressure Screenings
The Brookline Health Care Center will provide blood pressure screening **at the Senior Center** on **Monday, November 8, from 1:00 to 2:00 pm**. The nurse who presides at this session is fluent in English and several Chinese dialects.)

There will also be blood pressure screening **at the Senior Center** with a nurse from the Brookline Health Department on **Thursday, November 18, 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, November 18**, at the Senior Center **from 9:00 to 10:30 am** and:

- On Wednesday, November 3, at the Brookline Health Department, 11 Pierce St., from 2:00 to 3:00 pm
- On Wednesday, November 10, at Susman House, 50 Pleasant St., from 1:00 to 2:00 pm
- On Wednesday, November 24, at O'Shea House, 61 Park St., from 1:00 to 2:00 pm.

SHINGLES VACCINE AVAILABLE

The Brookline Health Department has a small amount of shingles vaccine for individuals with limited, or no, health insurance.

A single dose of shingles vaccine is indicated for adults 60 years of age and older. This vaccine can help prevent shingles and can also reduce the pain associated with the disease.

If you are interested in receiving a dose of shingles vaccine and are eligible for one, call the Town of Brookline Public Health Nurse, Barbara Westley, at 617-730-2320.

FLU CLINICS

The Town of Brookline has announced the flu clinic schedule for November:

- **Tuesday, November 9**, at the Senior Center **from 11:00 am to 1:00 pm**
- Wednesday, November 10, at the Devotion School, 345 Harvard Street, from 3:00 pm to 7:00 pm
- Sunday, November 14, at the Baker School, 205 Beverly Road, from 11:00 am to 2:00 pm
- Tuesday, November 30, at the Brookline Department of Public Health, 11 Pierce Street, from 4:00 pm to 6:00 pm

Alan Balsam, PHD, MPH, Director of Public Health and Human Services at the Brookline Department of Public Health (BDPH) reminds residents who want to get flu shots before November 9 that they may contact their primary care provider or check the web for a current list of public flu clinics.

And Barbara Westley, Brookline Public Health Nurse, has noted that the H1N1 vaccine has been included in this year's seasonal flu shot, making only one vaccination necessary this year.

The flu clinics are open to all Brookline residents and are free of charge to all. Seniors attending clinics should bring their Medicare and other health insurance cards (i.e., senior HMO cards), and everyone should wear loose-sleeved clothing.

In New England, the flu season usually begins in December and does not peak until February. Therefore, seasonal flu vaccine can be administered throughout the flu season. However, the earlier you get your shots, the more time you are protected by them.

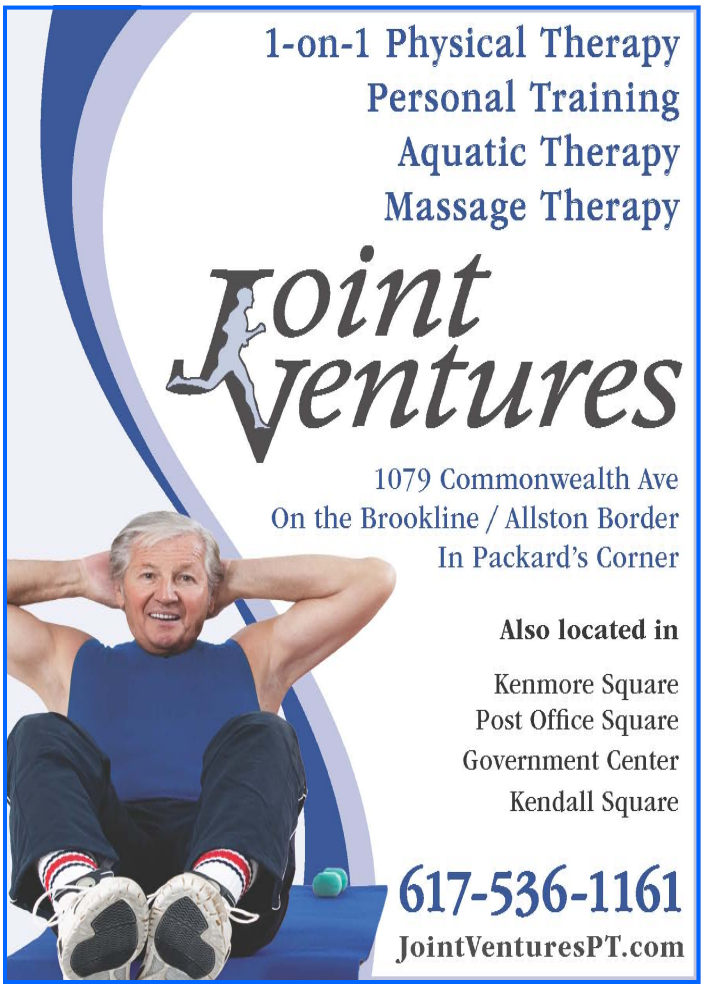
The flu clinics are sponsored by the BDPH, VNA of Boston, Beth Israel Deaconess Medical Center, the Brookline Housing Authority, and

ALZHEIMER'S CAREGIVERS SUPPORT GROUP

This group usually has two sessions per month designed to help caregivers cope with the stresses and demands of helping their Alzheimer's-stricken family members and friends. These groups are available at no charge and are open to all caregivers.

The **Afternoon** group will meet on **Friday, November 12**. Call group leader Elaine Yanowitz at 617-730-2751 to register to attend and/or for further information about this group and for time of meeting.

The **Evening** group will meet **Tuesday, November 23.** (This day is a change from the regular meeting day, NOT a mistake.) Call group leader Susan Andriole at 617-730-2754 to register to attend and/or for further information and for time of meeting.



ASK A GERIATRICIAN

Dr. Suzanne Salamon, Geriatric Specialist at Beth Israel Deaconess Medical Center (BIDMC), will answer your ***general*** questions about aging and geriatric medicine in this new column every month. (***Editor's note:*** *If you have questions, please send them to me at jgimple@brooklinema.gov or call me at 617-730-2790, and I will make sure that Dr. Salamon gets the questions and answers them in subsequent issues of the* Senior News and Events.*)*

Question: I'm having some memory problems. Is it normal aging or the signs of Alzheimer's Disease?

Answer: Mild memory loss is normal as we get older. However, many people worry that they have a disease that causes memory loss, also known as dementia.

The most common cause of dementia is Alzheimer's Disease, yet it can be difficult to diagnose. The second most common cause of dementia is strokes or "mini-strokes."

So how do we know whether to be concerned about our memory? Forgetting a name, a date, or where the car is parked, or losing your glasses—these incidents are normal. But not recognizing family members, getting lost in your own neighborhood, being unable to do your daily activities, having problems with language, or having poor judgment may indicate a more serious problem. Usually a patient with Alzheimer's disease is unaware or unconcerned about the changes, and it is a family member or friend who raises a concern.

To diagnose dementia, a doctor will order blood tests to be sure there is no correctable cause, such as thyroid or B12 deficiency. The doctor will also review all medicines to be sure these are not causing side effects. A head CT scan or an MRI might be ordered to make sure there have been no strokes.

While we have no cure for Alzheimer's Disease, memory loss caused by "mini-strokes" can be prevented or slowed by treating high blood pressure and cholesterol, staying active, and sometimes taking aspirin.

By all means, see your doctor if you have concerns about memory loss.

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Thursday, November 11

Remember all of our veterans.

Don't miss the Brookline Art Center's 36th Annual Crafts Showcase, offering gifts made by artists from across the United States. It opens on Thursday, December 2 and runs through Sunday, December 19.

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- Alzheimer's & Dementia
- Parkinson's
- Diabetic Monitoring
- Post Surgical Care
- Disabled Adults
- Senior Citizens

Brookline 2010
community climate challenge

The Senior Center supports the work of Climate Change Action Brookline (CCAB) and their Brookline2010 Community Climate Challenge. Since more than 3/4s of Brookline's carbon footprint is contributed by residences, working with homeowners and renters is a major focus of CCAB's efforts. Their program for residents is focused on EcoTeams and Low Carbon Diet Workshops.

What's is the easiest and most significant thing you can do to help lower your carbon footprint? Sign up for renewable energy with NSTAR's Green Program. It costs a little extra, but it's a great way to support renewable energy. What else can you do? Most of these suggestions are ones you can do whether you're a homeowner, condo owner, or renter.

- Ask MassSAVE (866-527-7283 or www.massave.com) to conduct an **energy audit** on your home.
- **Heating and Cooling**
  - In winter, lower your heat thermostat to 55 while you are away for two hours or more and while you are sleeping.
  - In summer, use fans instead of air conditioners. If you need to use an air conditioner, keep it at 70°F or higher and service it every year.
  - Turn your furnace fan from ON to AUTO.
- **Appliances**
  - Adjust refrigerator settings to 37° to 40°F and freezer to 0° to 5°F.
  - Use a power strip to turn off your computer, TV, and music system entirely when they are not in use.
- **Lighting**
  - Turn off lights when they are not being used.
  - Replace all light bulbs with compact fluorescent bulbs.
  - Install motion sensor switches for outdoor lighting.
- **Water**
  - Lower the thermostat on your hot water heater to no more than 120°F.
  - Wash laundry in cold water.
  - Avoid running water continuously at home. For example, do not leave water running while you brush your teeth.
  - Fix leaks promptly.
  - Install low-flow shower heads to use less water.
  - Take shorter showers.
- Patronize Brookline businesses participating in the *Green Tools* program, which highlights tools and products that will help home owners reduce carbon emissions and save money. Current participants include Connelly Hardware, Aborn True Value Hardware, and Economy Hardware. See the Town of Brookline web site (www.brooklinema.gov) for more information.

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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 all seniors including those who are intent on Aging Well at Home:

BETS (Brookline Elder Taxi System), 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 ($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 every **Monday through Wednesday from 12:00 noon to 4:00 pm** to take applications for, and sell, BETS coupon books. For more information, call Alicia at 617-730-2740.

If you want to apply for the first time, 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. (All riders must be recertified every year in order to be able to buy BETS coupon books.)

The income guidelines have changed: An individual's maximum annual income cannot exceed $45,100; a couple's, $51,550.

BETS service is available for use in all cabs of all companies that are based in Brookline. **It's the law!** If a cab driver from such a company gives you trouble about using the coupons, 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 so in cash.

BLAB The Brookline Legal Assistance Bureau will be at the Senior Center from **9:00 am to 12:00 noon** on **Wednesday, November 3**, and on Wednesday, December 1. 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.

A **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. The Senior Center's File of Life Coordinator, Ruth Geller, 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) 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 she will get back to you promptly.

SHINE counselors Sonia Wong, Ed Levin, and Sybil Levisohn (filling in for Deborah Brass who is on extended medical leave) will be on hand at the Senior Center every Monday through Wednesday 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. For assistance, call the Boston Social Security office at 617-565-8903 or its main number at 800-772-1213.

MEDICARE DECISION TIME: OPEN ENROLLMENT STARTS NOVEMBER 15

Some Medicare Prescription Drug (Part D) Plans and Medicare Advantage Plans will no longer be available in 2011. Everyone with Medicare should:

- Review the 2011 costs and coverage of their current plans
- Compare their plans with other plans in their area
- Choose a plan that meets their needs and budget.

The Medicare Annual Open Enrollment Period starts November 15 and continues through December 31, for coverage beginning January 1, 2011, and there are significant differences among the plans. Starting in 2011, different Part D Plans in our area will have monthly premiums from as low as $14.80 to as high as $120.10. However, monthly premiums are not the only things to consider. Plans have different deductibles, copays, covered drugs, and restrictions. Plan information and cost estimates can be found by entering your drug list information into the Medicare Plan Finder on www.medicare.gov.

The SHINE program can help you! For help understanding your options and finding the lowest cost Part D Plan for you, call the Senior Center at 617-730-2777 and schedule a free individual appointment with a SHINE counselor as soon as possible. **Do not wait!** Bring all your insurance information and a list of your prescription drugs (with dosages and times a day taken) to the appointment.

You can also reach a SHINE Counselor by telephone. Call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Once you get the SHINE answering machine, leave your name and phone number, and a SHINE Counselor will call you back as soon as possible. Please be patient as the demand for help is great.

HOLIDAY CRAFT FAIR

Come to the 26th annual Holiday Craft Fair on **Friday, November 19, and Saturday, November 20, from 10:00 am to 3:00 pm** at the Senior Center Find holiday gifts and goodies for your own use among the wealth of handmade crafts that will be available—clothing, jewelry, and giftware, and photography. Satisfy your whims and express your fantasies at the white elephant tables. Indulge in the home-baked yummies. There will also be food and fun for young and old alike. And, ta dah, we will **celebrate Brookline's birthday** with cake and ice cream at about **1:00 pm on November 19**.

There will be a Preview Table at Town Hall on **Thursday, November 4** as a teaser and tempter.

For more information about the fair, volunteering to help, and the teaser, call Julie Washburn at 617-730-2760 or Charlotte Millman at 617-730-2769.

Photos by Mimi Katz. From the Holiday Craft Fair in 2009.

STAFF AND VOLUNTEER NEWS

Red Tape Cutters/Benefit Specialists Would you like to be able to provide information, advocate for seniors who have been denied assistance, help with mind-boggling paperwork, explain programs and application requirements—help seniors cope with all this and so much more? Yes? Then join us at the Senior Center. We are recruiting volunteers to be trained to be benefit specialists. As a Red Tape Cutter/Benefit Specialist, you will help seniors navigate the complex maze of government benefits and programs. You will actively cut through the red tape to achieve results.

If you want to volunteer to help with this exciting and valuable new service to seniors, call Vivian at 617-730-2743 and arrange for an interview.

Theater Club volunteer needed. The Theater Club is in need of a volunteer to help with mailing flyers, etc. If you are interested, call Vivian Freeman at 617-730-2743.

Tuesday Food distribution volunteers needed. The Tuesday Food Distribution site is a vital and busy program, and so a couple more volunteers are needed to help out. If you are interested in helping, see Jackie Wright on Tuesday morning at the Senior Center.

SHOP program And the SHOP program is starting up again so if you need a Brookline High School student to do your shopping, again call Vivian at 617-730-2743, and she will answer any questions you may have and enroll you in the program.

Welcome to our new HELP Counselor *Karin Wannamaker* who came to the Senior Center on September 20. She will be working with Susan Kanian-Adriole to find, train, and place dependable and affordable workers to help seniors. See p. 9 for more information about the HELP program.

And a hearty welcome also goes out to our intrepid volunteer—*Ruth Geller*—who has taken on the File of Life coordinator's job. Again see p. 9 for more information on the File of Life program.

And last, but certainly not least, welcome back to SHINE Counselor *Ed Levin* from his summer hiatus and hello to *Sybil Levisohn* who is filing in for Deborah Brass.

Law Office of Susana Lannik, LLC

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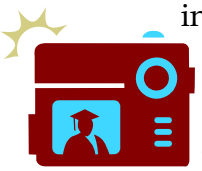
BROOKLINE ADULT & COMMUNITY EDUCATION (BA&CE)

Among the offerings that are scheduled for November at BA&CE, two stand out as of special interest to seniors:

Getting to Know Your Digital Camera
Phyllis Mays, Instructor
Do you have a new digital camera but remain puzzled about all the buttons and menu choices? This course will set you straight! It will



introduce you to the settings on the camera, how and when to change them, the intricacies of lighting and resolution, transferring images to a PC, printing, and sharing photos. Students must bring camera, cable, and manual to the first class. The course will meet on **4 Mondays, beginning on November 8**, at the Senior Center **from 9:30 to 11:30 am**. Cost: $70 (Senior discount does not apply.) **Course code: C174.**

Creating More Joy in Your Life
Avinoam Lerner, Holistic Therapist, Presenter
Is it possible to have more joy in life? The answer to this question is a resounding "YES!" We all want to be happy and feel more joy in everything we do, but often we find ourselves overwhelmed by life and focused on what's not working or what's out of balance. Happiness is not reserved for the lucky few; it is available and accessible to all. Why is it that many of us still feel such discontent? If you are wondering what you can do to feel great at any stage in life, join us and discover new ways of enhancing your life, making joy your habit, and coping with sadness in a healthy way that will support your state of well being. Come to this **Thursday** Evening Lecture on **November 18** at Brookline High School **from 7:00 to 8:30 pm**. Cost: $6. **Course Code: J405**

For more information and to register for these events, call BA&CE at 617-730-2700 or access it online at www.brooklineadulted.org.

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.

PIATIGORSKY FOUNDATION CONCERT

On **Wednesday, November 3, at 1:30 pm**, don't miss violinist Keng-Yuen Tseng with piano accompaniment by Chun-Ru Wei, performing at a very special Piatigorsky Foundation Concert at the Senior Center. This one-hour, intimate and enchanting concert features two amazing artists who, through their musical performance and comprehensive commentaries, give an unparalleled understanding of classical music pieces and composers. Come and be inspired by this live concert!

This event is sponsored by the Heathwood Nursing and Rehab Center.

FRENCH CONVERSATION

Polish your conversational French with Agnes Serenyi and her group. They will meet **every Tuesday in November from 12:30 to 1:30 pm** at the Senior Center. Old friends and new members are equally welcomed to this group.

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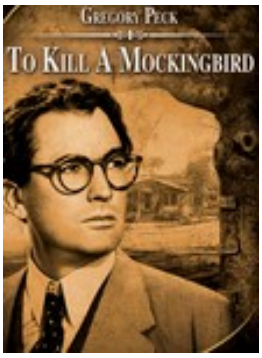
MOVIE LOVERS SERIES FOR NOVEMBER

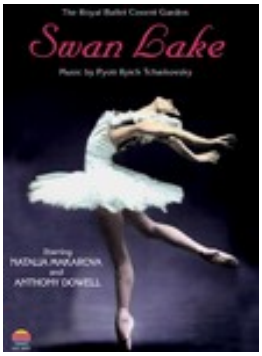
Come to the Senior Center every Tuesday afternoon in November and enjoy a movie. Come early for lunch and make a day of it. See pp. 16-17 for the lunch menus and reservation instructions.

November 2
Everlasting Moments (2008) 131 minutes
In Swedish with English subtitles
After marrying charming but coarse Sigrid (Mikael Persbrandt), Maria (Maria Heiskanen) finds that her life isn't the fairy tale she expected, as her husband gradually becomes more brutal. But when she becomes involved in photography, Maria gains a new lease on life. Filmmaker Jan Troell based this Golden Globe-nominated drama on a manuscript written by his wife, Agneta Ulfsäter-Troell, chronicling the events of her ancestors in the early 20th century.

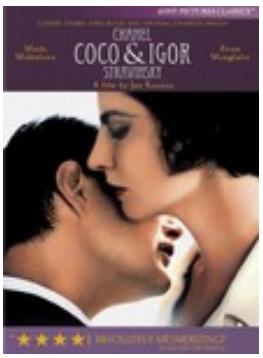
November 9—Flu Clinic (see p. 5)—no movie today.



November 16
To Kill a Mockingbird (1962) 130 minutes
(proceeded by the Birthday Lunch)
Southern comforts abound in this big-screen adaptation of Harper Lee's novel as lawyer Atticus Finch (Gregory Peck, in an Oscar-winning role) defends an innocent black man (Brock Peters) against rape charges but ends up in a maelstrom of hate and prejudice. Meanwhile, with help from a friend (John Megna), Finch's children, Jem (Phillip Alford) and Scout (Mary Badham), set their sights on making contact with a reclusive neighbor (Robert Duvall).



November 23
Swan Lake: The Royal Ballet (1982) 137 minutes
Natalia Makarova and Anthony Dowell star in the Royal Ballet's production of *Swan Lake*. When Prince Siegfried nearly shoots a swan whom he later discovers is an enchanted princess, he pledges his love to her, hoping to reverse the curse. Now a beloved classic, Pyotr Ilyich Tchaikovsky's ballet was originally regarded as a failure when it debuted in 1877.



November 30
Coco Chanel & Igor Stravinsky (2009) 119 minutes
In French with English subtitles
Seven years after she was inspired by the bold debut of Igor Stravinsky's "The Rite of Spring," famed fashion designer Coco Chanel (Anna Mouglalis)—reeling from the death of her beau, Boy Capel (Anatole Taubmann)—meets and falls for the Russian composer (Mads Mikkelsen) in 1920s Paris. A forbidden romance ensues in Jan Kounen's sumptuous period drama, the closing film of the 2009 Cannes Film Festival.

AT THE GALLERY

The Brookline Senior Center
cordially invites you to

An exhibit of paper mosaics and collages by

Lina Marks

Through
Friday, January 14

From 8:30 am to 5:00 pm daily
Monday through Friday

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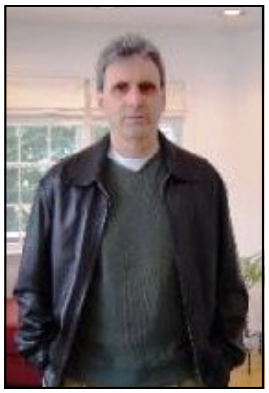
617-730-2700

If your **MBTA senior card** needs to be renewed, call 617-222-5976 and a new card good for five years will be issued. There is no need to have a new photo taken. Any value remaining on the old card will be transferred to the new card and seniors will receive the new card one to two weeks after their call.

PUTTERHAM BOOK CLUB



The group will meet on **Monday, November 15**, at the Putterham Branch of the Brookline Public Library in Putterham Circle **at 2:00 pm**. The book to read is *Killer* by Dave Zeitserman (The author, a Brookline resident, will join us at the meeting and join in the discussion.)

Killer is the final installment of Zeltserman's "man-out-of-prison" series. The first two novels of the series—*Small Crimes* and *Pariah*—take some beating, but *Killer* does it; it is superb…. *Killer* is a measured, compelling, character study that manages to be at once terrifying and strangely moving, as Leonard March struggles with alienation, loneliness, and old ghosts. But don't be lulled into expecting a Hollywood ending to this story: This is vintage Zeltserman, and that means there's always a tail. With a sting. Be warned. (*From a review by Roger Smith on Amazon.com)*

We want to extend a thank you and goodbye to Arla Carter, the Putterham Branch librarian, who is retiring. She has helped us with book selections ever since the club started many years ago. We will miss her.

EASY TRAVEL

Easy Travel will meet on **Thursday, November 4, at 1:30 pm** at the Senior Center. Kevin Andrews, former teacher and principal in Brookline and now a charter school principal, will take us on a mystery trip.

FROM THE DIRECTOR

"Feeling gratitude and not expressing it is like wrapping a present and not giving it." *Willian Arthur Ward*

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

- ***Our Staff***—dedicated, caring, and ready to go-the-extra-mile. We are very fortunate to have so many wonderful people working for the seniors.
- ***Our 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. Whenever we need something done, the volunteers are there to make it happen.
- ***Our Board***—true advocates in the rain, snow, and freezing cold—and against the bitter and the ageist. They are why we have funding and programs.
- ***Our Programs***—now more than ever, the great bargain for high-quality entertainment and educational opportunities. Appreciated by all. Everyone should take advantage of the programs that strive to keep seniors active, informed, and healthy.
- ***Our Services***—the envy of most communities. Providing dignity and independence to every Brookline senior through top-notch delivery.
- ***The 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 with 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.
- ***The Annual Autumn Benefit***—the outpouring of generosity from the community to ensure that we have enough money is heartwarming. Even in this time of economic difficulty, we are close to our 2010 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.

Enjoy the holidays with your family and friends. Take a moment to create your own list of items that you are grateful for and share the lists with others.

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)

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Springwell Nutrition Program NOVEMBER 2010

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MONDAY	TUESDAY	WEDNESDAY
1) Macaroni & Cheese , Broccoli & Cauli-flower Marinara, Snowflake Dinner Roll **OR** Roast Beef & Muenster Cheese on Rye Bread, Lettuce Leaf, Lite Mayo, Potato Salad, Carrot Raisin Salad **Apricots**	2) **Seafood Chowder** Haddock w/Newberg Sauce, Red Bliss Potatoes, Zucchini w/Green & Red Peppers, Dinner Roll **OR** Egg Salad on Oatnut Bread, Lettuce Leaf, English Pea Salad, Roman Blend **Fresh Fruit**	3) **Cream of Butternut Squash** Pot Roast w/Roasted Onion Gravy Creamy Scalloped Potatoes, Carrots, Rye Bread **OR** Breaded Chicken Patty on Hamburger Roll, Lite Mayo, Lettuce Leaf, Fruity Rice Salad, Cucumber, Carrot Onion Salad **Vanilla Pudding w/Whipped Topping**
8) **Florentine Soup** Baked Haddock w/Dill Sauce, Italian Roasted Potatoes, Herbed Green Beans , Wheat Bread **OR** Breaded Chicken Patty w/BBQ Sauce (cold), Sliced Mozzarella Cheese, Red Onions, Cole Slaw, Three Bean Salad **Cranberry Bread Pudding w/Whipped Topping**	9) **Mixed Bean Soup** Baked Ziti, Tomato Sauce, Spinach Carrots, Garlic Dinner Roll **OR** Roast Beef & American Cheese on Oatnut Bread, Mayo Packet, Lettuce Leaf, Balsamic Vinaigrette Pasta Salad, Broccoli Tomato Salad **Apple Sauce**	10) **Oriental Vegetable Soup** Beef Stir Fry, Brown Rice, Broccoli, Mushrooms & Onions, Multigrain Bread **OR** Turkey & Cheese on Multigrain Bread, Lite Mayo, Lettuce Leaf, Tomato Zucchini Salad, Corn Salad **Chocolate Cake w/Vanilla Frosting (sprinkles)**
15) **Cream of Pumpkin Soup** Stuffed Peppers (ground beef), Tomato Sauce, Wax beans, Carrots, Multigrain Bread **OR** Egg Salad on Bulkie Roll, Lettuce Leaf, Greek Pasta Salad, Roman Blend **Peaches**	16) **<u>Birthday Lunch</u>** **Split Peas Soup** Honey-Mustard Baked Chicken, Creamy Scalloped Potatoes, Root Vegetables, Oatnut Bread **OR** Cracked Pepper Turkey & Swiss Cheese on Wheat Bread, Lettuce Leaf, Mayo, Pesto Pasta Salad, Cole Slaw, **Pumpkin Pudding w/Topping**	17) ***Reduced Sodium Hot Dog, Vegetarian Chili, Ketchup/Mustard/Relish, Cole Slaw, Hot Dog Roll **OR** California Chicken Salad on Oatnut Bread, Creamy Cucumber Dill Salad, Pasta Salad w/Cheese **Apricot**
22) **Vegetable Soup** Ratatouille w/Beef, Brown Rice, Rye Bread **OR** Chef Salad, Lite Italian Dressing, Macaroni Salad, Wheat Roll **Butterscotch Pudding w/Whip Topping**	23) **Minestrone Soup** Tuna Casserole w/Peas, Egg Noodles & Bread Crumb Topping, Carrots Oatnut Bread **OR** Egg Salad on Multigrain Bread, Purple Cabbage Cole Slaw, Orzo Vegetable Salad **Chef's Choice Dessert**	24) **Pea Soup** Chicken Cacciatore w/Diced Tomatoes, Peppers, Onions, & Mushrooms, White Rice, Green Beans, Garlic Dinner Roll **OR** Roast Beef & Swiss Cheese on Wheat Bread, Lite Mayo, English Pea Salad, Tomato Red Pepper Salad **Fresh Fruit**
29) **Mushroom Barely Soup** BBQ Pulled Beef Sandwich, Roasted Sweet Potatoes, Lima Beans & Carrots, Bulkie Roll **OR** Breaded Chicken Patty on Hamburger Roll, Lite Mayo, Lettuce Leaf, Cole Slaw, Corn Salad **Tapioca Pudding w/Whip Topping**	30) **Florentine Soup** Open Faced Chicken Cordon Blue Mashed Potatoes, Spinach, Rye Bread **OR** Tuna Salad on Oatnut Bread, Lettuce Leaf, Potato Salad, Rivera Salad **Peaches**	

THURSDAY	FRIDAY
4) **Mushroom Barley Soup** Cheese Lasagna, Meatball & Tomato Sauce, Brussels Sprouts, Multigrain Bread **OR** Honey Turkey & Provolone Cheese on Wheat Bread, Lettuce Leaf, Lite Mayo, Tomato Red Pepper Salad, Pasta Salad w/Cheese **Peaches**	5) **Vegetable Pasta Soup** Creamy Italian Chicken Breast & Diced Tomatoes, Mashed Potatoes, Peas, & Mushrooms, Oatnut Bread **OR** Tuna Salad on Multigrain Bread, Macaroni Salad, Spinach Mandarin Orange Salad **Gingerbread w/Topping**
11) **Veterans' Day Holiday** **No Meal Service**	12) **Mushroom Barley Soup** Cranberry Chicken, Whipped Potatoes Peas & Mushrooms, Oatnut Bread Beans **OR** ***Seafood Salad on Dark Rye, Tossed Garden Salad w/Red Onions, Lite Italian Dressing, English Pea Salad **Pears**
18) **<u>Thanksgiving Special</u>** **Roast Turkey w/Gravy** **on Top of Cornbread Stuffing** **Whipped Potatoes** **Honey Glazed Carrots** **Cranberry Sauce** **Soft Dinner Roll** **Apple Pie w/Whip Topping** **Hot Apple Cider**	19) **Holiday Crafts Fair** **No Springwell lunch** **Brookline Birthday Cake and Ice Cream at 1:00 pm**
25) **Thanksgiving Day Holiday** **No Meal Service**	26) **Seafood Chowder** Breaded Fiesta Fish w/Lemon Sauce, Red Bliss Potatoes, Spinach, Multigrain Bread **OR** Chicken Salad w/Lettuce, Fruity Rice Salad, Tossed Garden Salad w/Red Onions, Lite Italian Dressing, Rye Bread **Mandarin Oranges**

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

Low sugar desserts are available, and need to be ordered with the site manager
*****Higher Sodium Content**
Menu subject to change. $1.75 donation

Soup is always served with crackers.
Meals are served at 12:00 noon unless otherwise noted.
For meal reservations on Mondays, call the previous Friday by 11 am.
For meal reservations on Tuesdays through Fridays, call the pervious day by 11 am.

LUNCHEON SPECIALS FOR NOVEMBER

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**, please call the **previous Friday**. Call 617-730-2770 for reservations.

On **Tuesday, November 16**, join in the celebration of November birthday people at our monthly **Birthday Lunch**. Be sure to mention that you or a member of your party is having a birthday when you make reservations for this lunch. For an extra treat, stay after lunch for the Tuesday movie at 1:30 pm. This week: "To Kill a Mockingbird."

The Springwell **Thanks-giving Special** lunch is on **Thursday, November 18**. Come and partake of Roast Turkey with traditional Thanksgiving accompaniments. The Providence House Glee Club, under the direction of Carol O'Shaugnessy, will entertain.

Eat out with the **Let's Go Out to Lunch** group on **Tuesday, November 30**. The group will meet at 12 :00 noon at Finale at 1306 Beacon Street in Coolidge Corner.

Brookline Senior Center
93 Winchester Street
617-730-2770

NOVEMBER 2010

EVENTS CALENDAR

MONDAY	TUESDAY	WEDNESDAY
1) 9 am Podiatry clinic by appt. 10:30 am Holiday Fair planning mtg. 12:30 pm Chinese programs-not this week 1 pm Mah Jongg/Scrabble 1--2 pm Line Dancing 1-3 pm Jean's group 2-4 pm Open computer lab	2) **ELECTION DAY—VOTE!!** 10:30amBrookline Bees- VAC. 1-3:30.pm. Food distribution 12:30 pm French Conversation grp. 1:00 pm Bingo 1:30 pm Movie Lovers' Film Series "Everlasting Moments"	3 9 am BLAB lawyer 9-10 am Living our Values grp 10:30 am Retired Men's Club 12:30 pm Bridge 1:30 pm Piatigorsky Concert- Keng-Yuen Tseng & Chun-Ru Wei 2-4 pm Open computer lab
8) 12:30 pmChinese programs 1-2 pm Blood pressure screening 1 pm Mah Jongg/Scrabble 1-2 pm Line Dancing (not this week) 1-2:30 pm Dr. Press/Alz. Research 1-3 pm Jean's group 1:30Conversational Cantonese class 2-4 Diabetes group info session 2-4 pm Open computer lab	9) 10 am-1 pm FLU CLINIC 10:30 am Brookline Bees, Quilters 1-3:30 pm Food distribution 12:30 pm French Conversation grp. 1:00 pm Bingo 1:30 pm Movie Lovers' Film Series -not this week	10 9-10 am Living our Values grp 10:30 am Retired Men's Club 12:30 pm Bridge 1 pm COA MEETING -speaker Kathy Worhatch from SHINE 2-4 pm Open computer lab
15) 9am Podiatry clinic by appt. 12:30 pm Chinese programs 1 pm Mah Jongg/Scrabble 1-2 pm Line Dancing 1:30-4 pm Diabetes self-management 1:30Conversational Cantonese class 2-3:30 pm Bereavement support grp. 2-4 pm Open computer lab	16) 10:30 am Brookline Bees, Quilters 1-3:30 pm Food distribution 12 noon November Birthday Lunch 12:30 pm French Conversation grp. 1:00 pm Bingo 1:30 pm Movie Lovers' Film Series "To Kill A Mockingbird"	17 9-10 am Living our Values grp 10:30 am Retired Men's Club 12:30 pm Bridge 1-2:30 pm Low Vision grp 2-4 pm Open computer lab
22)12:30 pmChinese programs 1 pm Mah Jongg/Scrabble 1-2 pm Line Dancing 1:30-4 pm Diabetes self-management 1:30Conversational Cantonese class 2-4 pm Open computer lab 2-3:30 pm Bereavement support grp.	23) 9:30 am Public Issues Book grp. 10:30 am Brookline Bees, Quilters 1-3:30.pm. Food distribution 12:30 pm French Conversation grp. 1:00 pm Bingo 1:30 pm Movie Lovers' Film Series "Swan Lake: The Royal Ballet" Evening Alzheimers group-call for time	24 9-10 am Living our Values grp 10:30 am Retired Men's Club 12:30 pm Bridge 2-4 pm Open computer lab
29) 9am Podiatry clinic by appt. 12:30 pm Chinese programs 1 pm Mah Jongg/Scrabble 1:30-4 pm Diabetes self-management 2-3:30 pm Bereavement support grp. 2-4 pm Open computer lab 1:30Conversational Cantonese class 2-4 pm Open computer lab	30) 1-3:30 pm Food distribution 12 noon Let's Go Out to Lunch group -meet at Finale's Restaurant 12:30 pm French Conversation grp. 1:00 pm Bingo 1:30 pm Movie Lovers' Film Series "Coco Chanel & Igor Stravinsky"	***To reserve a lunch please call 617-730-2770 by 11 am, a day in advance***

THURSDAY	FRIDAY
4 10:30 a.m Knit and Crochet 1:30 pm Russian Tea Room 1:30 pmKnit and Crochet 1:30 pm Easy Travel-Kevin Andrews with Mystery Tour	5 9 am Bridge 10 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 With Kathi Thomas 3:30 pm Dance workshop, L. Modell
11 VETERAN'S DAY Senior Center is closed Rogerson Adult Day Health is open	12 9 am Bridge 10 am Solemates Walking Group 10 am Project Volunteer Group 10:30 am Current Events 10:30 am Senior Chorus 3:30 pm Dance workshop, L. Modell Alzheimer group meeting-call for time
18 9-10:30 am Blood Pressure Screening 10:30 am& 1:30 p.m Knit&Crochet 12 noon- Springwell Thanksgiving Spec. lunch followed by performance by Providence House Glee Club 1:30 pm Russian Tea Room	19 HOLIDAY CRAFT FAIR 10am-2 pm No Springwell lunch today 1 pm Town of Brookline Birthday Celebration
25 THANKSGIVING DAY Senior Center is closed Rogerson Adult Day Health is closed	26 9 am Bridge 10 am Solemates Walking Group 10 am Project Volunteer Group 10am Dance Workshop 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

9-10 am—Living Our Values
9:30 am—Bowling
10:30 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

10:00 am—Solemates, Walking Group
10:30 am—Current Events Discussion Group
10:30 am—Senior Chorus

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- Diabetic Management
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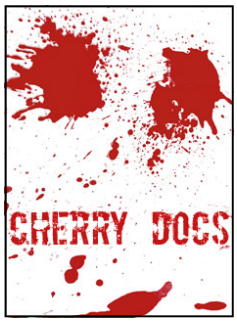
On Sunday, November 7, Daylight Saving Time ends for the year. So set your clocks back one hour before you go to bed on Saturday, November 6 (i.e. fall back on Saturday night).

BROOKLINE SENIOR CENTER THEATER CLUB

The club has scheduled some solid Sunday performances for the fall, winter, and spring. So get your datebooks out and start planning to attend these performances.



November 7
Cherry Docs
at the Charles Moesian Theater of the New Repertory Theatre in Watertown.
Cost: $35.
When a Jewish lawyer is assigned to defend a young skinhead accused of brutally killing an immigrant man, he must alter his preconceived notion of humanity in order to discover forgiveness. In this New England premiere, David Gow dares audiences to examine their capacity for compassion and asks: Is there atonement for all crimes?

November 21
Sunday in the Park with George
at the Brandeis Theater Company in Waltham
Cost: $25.
As part of the international celebration of Stephen Sondheim's 80th birthday, the life and work of Georges Seurat and his most famous painting "A Sunday Afternoon on the Island of La Grande Jatte" come to vivid life in this Pulitzer-Prize winning musical directed by Elliot Norton Award winning director Scott Edmiston. With light, color, and harmony, this glorious masterwork reveals surprising truths about making and seeing art and how art connects our lives…dot by dot.

Count your blessings and remember and to help those who are in need!

And coming up in the Winter and Spring of 2011, look for information in the *Senior News and Events*, the *TAB*, and flyers on performances of:

The Full Monty
February 27 *$30*
at the Turtle Lane Playhouse in Auburndale

Educating Rita
March 27 *$25*
at the Boston University Theatre in Boston

The Drowsy Chaperone
May 15 *$30*
at the Turtle Lane Playhouse in Auburndale

Payment for these performances is due at registration by cash or check. No credit cards. Please be aware that tickets are refundable until two weeks before the performance. After that if you are unable to attend the show, you may arrange for someone else to take your ticket.

There will be transportation from the Senior Center (and possibly from other Brookline locations) to and from these performances, and the price of transportation is included in the overall price of tickets.

For more information and to reserve tickets, call the Senior Center at 617-730-2777.

Moving? Downsizing?
the move maven
Call Karen Zweig
for a free consultation!
617.455.1964
karen@movemaven.com

FUEL ASSISTANCE

Our wonderful social work interns—Anna Donehower, Cristina Sousa, and Sarah Whitby—will once again be assisting people with applying for or renewing their fuel assistance benefit.

Appointments, which will begin on Monday, November 8, can now be scheduled by calling 617-730-2777.

Please note that an individual does not have to be an elder in order to apply for fuel assistance or make an appointment. For more information and answers to your questions, contact one of the Senior Center's social work interns at 617-730-2772. If you get a voice-mail message at this phone number, leave your name and telephone number, and one of the interns will call you back as quickly as possible.

The income eligibility limits have been increased slightly so you might want to make an appointment with one of our interns to check on your eligibility even if you were not eligible last winter.

MODERN BEADING WORKSHOP

This workshop for beginners and experienced beaders will meet on in November (day to be announced), at 1:30 pm, 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.

To participate in this workshop, it is essential that you bring materials with you—beads, earring backs, crimps, and one yard of Soft Flex—all are available at local craft stores. The workshop is free, and no registration is required.

PARKINSON'S DISEASE SUPPORT GROUP

The Parkinson's Disease (PD) Support Group will hold its monthly meeting on **Friday, November 5, from 1:00 to 2:30 pm** at the Senior Center. This month Cathi Thomas will lead the discussion. 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).

MOVEMENT AND MODERN DANCE WORKSHOPS

Join Brookline High Dance Coach Lynn Modell in a 5-week series of movement and dance classes at the Senior Center. Enjoy gentle exercise and have a good time doing it. Classes will be held **on Fridays, November 5 and 12 and December 3 and 10 at 3:30 pm and on Friday, November 26 at 10:00 am**. Cost is a mere $2.00 per session. To register, call 617-730-2770.

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If you enjoyed the Zumba classes in September and October and want more, let us know—call 617-730-2777 and tell us that you *dig* this combination of Latin salsa, cardio work-out, and interval moves—simply the hottest dance fitness craze and the most fun workout program around. So if you want to get in shape and have fun doing it, so let us know that you are interested in more Zumba.

SWING BAND

The Swing Band, led by James Demicco is for you if you enjoy playing popular music from the 20s, 30s, 40s, and 50s and can read music or play by ear. Previous band experience is helpful but not necessary. Call Charlotte at 617-730-2769 for more information.

BOWLING

The bowlers meet at 9:30 am on Wednesday mornings at the 20th Century Bowling Alley (aka Ron's) at 1231 Hyde Park Avenue (next door to the Hyde Park police station). For $7, you get three strings and shoe rental. The group is generally back at the Senior Center by 12:00 noon. To sign up, if you need a ride, or for more information, call Charlotte at 617-730-2769.

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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:

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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

Save the date and join in celebration of
Brookline's 1st Light Festival 2010
on the first week after Thanksgiving. Check the Town web site @www.brooklinema.gov and the TAB for more details.

AT GODDARD HOUSE: FINANCIAL ARCHITECTURE

Do you every worry about your financial future? Market volatility? Whether retirement is still possible? And what retirement might look like? If the answer "yes" to any or all of these questions, come to Goddard House in Brookline at 165 Chestnut Street on **Wednesday, November 17, from 6:00 to 7:30 pm** for "Financial Architecture: Start Building a Better Future for You and Your Family!"—an evening of lively discussion focusing on the importance of a well-constructed financial plan. Representatives from the Commonwealth Financial Group will be on hand to answer your questions and share some unique and innovative strategies for securing a better financial future for you and your family.

The session is free but ab RSVP by November 5 is requested. To RSVP, call Emily Judd at 617-731-8500 or e-mail her at ejudd@RadiusManagement.com. Light refreshments will be served.

Kick it up a Notch.

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GODDARD HOUSE IN BROOKLINE
The Recipe for Living

For a taste of Goddard House in Brookline call Emily Judd at 617.731.8500 x105 or take a tour at www.goddardhouse.org

THE ASSISTANCE YOU NEED TO STAY INDEPENDENT

Feeling like you're unsure about how to make new relationships or keep old ones fresh? Interested in exploring friendship, companionship, or dating issues and topics? If so, please contact Cristina at 617-730-2772.

CELL PHONES, IPODS, GLASSES

Would you like to get rid of old electronics that are just eating up space in your home? If they are cell phones and/or iPods—consider donating them to the Senior Center. We will, in turn, give them to organizations that revitalize them and put them to use in other nonprofit organizations. In return, the Senior Center gets cash that helps support our services, programs, and equipment.

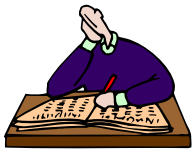
And give us old eyeglasses, too! We can turn them in to the Lions Eyeglass Recycling program, which finds useful new homes for them.

SENIOR SCENE

Are you trying to downsize? Is the task simply gargantuan or worse than that? In mid-November, Bette Joel will interview Karen Zweig, The Move Maven, on *Senior Scene*. Karen will talk about how to go about cleaning out a lifetime of ***stuff*** or simply getting rid of that attic or basement collection—in a rational and doable manner.

Senior Scene airs on BATV on Thursdays at 7:00 pm with repeat airings on Fridays at 1:00 pm and Sundays at 7:30 pm.

WISDOM WORKS



We have just completed the first group of sessions of the *Wisdom Works* job-search skills training program. The group was composed of five highly motivated elder job seekers under the guidance of two volunteer group leaders, themselves job seekers. This four-session workshop proved a great opportunity for both participants and leaders to learn new and essential job-search skills required for employment in today's internet approach to hiring. Group members worked hard on résumé writing, networking and interviewing skills, and each is now using these updated skills in job searches.

Stay tuned to the *Senior News and Events* and the *TAB* for information about the next series of workshops (to come in the spring).

If you are interested in leading *Wisdom Works* workshops and have some familiarity with, or training in, Human Resources (specifically job placement and development), call Deidre Waxman at 617-730-2767 or e-mail her at dwaxman@brooklinema.org.

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COUPON

BROOKLINE RECREATION—IT'S WHAT WE DO!

Brookline Recreation has many exciting trips planned especially designed for participants 55 years of age or older (younger people need not apply). For more information on making reservations, call the Brookline Recreation Department at 617-730-2069 or visit their web site at www.brooklinerec.com.

Sunday, November 14
Boston Ballet
At the Boston Opera House. Enjoy the classical tour de force "La Bayadere"—a story of betrayal and love set in exotic India—featuring vivid new costumes and scenery.

The van will pick up passengers at the Soule Recreation Center at 12:30 pm and at the Senior Center at 12:45 pm and will return at approximately 5:00 pm.

Fee: $38 per person

Saturday, December 11
New York City Holiday Shopping Trip
What a better way to get into the holiday spirit than spending the day in New York City? The bus will leave us off near Rockefeller Center. And the day is yours to enjoy the sights, shop, whatever. The bus will leave for home at 6:00 pm.

The bus will pick up passengers at the Soule Recreation Center at 6:30 am (returning at 10:45 pm) and at the Arcade Building, 314-320 Harvard St, at 6:45 am (returning at 10:30 pm.

Fee: $55.00 per person

ATTENTION ALL KNITTERS!
There is a church-run soup kitchen in Brighton that serves dinner every Monday evening of the year to 65-70 homeless men and women. The soup kitchen would like to GIVE warm winter hats (hand-knitted or purchased new) to their guests as holiday gifts. Contact Dotty Bell on the second floor of the Senior Center (617-730-2759) for more information. Hats are needed by Dec. 16.

BROOKLINE RECREATION CORNER

There is a Brookline Recreation Corner on the second floor of the Senior Center. The Corner has information about current trips as well as Brookline Recreation information and a mailbox for registrations and payments for upcoming trips or events. And a representative from Brookline Recreation will be at the Senior Center on alternate Wednesdays from 12:00 noon to 1:00 pm, to answer your questions.

GAMES NIGHT

The first two Eureka games nights were great. More evenings of fun are being planned for November, but at press time things were not finalized. Stay tuned to the Senior Page in the Brookline TAB for breaking information.

BROOKLINE-CAN: MOVING FORWARD

If you have been following the progress of Brookline's new and exciting community-wide effort to enable people to stay comfortably in their own homes as long as possible, you know that:

- The initiative is called the Brookline Community Aging Network—or Brookline-CAN, or simply B-CAN.
- Several committees are making great strides toward completing plans for B-CAN's launch.
- Benefits will include transportation, shopping, home help, and educational and cultural activities (many of these are already available through the Council on Aging).
- New benefits to members will be discounts at Brookline merchants and access to evaluations of the best available service workers and contractors.

A major and vital component of B-CAN will be a large network of volunteers—ranging from teenagers to the oldest among us. Involved citizens will enable B-CAN to keep membership fees low and accessible to all.

Here are just three examples of the many volunteers now being sought:

- Website designer (see the box ad below)
- Community volunteer coordinator
- Outreach workers to businesses to solicit discounts

Another way for Town residents to help B-CAN is to make a donation of any amount, which will help with administrative expenses and an expanded web site. Make checks payable to the Brookline Senior Center, and send them to Brookline CAN, Brookline Senior Center, 93 Winchester Street, Brookline, MA 02446

The official launch of B-CAN will occur once we have recruited a solid corps of volunteers and sufficient start-up funding

To learn more about B-CAN, please request a brochure at 617-730-2777.

SEEKING LONG-TERM RELATIONSHIP WITH COMPATIBLE WEBSITE DESIGNER

A new organization in town seeks a partner for an interdependent relationship, wherein the Web Designer offers creativity, diligence, and grit, and B-CAN offers love and gratitude for job well done. E-mail sylviamemolo@comcast.net.

SENIOR CENTER FOOD DISTRIBUTION SITE

Our Tuesday food distribution continues to be successful and to grow in amounts of bread, baked goods, produce, and other food available. However, the produce and other food arrives later than the bakery goods do so the distribution hours have been changed so that you can *shop* for fruits, vegetables, and such at the same time as you *shop* for baked goods.

Distribution hours are from 1:00 pm (or when the produce arrives) until approximately 3:30 pm (or the supplies are gone).

Bring a bag to take your food home in. And for the best pick, come early (around 1:00 pm). For a more leisurely, less crowded, picking, come later.

Don't forget to get your number in the coffee lounge and to wait there. ***Do not*** go to the basement until your number is called!

LIVING OUR VALUES

At their first meeting, this lively new group attempted to define what they meant by *values*. They came up with this provisional definition:

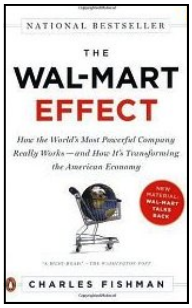
> ***Values*** are the aspirational standards of personal and communal behavior. Traditional philosophies commonly call the achievement or fulfillment of values *virtues*. When invited to identify *our core moral and ethical values*, there is often an astonishing convergence across millennia and cultures of priority lists. Confucius, Aristotle, Thomas Aquinas, the Bushido Samurai Code, the Bhagavad-Gita, and other venerable traditions disagree on the details, but all of these codes include ten core values: wisdom, courage, humanity, compassion, justice/fairness, temperance, transcendence, honesty, respect responsibility, and loyalty.
>
> *Survival* is an unvoiced foundational value.

Food for thought indeed! What a promising start for the group! One assumes that the discussions will become more and more exciting as the group continues. Tom Faulhaber, the facilitator, plans to use such tools as case studies as triggers for discussion at meetings.

The group meets at the Senior Center on Wednesday mornings at 9:00. Come, join in the discussions, Be enlightened. Hone your values in this age of conflict and controversy!

NEW! PUBLIC ISSUES NONFICTION BOOK DISCUSSION GROUP

And Tom Faulhaber is challenging your thinking even more. Come to the Senior Center every month to participate in a nonfiction book discussion group centered on public issues, history, current events, and other topics. The Brookline Public Library (Coolidge Corner Branch) will have copies of the books available several weeks before each meeting. Suggestions for future titles are encouraged and welcomed. The meetings for this new group will be **9:30 to 10:30 am on the fourth Tuesday every month**.



November 23
The Wal-Mart Effect: How the World's Most Powerful Company Really Works—and How It's Transforming the American Economy by Charles Fishman (Penguin)

December 28
The Limits of Power: The End of American Exceptionalism by Andrew J. Bacevich (Metropolitan Books)

January 25
Better: A Surgeon's Notes on Performance by Atul Gawande, MD (Picador)

February 22
The Post-American World by Fareed Zakari (W.W. Norton & Company)

DIABETES SELF-MANAGEMENT WORKSHOP

Springwell is sponsoring and presenting this workshop for people living with diabetes. As you all know, diabetes has grown to epidemic proportions in the last few years. However, with proper management, most people with diabetes lead fruitful, normal lives.

Come to an informational meeting about this workshop on **Monday, November 8, from 2 to 3 pm**. You will be able to sign up for the workshop at the informational meeting. Both the informational meeting and the workshops are free of cost.

The workshop will meet Monday afternoons from 1:30 to 4:00 pm beginning **November 15, and running through December 27**.

TAXPAYERS' GUIDE TO REAL ESTATE TAX EXEMPTIONS IN BROOKLINE

A tax exemption is a discharge from the obligation to pay all, or a portion, of a tax. Exemptions are conferred by the Commonwealth Legislature on particular categories of persons or property. *Clause 41C of Section 5 of Chapter 59* (41C) provides a $500 exemption to persons 70 years of age or older who satisfy the following requirements:

- ***Applications*** must be filed annually with the Brookline assessors by December 15 or within three months after the actual (not the preliminary) tax bills are mailed for the fiscal year, whichever is later. An application is considered filed when it is received by the assessors on or before the filing date, as shown by a postmark made by the US Postal Service. Filing an application does not entitle the applicant to a delay in tax payment.
- ***Documentation*** must be provided to the assessors containing whatever information is reasonably required to establish eligibility.
- ***Number of exemptions*** Not more than one (1) exemption may be granted under 41C on the same parcel of real estate.
- ***Eligibility requirements*** An individual must satisfy 1) age, 2) ownership and domicile, 3) annual income, and 4) whole estate or assets requirements as of July 1 of the tax year.
- ***Ownership and domicile*** Under 41C, an individual must own and occupy the subject property on July 1 of the tax year. In addition, an individual must have continuously lived in Massachusetts for the 10 years preceding the application and have owned and occupied the property or other property in Massachusets for 5 years.
    1. To satisfy the ownership requirement, a person's interest in the domicile must be worth at least $4000. A person may own his/her interest solely, as a joint owner, or as a tenant in common with someone other than a spouse, and may apply for a portion of the personal exemption. However, each joint owner must meet the financial requirements. Residential properties containing four or more units or commercial units will have a portion of the value of these units included in the whole estate calculation.
    2. The holder of a life estate satisfies the ownership requirement.
    3. If the domicile is held in a trust, a person can only satisfy the ownership interest if she/he: a) is a trustee or co-trustee of that trust and the domicile through that trust and b) possess a sufficient beneficial interest in the domicile through that trust. (Splitting the interest between multiple trusts does not qualify.
- ***Annual income and whole estate*** In addition, a person's whole estate, real and personal, cannot exceed:
    - **Gross receipts** including social security not exceeding $20,725 per single person or $21,195 per married couple.
    - **Whole Estate** minus the value of the home, except for the value of any portion which exceeds three dwelling units and produces income, cannot exceed $35,684 per single person or #38,233 per married couple. The whole estate also includes the value of a person's cemetery plots, registered motor vehicles, and wearing apparel; and household furniture and effects kept at the domicile should be excluded from the calculation of the person's whole estate for the purpose of this.

For further information, contact the Brookline Board of Assessors, 333 Washington Street, or call 617-730-2060.

THANK YOU

Our warmest thanks go to the many donors who have recently given so generously. To:

Annual Appeal Donors Jane Friedman, Sue Reamer, Dawn Carmen Sibor, Jane & Benjamin Siegel, and Janet R. Vohs

Katherine Kilpatrick, supporting the van fund ***for her gift in honor of*** Dorothy Wolfson's cheerful manner & loving friendship

Jean & Manny Gold ***for their gift in honor of*** the marriage of Ruth Levy's grandchildren, Jared & Kayo

Vivian Freeman ***for her gift in honor of*** the Brookline Senior Center Birthday Celebration Program

Claire Yung & The Chinese Mah Jong Group ***for their gift in honor of*** the Chinese Mah Jong Program

Elizabeth Kirsten, Jean Kramer and Ruth Segaloff—supporting the *Telling Your Story* Program, and ***for their gifts in memory of*** Betty Guralnick

Brookline Senior Center Bridge Group ***for their gift in memory of*** Bob Delaney

Special thanks go out to Village Green Renewal for the $1065 that was raised through their Brookline Village t-shirt sales in September and presented to the Senior Center.

And our thanks also to the Brookline Chamber of Commerce for their help.

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 Council on Aging at 617-

OUR ADVERTISERS

While the ads in this newsletter do not constitute an endorsement from the Brookline COA or the Senior Center, we want to thank all the advertisers for helping support the *Senior News and Events*.

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 and 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, and we thank all who have thought of the Senior Center and helped support us through the years.

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

OUR CONTRIBUTORS

Every month we are blessed with contributors who help make the newsletter more interesting and informative. In November, we thank Jacqueline Marcell and the *Alzheimer's Association 2010 Alzheimer's Disease Facts and Figures* for the Alzheimer's statistics on p. 1, Dr. Suzanne Salamon and Beth Israel Deaconess Medical Center for the *Ask a Geriatrician* column on p. 6, Brookline 2010 Community Climate Challenge for the information on p. 8, Mimi Katz for the 2009 Holiday Craft Fair photos on p. 10, Netflix for the movie summaries and photos on p. 13, Roger Smith on amazon.com for the review paragraph on *Killer* on p. 14, and the Brookline Assessors for the tax exemption information on p. 29.

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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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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