TOWN OF BROOKLINE
SENIOR NEWS AND EVENTS

Council on Aging

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

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Brookline, Massachusetts 02446

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HIGHLIGHTS

Honor Frank Caro—Unsung Hero on November 2. See p. 24

Come to the 27th ANNUAL HOLIDAY CRAFT FAIR on Friday, November 4, and Saturday, November 5. See p. 3

Learn Job Search Skills on November 9. See p. 10

Attend the Piatigorsky Foundation Concert on November 9. See p. 6

See a screening of the one-act play *Talking with Dolores* on November 14. See p. 7

Hear the Senior Center Chorus at First Light on November 17. See p. 24

On Sunday, November 6, Daylight Savings Time ends, so set your clocks back 1 hour before you go to bed on Saturday night.

NOVEMBER 2011

NATIONAL ALZHEIMER'S DISEASE AWARENESS MONTH

With the advent of the first of the Baby Boomers to seniorhood, there is a rapidly growing menace—Alzheimer's Disease (AD). "Every 69 seconds, someone in the United States develops AD, and by 2050, the time line is expected to accelerate to every 33 seconds. Over the coming decades, the Baby Boom population is projected to add 10 million people to these numbers." So that "in 2050, the incidence of AD is expected to approach nearly a million people per year, with a total estimated prevalence of 11 to 16 million people." *(quotes from "2011 Alzheimer's disease facts and figures." From Alzheimer's & Dementia: The Journal of the Alzheimer's Association, vol. 7, no. 2, pp. 208-244, March 2011.)*

Grim statistics indeed, but worth presenting here to demonstrate the urgency of supporting more and more research aimed at developing a cure for this "progressive brain disorder that damages and eventually destroys brain cells, leading to loss of memory, thinking, and other brain functions. It is not a part of normal aging, but results from a complex pattern of abnormal changes. It usually develops slowly and gradually gets worse as more brain cells wither and die. Ultimately, Alzheimer's is fatal, and currently, there is no cure." (*quote from the Alzheimer's Association Research Center web site [alz.org])*

Let's all raise our voices and let our government know that this major killer, this destroyer of minds, this virtual epidemic needs to be given top research priority NOW!

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The Town of Brookline Senior News & Events
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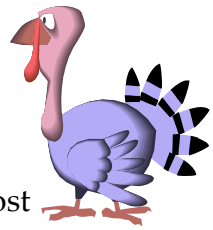
NOVEMBER HOLIDAYS



On **Friday, November 11**, the Senior Center will close for observance of Veterans Day, and of course, on **Thursday, November 24**, we will be closed for Thanksgiving Day.

Thanksgiving is probably the most American holiday there is. We watch football (which is, according to the latest research, the most popular of all spectator sports in America), eat ourselves silly, and begin to celebrate the "holiday season" in earnest. What could be more American than that?

EASY TRAVEL

On **Thursday, November 3, at 1:30 pm** let John Brodacki take you on a tour of Paris, City of Light, Love, Fashion, Dreams—and so much more.

And after a holiday break in December, the late winter has an exciting lineup. In January, Ruthann Dobek, our COA/Senior Center director, will take you on her recent vacation in Spain. In February, your erstwhile *Senior News and Events* editor will explore the Arnold Arboretum as it surprises and pleases the eye at every season. And in March, Program Director Julie Washburn will guide you through San Francisco.

Would you like to lead a tour of one of your favorite places? It can be a far-flung discovery or somewhere nearby, even somewhere in the Boston metropolitan area, that you love to visit. If you have a photographic tour you would like to share with the Brookline senior community, contact Julie Washburn at 617-730-2760. Remember that you need to have pictures, preferably slides or digital pictures on a CD.

Paris, je t'aime

HOLIDAY CRAFT FAIR

Come to the 27th annual Holiday Craft Fair on **Friday, November 4, and Saturday, November 5, 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 — clothing, jewelry, 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. For more information about the fair, call Julie Washburn at 617-730-2760 or Sharon Devine at 617-730-2769.

Photos from the 26th Annual Holiday Craft Fair in 2010 by Mimi Katz

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Podiatry Clinic Routine foot care with Dr. John McLaughlin is available on **Mondays, November 7and 21, from 9:00 am to 12:00 noon**. Sessions, which last 15 minutes each, cost $30. 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 16, at 1:00 pm** at the Senior Center.

Blood Pressure Screenings
The Brookline Health Care Center (BHCC) will provide blood pressure screenings **at the Senior Center** on **Monday, November 7, from 1:00 to 2:00 pm**. The nurse who presides is fluent in English and several Chinese dialects.

There will not be blood pressure screenings by Barbara Westley, the nurse from the Brookline Public Health Department (BPHD) **at the Senior Center** in November, but there will be screenings with the BPHD nurse:

- On **Wednesday, November 2,** at the BPHD building, 11 Pierce St., **from 2:00 to 3:00 pm**
- On **Wednesday, November 23,** at O'Shea House, 61 Park St., **from 1:00 to 2:00 pm**

And Megan Cheung, a nurse from the Greater Boston Chinese Golden Age Center will do blood pressure screenings at the Senior Center **on Monday, November 28**, during the Chinese programs—**from 12:30 to 2:00 pm**.

Health Clinic Note that the Podiatry Clinic and blood pressure and other screenings are now being held in our Health Clinic on the second floor as part of our space reallocations.

Flu Clinic The BPHD will hold Flu Clinics for Brookline residents on **Tuesday, November 1, from 10:00 am to 1:00 pm** at the Senior Center and

- On Sunday, November 6, from 11:00 am to 2:00 pm at the Baker School (205 Beverly Road)
- On Wednesday, November 9, from 3:00 to 6:00 pm at the Devotion School (345 Harvard Street)
- On Wednesday, November 30, from 4:00 to 6:00 pm at the BPHD building (11 Pierce Street)

There is no charge for the vaccine. Everyone 6 months of age or older should have the vaccine. Remember to bring all health insurance cards with you. Wear loose-sleeved clothing. *Special thanks to BIDMC for sponsoring these flu clinics.*

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

The Health Page is sponsored by Beth Israel Deaconess Medical Center

Affiliated with Joslin Clinic

A research partner of NCI CCC DANA-FARBER/HARVARD CANCER CENTER A Comprehensive Cancer Center Designated by the National Cancer Institute

Official hospital of the Boston Red Sox

MEDICARE OPEN ENROLLMENT

REMINDER: Medicare Open Enrollment ends on December 7th! Do not miss this date. Do your yearly enrollment now. Don't be left without a health plan.

Every year, Medicare Part D and Medicare Advantage (managed care) plans may change their formularies (list of drugs covered), premiums, co-pays, and deductibles. It's important to review your options ***every*** year to make sure you have the plan that works best for you.

Some of the bigger changes to Medicare plans in our area for 2012 are:

- Seven Medicare Part D plans are leaving and three new ones are entering. ***If you are a member of a drug plan that is leaving, you need to make certain that you have a new drug plan for January 2012.***
- *Humana Walmart-Preferred Rx Plan* (currently $14.80/month) will still have the lowest monthly premium of all the stand-alone drug plans ($15.10/month in 2012).
- Medigap Supplements will increase their monthly premiums slightly.
- Two new Medicare Advantage plans will be added—a Blue Cross/Blue Shield HMO and a Fallon HMO.

Trained SHINE (Serving Health Information Needs of Elders) volunteers offer free, confidential counseling on all aspects of health insurance to anyone on Medicare. Call the Senior Center, and ask for a SHINE appointment.

You can also 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 number. A volunteer will call you back as soon as possible. For assistance from a Medicare customer service representative 24/7, call 1-800-MEDICARE.

FUEL ASSISTANCE

Our social work interns—Lauren Dupuis, Katie Kelley, Jessica Moss—will assist people with applying for or renewing their fuel assistance benefit this year.

Appointments, which will begin on Monday, November 7, can now be scheduled by calling 617-730-2777.

Please note that you do not have to be an elder to apply for fuel assistance. For more information and answers to your questions, call the Senior Center social worker interns at 617-730-2772. If you get a message at this phone number, leave your name and telephone number, and one of the interns will call you back as soon as possible.

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A LETTER FROM JEAN STRINGHAM

Dear Ruthann,

Thank you for the kind words about me in last month's *Senior News & Events*. I write to thank you, your staff, and all the artists I worked with over the past 11 years in my role as volunteer curator. I also want to say how happy I was to be named Volunteer of the Year for 2011 for my work as the curator.

What a pleasure it has been to work collaboratively with Charlotte Millman for 10 years and with Julie Washburn this past year. Making home visits with them to artists and planning exhibits was enormous fun for me.

Also, it has been a privilege for me to meet and get to know so many artists in Brookline. With the exhibits rotating every few months, I figure we have had over 60 exhibits. The artists graciously welcomed us into their studios and homes to see their artwork and plan their shows. It has been an honor to get to know them and their families, and to learn first hand about their lives and their passion for their artwork. This experience has enriched me personally, and has added to my own understanding of my artwork in photography and quilt making. There are too many names of artists to mention here, but I hope everyone knows how sincerely I value them.

Bob Berkovitz, who died recently, was enormously helpful to us in photographing the artwork and making the beautiful postcards for the shows and receptions. For the past year Mimi Katz has been doing a wonderful job with these efforts. I am very grateful for their talents.

We are so delighted that Gwen Ossenfort will be taking over the curator position in January. Gwen is a talented artist, teacher, and curator and is well known in Brookline for her leadership of Artists Open Studios. Best wishes to Gwen, Julie, and Mimi for continued success. I hope they will call upon me to help them.

Thanks again. I may be giving up the volunteer curator position but not my involvement with our wonderful Senior Center.

Jean Stringham
October, 2011

PIATIGORSKY FOUNDATION CONCERT

Don't miss the annual Piatigorsky Foundation Concert on **Wednesday, November 9 at 2:00 pm**. The Piatigorsky Foundation, a non-profit organization, presents concerts across the country, making live classical music part of the fabric of everyday life for communities throughout the United States. Both entertaining and educational, their concerts take place in familiar settings where audience and artist share the joy of live music.

The artist performing this year, Richard Dowling, has been hailed by *The New York Times* as "an especially impressive fine pianist" who appears regularly in solo recitals, as guest soloist with orchestras, and at music festivals across the United States. He has been acclaimed by audiences for his elegant and exciting style of playing which earns him frequent return engagements. His career highlights include a sold-out New York orchestral debut at Lincoln Center and a solo recital at Carnegie's Weill Recital Hall.

Detail from Photo © Peter Schaaf

AT THE GALLERY

You are cordially invited to an exhibit of

PAINTINGS BY
Catherine Zimmerman

Monday, September 12 through Friday, December 30

Hours: 8:30 am to 5:00 pm Monday through Friday

Do not miss this soul-touching exhibit.

The artist on her art: "Maybe it is because I began painting when I was sick in bed and couldn't have visitors that I understand its power. Painting moves life along.

I like the touch of the brush to rice paper or a thick glob of oil sliding into another color, the defining line of pencil or the flow of watercolor. I like the way a painting can look like a mess and recover, and the thrilling feeling when one of my paintings on its own has found an audience. For me, painting is life-sustaining."

SWING BAND

If you like playing the pop music of the 20s, 30s, 40s, and 50s and can read music or play by ear, join James Demicco and his band of musicians on **Mondays, November 14 and 28, at 2:30 pm** at the Senior Center. Band experience is helpful but not necessary. Call Julie at 617-730-2760 for more information.

TALKING WITH DOLORES

On **Monday, November 14, at 12:30 pm**, come to the Senior Center to view a screening of *Talking with Dolores,* a one-act play about aging, life-and-death choices, and saving room for dessert. A brief discussion on the film and refreshments will follow the screening.

SENIOR CENTER DECORATORS

Join this fun crafting group (formerly called the Crafty Holiday Group) and help make stars and stripes for the Fourth of July, goblins for Halloween, snowmen for Christmas, and much more—all to adorn the walls of the Senior Center! The group will meet **from 1:00 to 3:00 pm on Mondays, November 7 and 14**.

Group coordinator Jean Doherty would like to thank folks for the generous donations of oatmeal containers and tissue boxes. You have been so generous, in fact, that the group now has a surfeit of both.

Now she would like to ask for donations of new or used holiday cards and holiday gift wrap (both new and used).

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, bring your 2010 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 documentation you will need to bring. (All riders must be recertified every year in order to be able to buy BETS coupon books.)

To be eligible, 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 a Brookline-based company gives you trouble about using the coupons, report it to the COA at 617-730-2777.

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

BLAB The Brookline Legal Assistance Bureau volunteer lawyers will be on hand on **Wednesday, November 2,** and again on Wednesday, December 7, **from 9:00 am to 12:00 noon** at the Senior Center offering 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 identification cards to be used both at home and away from home. This is a very important program. It should be part of your emergency preparedness. For more information on the File of Life, call 617-730-2777 and leave your name and phone number. The Senior Center's File of Life Coordinator, Ruth Geller, will call you back as soon as possible.

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

JOBS Job Opportunities for Brookline Seniors is an employment service designed and sponsored by the 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 The Supplemental Nutrition Assistance Program helps seniors stretch food dollars with food stamps. If you need assistance at any time during the process, call Sonia Wong at the Senior Center at 617-730-2774, and she will get back to you promptly.

SHINE counselors Sonia Wong, and Sybil Levisohn are on hand at the Senior Center to help individuals explore their health-insurance options. For an appointment with a SHINE counselor, call 617-730-2777. (See also p. 5.)

There is no longer a **SOCIAL SECURITY** Contact Station at the Senior Center. For assistance, call the Social Security main number at 800-772-1213.

SHOP PROGRAM

The SHOP program has Brookline High School students waiting to do your grocery shopping. Call Vivian Freeman, Volunteer Coordinator at the Senior Center, at 617-730-2743, and she will be happy to any answer questions you have about the program and to enroll you.

ALZHEIMER'S CAREGIVERS SUPPORT GROUPS

There are two sessions of this group per month—one in the afternoon and one in the evening. Both are designed to help caregivers cope with the stresses and demands of helping their loved ones who are struggling with Alzheimer's Disease.

The **Afternoon** group will meet on **Friday, November 18**. Call group leader Elaine Yanowitz at 617-730-2751 for more information and for time of meeting.

The **Evening** group will meet **Tuesday, November 22.** Note that this group is temporarily full. However, call group leader Susan Kanian-Andriole at 617-730-2754 if you are interested in being put on the waiting list or for referral information for another local group.

PARKINSON DISEASE SUPPORT GROUP

This group meets on **Friday, November 4, at 1:00 pm** at the Senior Center. For more information about this month's meeting and about the group in general, contact the American Parkinson's Disease Association Information and Referral Center at the Boston University Medical campus at 617-638-8466.

SOCIAL SECURITY

Finally, after two years of level funding (no increase in benefits), there will be a 3.6% increase in your monthly Social Security beginning on January 1, 2012. You should receive a letter in December giving you the exact amount of your benefit, reflecting the increase.

WOMEN'S BAR FOUNDATION

On **Wednesday, November 2, at 1:00 pm**, at the Senior Center, Deborah Drosnan, Esq., Volunteer Attorney Coordinator of the Women's Bar Foundation Elder Law Project, will give a presentation on wills, health-care proxies, powers of attorney, and living wills. This is an excellent opportunity to learn about these important documents and to ask any questions you may have. Everyone—both men and women—are invited! For more information, call Olga at 617-730-2768.

In addition, volunteer attorneys will prepare these documents free of charge for people who meet the Elder Law Project's income and assets guidelines.

Eligibility requirements:

- You must be a senior (60 years of age and older).
- For individuals, your income must be less than $27,225 and your income and assets combined must be less than $40,000. For example, if your yearly income (from any source) is $15,000, your assets can be no more than $25,000.
- For a married couple, your income must be less than $36,000 and your income and assets combined must be less than $55,000.
- If you own your own home or condo, the equity in your home or condo must be less than $700,000. The home or condo must be your personal residence.

If you qualify for these free legal services and are interested in meeting with a lawyer, please call 617-730-2777. The meetings will take place at the Senior Center ***at a later date***.

Thrifty Threads

at United Parish Church,
210 Harvard Street, Brookline

Open
Friday and Saturday from 11:00 am to 4:00 pm

Children's, Men's, Women's clothing
at reasonable prices!

JOB SEARCH HELP

Online resources can be a great time-saver during a job search, but they can also be confusing and frustrating. Anne Spangler, Wisdom Works Facilitator, and Deidre Waxman, JOBS Program Coordinator, at the JOBS program at the Senior Center have put together some special programs for helping seniors in their search for jobs in this difficult job market.

Computer Assistance. Would you like to set up automatic job alerts to have new job listings regularly delivered to your e-mail? Or do you want help navigating online employment applications? Or do you need help converting your Word résumé and cover letter to a PDF or plain text format? Beginning **Tuesday, November 1**, the JOBS program is piloting a new service to help job seekers with these and other online job search challenges. This is a free program for Brookline residents who are aged 60 or older. Appointments are required andare available on Tuesday afternoons from 1-3 p.m. For a one-on-one appointment with a trained volunteer, call 617-730-2777.

Job Search Skills Sessions. Want help with your resume, interview skills, or networking resources? If you are a Brookline resident age 60 or older and looking for work, bring your personal job search questions to Anne Spangler, Wisdom Works Facilitator, for a half-hour individual session at the Senior Center on **Wednesday, November 9, from 1 to 4 pm**. Appointments are required. For more information or to make an appointment for a session, call Deidre at 617- 730-2767 or e-mail Anne at aspangler@brooklinema.gov.

Join a Support Network. If you would like to participate in an ongoing job search networking and support group, call Deidre Waxman at 617-730-2767 or e-mail Anne at aspangler@brooklinema.gov. Give us your contact information and the days and times that work best for you. This group is open to Brookline residents age 60 or older and is designed for job seekers to share job search experiences, ideas, and tips in a supportive environment. If there is enough interest, we will schedule a regular day and time for an ongoing job search group meeting.

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COUPON

COMPUTER COURSES FOR FALL

These computer classes are specifically geared for seniors and are at the Senior Center Computer Lab. The offerings starting in November are:

- Basic Computer Maintenance for Seniors. Instructor: Phyllis Mays (Course code: C220) —4 Mondays from 11:45 am to 1:45 pm beginning November 7
- Getting to Know Your Digital Camera. Instructor: Phyllis Mays (Course code: C174) —4 Mondays from 9:30 to 11:30 beginning November 7.

These courses are offered by Brookline Adult and Community Education (BA&CE) in cooperation with the Brookline Council on Aging (COA). Interested individuals with questions about enrolling, should call BA&CE at 617-730-2700 or talk with Bob Roll in the Senior Center Computer Lab.

The fee for each course is $72 and each is limited to six students. Since the courses are designed for, and available only to, seniors, the normal senior discounts do not apply. Register for these courses by calling BA&CE at 617-730-2700 or online at www.brook lineadulted.org. For further information on all BA&CE computer courses, consult the BA&CE Fall 2011catalog.

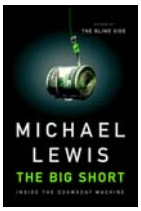
FRENCH CONVERSATION

Have you found yourself longing "parle français." Join this Senior Center group **every Tuesday in November at 12:30 pm**. Improve your French conversational skills in a social atmosphere.

PUBLIC ISSUES NONFICTION BOOK DISCUSSION GROUP

Challenge your thinking with this book discussion group. Come to the Senior Center on **the fourth Tuesday of every month from 9:00 to 10:00 am** to participate in this group that is centered on public issues, history, current events, and other nonfiction topics. Tom Faulhaber facilitates.

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.



November 22
The Big Short: Inside the Doomsday Machine by Michael Lewis (WW Norton & Company, Inc.)

December 27
Buddha by Karen Armstrong (Penguin Group USA)

January 24
Eating Animals by Jonathan Safran Foer (Back Bay Books/Hachette Book Group)

Center Communities of Brookline

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

Center Communities of Brookline
Hebrew SeniorLife

SPANISH IMMERSION

Spanish Immersion in Brookline offers five very different kinds of immersion in Latino language and culture—all at the Senior Center.

First, there are the ***one-on-one Spanish conversations with seniors*** from Latin American countries that have been available for some time.

Also offered are beginner ***Spanish language classes*** on **Thursday afternoons from 1:00 to 2:00 pm**. Small groups in a relaxed, friendly atmosphere learn from a native speaker. Emphasis is put on conversational skills.

And you can immerse yourself in ***Latino instrumental and vocal music*** on **Tuesday afternoons from 3:00 to 4:30 pm** with Eduardo Rojas.

And now Spanish Immersion is offering ***a Basic Computer Class for Spanish-speaking seniors*** at the Senior Center on Fridays **from 12:30 to 2:00 pm**. The first series of this class is in progress now, ending December 9. This course covers getting know the parts, starting up, and beginning to use the computer; an introduction to Microsoft Word; connecting to and navigating the internet; and creating an e-mail address.

If you are interested in joining this series or taking the next series, call Giovanna at the phone numbers below.

NEW! On **Thursday afternoons from 2:00 to 3:00 pm,** you can join a ***Spanish conversation group***. Hone your conversational skills in a friendly, social environment. You can buy 10 sessions for $40 or drop-in when you can for $5/ session.

For all the rates and more information and to register for any or all programs, contact program coordinator Giovanna Tapia at 617-953-7016 or 617-730-2644. These programs are co-sponsored by the Brookline Senior Center and JPC: Tree of Life/Arbol de Vida.

COUNCIL ON AGING MEETING

On **Wednesday, November 9, at 1:00 pm** the Council on Aging (COA) meeting will feature Lynn Schuster, RN, from the Chelsea Jewish Foundation on "How Chelsea is involved in Brookline" As people live longer and our aging population continues to grow rapidly, the Chelsea Foundation more than ever remains committed to meeting the needs of seniors. Come and learn about the services that are brought directly to Brookline.

LOSS AND BEREAVEMENT SUPPORT GROUP

Coping with sadness during the holiday season
The holidays are usually a time for tradition, family, and good times. At this time of year, many struggle to cope with their grief or sadness over the loss of a loved one ot a job or a significant life change or event.

During this holiday season the Senior Center is offering a five-week drop-in support group for those feeling lonely or sad. This group is open to all Brookline residents 60 years old or older who wish to share their concerns with others who have experienced a recent loss.

The group will meet on **Mondays, from November 14 to December 12, from 2:00 to 3:30 pm** at the Senior Center. While there is no charge for coming to this group, preregistration is required. For a preregistration discussion and to register, call Deidre Waxman at 617-730-2767 or Lauren Dupuis at 617-730-2772.

Brookline Adult & Community Education
BA&CE
www.brooklineadulted.org
617-730-2700
Join us, new classes starting soon!

FROM THE DIRECTOR

Feeling gratitude and not expressing it is like wrapping a present and not giving it.

--William Arthur Ward

November is the month of Thanksgiving and a season of gratitude. Here are a few of the items that I am must grateful for every day.

- **Our Volunteers**—Over 300 strong and there for us every day. We would have to close our doors if we had to go without their thousands of hours of work.
- **Our Board Members**—Advocates in the rain, snow, and freezing cold and against the bitter and the ageists. They are the reason we have our funding and programs.
- **Our Programs**—Now more than ever, a tremendous bargain for high-quality entertainment and educational opportunities.
- **Our Staff**—A strong team of dedicated people who work hard each day to make the community strong and vibrant. They are unsung heroes who toil to keep seniors independent. Stop and say thank you this month.
- **Our Services**—The envy of most communities. We provide ***dignity and independence*** to every Brookline senior through top-notch delivery. This has been our vision for over 50 years and will continue to guide us as we create new ways to help seniors "aging well in our community."
- **YOU! The Brookline Seniors**—The ones who make this job worthwhile with ***your wisdom, creativity, and energy***. I salute all of you every day.
- **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. We create **community** and stay ***connected.***

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 your feelings of, gratitude with others.

Ruthann Dobek, Director

Healthy adults, 18-85,
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Research conducted at Boston College

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MASSACHUSETTS MEDICATION AWARENESS PROGRAM

On **Monday, November 7**, the Massachusetts Health Council and the Massachusetts College of Pharmacy and Health Sciences will present a program about this Medication Awareness Program **from 2:00 to 5:00 pm** at the Senior Center.

The program is designed:

- To reduce medication errors and accidents occurring from inaccurate doses
- To provide information about the best times to take your medications
- To learn what complications you should be aware of regarding your medications
- To provide a place to bring outdated medications for safe disposal

And just how does it work, and what will you gain from the program?

- First, sign up for a 20-minute appointment by calling 617-730-2770.

On November 7, come to the Senior Center for your appointment and:

- Bring with you all your outdated medications, vitamins, and supplements in a bag or similar container.
- Meet first with a pharmacy student who will take down information about the medications, vitamins, and supplements you take, including times and dosages.
- Then a registered pharmacist will review the information and make recommendations to you about outdated medications, complications with foods, best timing for taking meds, and other things you should be aware of to get the best benefit from your medications.
- A Brookline police officer will be on hand to administer the Brookline ***Take Back Progam*** for safe disposal of medications.
- Finally, each participant will receive materials (a wallet card, pill boxes, and informational handouts) to help keep their meds organized.

Don't miss this opportunity to learn about your health! This program is sponsored and supported by a grant from BlueCross BlueShield of Massachusetts.

And after this very important event, if you have out-of-date or unused prescription and/or over-the-counter pills, vitamins, pet medications, ointments, lotions and liquid medications in your home and don't know what to do with them, don't throw them out in the trash, empty them down the toilet, or put them in the disposal.

Instead, bring them to the Brookline Public Safety Building at 350 Washington Street and put them in the Disposal Box in the lobby. This disposal method is also part of the Town's ***Take Back Program***.

And, if you have used needles, diabetes lancets, test strips, and other medical sharps that you need to dispose of, bring them to the Brookline Public Health Department (BPHD) Building at 11 Pierce Street and deposit them at the 3rd floor drop-off kiosk. Bring them in proper containers—heavy plastic ones that are designated as "sharps containers."

Brookline residents can obtain new sharps containers (while the supply lasts) from the BPHD when they drop off their used sharps.

Thermometers and other items containing mercury can also be disposed of at the BPHD Building or at the Municipal Service Center at 652 Hammond Street.

ASK A GERIATRICIAN

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

November is National Alzheimer's Disease (AD) Awareness Month (see p. 1). Many people are worried that they have AD, a fatal brain disease that causes a slow decline in memory, thinking, and reasoning skills .

To try to identify who may have the disease, the Alzheimer's Association has published a list of 10 warning signs:

1. Memory loss that disrupts daily life, especially forgetting recently learned information.
2. Difficulty in planning or solving problems. They may have trouble following a familiar recipe or keeping track of monthly bills.
3. Difficulty completing familiar tasks. They may have trouble driving to a familiar location, managing a budget at work or remembering the rules of a favorite game.
4. Confusion with time or place. People with AD can lose track of dates and the passage of time. Sometimes they may forget where they are or how they got there
5. Trouble understanding visual images. They may see themselves in a mirror and think someone else is in the room.
6. New problems with words in speaking or writing. They may have trouble following a conversation, repeat themselves or call things by the wrong name.
7. Lose things and be unable to go back over their steps to find them again. They may accuse people of stealing from them.
8. Poor judgment, such as giving a lot of money to telemarketers or paying less attention to keeping clean.
9. Withdrawal from work or social activities.
10. Changes in mood and personality, becoming confused, suspicious, depressed, fearful, or anxious. They may be easily upset at home, at work, with friends—anywhere they are out of their comfort zone.

AGING BUT NEVER OLD

Don't miss this special Brookline Adult & Community Education event on **Monday, November 7, from 7:00 to 8:30 pm** at Brookline High School. Dr. Jurgen H.A. Bludeau, MD, Chief of Geriatric Clinical Services and Director of the Center for Older Adult Health at Brigham and Women's Hospital will discuss geriatric care and how older adults and their children and caregivers can better navigate the increasingly complex medical options.

Dr. Bludeau is the author of *Aging But Never Old: The Realities, Myths, and Misrepresentations of the Anti-Aging Movement.*

This event is free of charge and no preregistration is necessary.

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Springwell Nutrition Program NOVEMBER 2011

617-730-2770

MONDAY	TUESDAY	WEDNESDAY
Meals are served at 12 noon unless otherwise noted. **For meal reservations on Monday, call the previous Friday by 11 am.** **For meal reservations on Tuesdays through Fridays, call the previous day by 11 am.**	1) Minestrone Soup Eggplant Parmesan, Ziti w/Tomato Sauce, Spinach, Wheat Bread **OR** Roast Beef w/Swiss Cheese, Mustard, Lettuce Leaf, Summer Potato Salad, Broccoli Slaw, Wheat Bread Peaches	2) Italian Vegetable Soup Chicken w/Gravy, Apple Raisin Bread Stuffing, Butternut Squash, Ginger Bread **OR** Seafood Salad w/ Lettuce Leaf, Spinach Mandarin Salad w/ Lite Dressing, Corn Salad, Multigrain Bread Fresh Fruit
7) Clam Chowder Krunchy Lite Fish Sandwich w/ Tartar Sauce, Sweet Potato Wedges, Cauliflower, Hamburger Roll **OR** Egg Salad w/ Lettuce Leaf, Harvard Beet Salad, English Pea Salad, Rye Bread Crumb Cake Loaf	8) Cream of Broccoli Soup Cranberry Chicken, Baked Potato & Sour Cream, Root Vegetables, Rye Bread **OR** ***Ham w/American Cheese, Mustard, Lettuce Leaf, Orzo Vegetable Salad, Riviera Salad, Oatnut Bread Chocolate Pudding w/Topping	9) Split Pea Soup Meatless Chili Mac, Spinach, Whole Wheat Bread **OR** Roast Beef w/American Cheese, Mayo Packet, Lettuce Leaf, Couscous & Vegetables, BBQ Corn White Bean & Onion Salad, Multi-grain Bread Mandarin Oranges
14) Italian Vegetable Ditalini Soup Creamy Italian Chicken, Roasted Diced Red Potatoes, Dill Carrots, Oatnut Bread **OR** Roast Beef w/Swiss Cheese, Lettuce Leaf, Lite Mayo, Lo Mein Pasta Salad, Tossed Garden Salad w/ Lite Italian Dressing, Multigrain Bread Tapioca Pudding w/Topping	15) **<u>November Birthday Lunch</u>** Minestrone Soup Beef Stew, Peas, Wheat Bread **OR** Cottage Cheese Fruit Plate, Lentil Pilaf, Muffin Peaches	16) ***Reduced Sodium Hot Dog, Baked Beans, Cole Slaw, Ketchup/Mustard/ Relish, Hot Dog Roll **OR** California Chicken Salad w/Lettuce Leaf, Oatnut Bread, Riviera Salad, Pasta Salad w/Cheese Fresh Fruit
21) Mushroom Barley Soup Meatball Sub, Rigatoni Pasta w/ Tomato Sauce, Parmesan Cheese, Peas, Sub Roll **OR** Turkey w/American Cheese, Lettuce Leaf, Lite Mayo, Wheat Bread, Purple Cabbage Cole Slaw, Caribbean Salad Pineapple	22) Beef Vegetable Soup Fish Florentine, Brussel Sprouts, Couscous w/ Vegetables, Oatnut Bread **OR** Egg Salad on Lettuce Leaf, Fruity Rice Salad, Riviera Salad, Rye Bread Spice Cake w/Vanilla Frosting & Sprinkles	23) Garden Vegetable Soup Baked Macaroni & Cheese, Broccoli & Cauliflower Marinara, Whole Wheat Bread **OR** Chicken Salad on Lettuce Leaf, Spinach, Mandarin Orange Salad, Lite Italian Dressing, Orzo Vegetable Salad, Multigrain Bread Baked Cinnamon Apple Slices w/Whipped Topping
28) Mixed Bean Soup Stuffed Shells w/ Meatball, Tossed Garden Salad w/Lite Italian Dressing, Zucchini, Whole Wheat Dinner Roll **OR** Seafood Salad on Lettuce Leaf, Potato Salad, Roman Blend Salad, Multigrain Bread Fresh Fruit	29) Beef Rice Soup Cheeseburger, Ketchup/Mustard, Lettuce & Tomato, Creamy Parmesan Polenta, Green & Wax Beans, Hamburger Roll **OR** Tuna Salad w/Lettuce Leaf, Wheat Bread, Macaroni Salad, Riviera Salad Mandarin Oranges	30) Oriental Vegetable Soup Tangerine Chicken, Roasted Chickpeas, Carrots, Multigrain Bread **OR** Roast Beef w/Provolone Cheese, Lite Mayo, BBQ Corn White Bean & Onion Salad, Tomato Cucumber Salad, Oatnut Bread Vanilla Pudding w/Topping

THURSDAY	FRIDAY
3) Lentil Spinach Soup Salmon Boat w/ Lemon Dill Sauce, Peas & Onions, Red Bliss Potatoes, Multigrain Bread **OR** ***Ham w/American Cheese, Lettuce Leaf, Lo Mein Pasta Salad, Riviera Salad, Rye Bread Cranberry Apple Crisp w/Topping	4) Beef Burrito, Spanish Rice, Tossed Garden Salad w/Lite Italian Dressing, Soft Shell Burrito, Sour Cream **OR** Turkey w/ American Cheese, Lettuce Leaf, Lite Mayo, Bulkie Roll, Purple Cabbage Coleslaw, Three Bean Salad Pineapple
10) Chicken Vegetable Rice Soup Pot Roast w/ Onion Mushroom Gravy, Mashed Potatoes, Green Beans w/ Seasoning, Oatnut Dinner Roll **OR** BBQ Breaded Chicken Breast w/ Mozzarella Cheese, Sliced Red Onions, Summer Potato Salad, Broccoli Tomato Salad, Hamburger Roll Pears	11) **Veterans Day Holiday** **No Meal Service**
<u>17) Thanksgiving Special</u> 18) Roast Turkey w/Gravy Cornbread Stuffing Whipped Potatoes & Chives Green Beans Cranberry Sauce Dinner Roll Pumpkin Bar w/Topping	18) Oriental Soup Breaded Potato Crunch Fish, Tartar Sauce, Au Gratin Potatoes, Zucchini, Rye Bread **OR** ***Chef Salad w/Ham, Cheese, Boiled Egg, Lite Italian Dressing, Couscous & Vegetables, Whole Wheat Roll Tropical Mixed Fruit
24) **Thanksgiving Day Holiday** **No Meal Service**	25) Boneless Chicken Breast, Sweet Potatoes, Green Beans, Whole Wheat Dinner Roll **OR** Roast Beef w/Swiss Cheese, Lite Mayo, English Pea Salad, Tomato Pepper Salad, Rye Bread Fresh Fruit

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

All meals with soup include crackers.

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

***Higher Sodium Content

Menu subject to change. $1.75 donation

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 by 11:00 am. Call 617-730-2770 for reservations.

On **Wednesday, November 15**, come to the Senior Center for the ***November Birthday Lunch***. And don't forget to tell us when you call in your reservations if you or someone in your party has a November birthday.

And on **Thursday, November 17**, celebrate Thanksgiving at Springwell's **Thanksgiving Special** lunch with turkey with cornbread stuffing and all the trimmings.

Treat yourself to a social lunch out with the **Let's Go Out to Lunch group** on **Tuesday, November 29**. The group will meet at 12 noon at O'Leary's at 1010 Beacon Street (near St. Mary's Street).

NOVEMBER AT A GLANCE*

Tuesday, November 1
10 am-1 pm Flu Clinic
1-3 pm Computer Assistance with job search and applications—appointments required
Wednesday, November 2
9 am-12 noon BLAB Lawyer
1 pm Women's Bar Foundation Elder Law Project presentation
2-3 pm Blood Pressure Screening *at BPHD building*
6-7:30 pm Brookline Community Foundation presentation of Unsung Hero Award to BrooklineCAN's Frank Caro *at the Arcade Building*
Thursday, November 3
1:30 pm Easy Travel to Paris with John Brodacki
Friday, November 4
10 am-3 pm 27th Annual Holiday Craft Fair
1 pm Parkinson Disease Support Group
Saturday, November 5
10 am-3 pm 27th Annual Holiday Craft Fair
Sunday, November 6
DAYLIGHT SAVINGS TIME ends
11 am-2 pm Flu Clinic *at the Baker School*
Monday, November 7
9 am-12 noon Podiatry Clinic—appointments needed
11:45 am-1:45 pm Basic Computer Maintenance for Seniors
1-2 pm Blood Pressure Screening with nurse from Brookline Health Care Center
1-3 pm Senior Center Decorators (*formerly called Crafty Holiday Group)*
2-5 Massachusetts Medication Awareness Program—appointment required
7-8:30 pm Aging But Never Old *at Brookline High School*
Tuesday, November 8
1:30 pm Movie for Film Lovers—"The Company Men"
Wednesday, November 9
1 pm Council on Aging meeting—Lynn Schuster, RN, from the Chelsea Jewish Foundation
1-4 pm Job Search Skills Sessions—appointments required
2 pm Piatigorsky Foundation Concert—Richard Dowling, pianist
3-6 pm Flu Clinic *at the Devotion School*
Friday, November 11
VETERANS DAY, Senior Center is closed.
Monday, November 14
12:30 pm Talking with Dolores screening
1-3 pm Senior Center Decorators
2-3:30 pm Loss and Bereavement Support Group begins
2:30 pm Swing Band
Tuesday, November 15
12 noon November Birthday Lunch—reservations required
1:30 pm Movie for Film Lovers—"As It Is in Heaven"
Wednesday, November 16
1 pm Low Vision Group
1:30 pm Modern Beading Workshop
Thursday, November 17
12 noon Springwell Thanksgiving Lunch—reservations required
5 pm Senior Center Chorus performance *at the Arcade Building*
Friday, November 18
Brookline Rec trim to the Christmas Tree Shop and IKEA—call for bus pickup time and reservations

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Afternoon Alzheimer's Caregivers Support Group—call for time

Sunday, November 20

2 pm Theater Club performance of "Captors" *at the Huntington Theatre*—call for reservations, tickets, and transportation information

Monday, November 21

9 am-12 noon Podiatry Clinic—appointments needed

2-3 pm Putterham Book Discussion Group—*Fannie's Last Supper* by Chris Kimball *at the Putterham branch of the Brookline Public Library*

2-3:30 pm Loss and Bereavement Support Group

Tuesday, November 22

9-10 am Public Issues Nonfiction Book Discussion Group—*The Big Short* by Michael Lewis

1:30 pm Movie for Film Lovers—"Jane Eyre"

Evening Alzheimer's Caregivers Support Group—call for time

Wednesday, November 23

1-2 pm Blood Pressure Screening *at O'Shea House*

Thursday, November 24

THANKSGIVING DAY. Senior Center is closed.

Friday, November 25

Senior Center is open.

Monday, November 28

12:30-2 pm Blood Pressure Screening with nurse from the Greater Boston Chinese Golden Age Center

2-3:30 pm Loss and Bereavement Support Group

2:30 pm Swing Band

Tuesday, November 29

12 noon Let's Go Out to Lunch group meets *at O'Leary's*

1:30 pm Movie for Film Lovers—"A Single Man"

Wednesday, November 30

4-6 pm Flu Clinic *at the BPHD Building*

** All events are at the Senior Center unless otherwise noted above.*

*** This is a Brookline Adult and Community Education (BA&CE) course so registration with them is required. Call 617-730-2700 or go to www.brooklineadulted.org to register.*

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ONGOING SENIOR CENTER EVENTS*

MONDAY

9:30-11:30 am Getting to Know Your Digital Camera**
9:30-11:30 am Fitness Center open
11:45 am-1:45 pm Basic Computer Maintenance for Seniors**
12 noon-4 pm BETS
12:30 pm Chinese programs
1 pm Mah jongg/Scrabble
1-2 pm Line dancing $2.00/session
1:30-4:30 Fitness Center open
2-4 pm Open computer lab

TUESDAY

One-on-one Computer Sessions—appointment necessary
10 am Flexibility, Resistance Training, and Balance Exercise
10:15 am Brookline Bees, Quilters
12 noon-4 pm BETS
12:30 pm French Conversation
1 pm Bingo
1-3:30 pm Food distribution (hours are approximate)
1:30 pm Movies for Film Lovers
1:30-4:30 Fitness Center open
3-4:30 pm Latino Instrumental and Vocal Music Sessions

WEDNESDAY

9-10 am Living Our Values
9:30 am Bowling *at Ron's 20th Century Bowling Alley in Hyde Park*
10:30 am Retired Men's Club
12 noon-4 pm BETS
12:30 pm Bridge
1:30-4:30 Fitness Center open
2-4 pm Open Computer Lab

THURSDAY

10:30 am Knit and Crochet
1-2 pm Beginning Spanish Classes
1:30 pm Knit and Crochet
1:30 pm Russian Tea Room—for more information, call Rita Kropp at 617-730-2106
1:30-4:30 Fitness Center open
1:30 pm-dusk Brookline Farmers' Market *at Centre Street West Parking Lot*
2-3pm Spanish Conversation Group
3-3:45 pm Zumba—$40/whole series, $7/session (not on November 24

FRIDAY

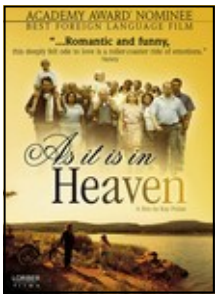
9 am Bridge
9:30-11:30 Fitness Center open
10 am Solemates, Walking Group
10 am Project Volunteer
10:30 am Current Events Discussion Group
10:30 am Senior Chorus
10:30 am-2 pm South Brookline Senior Social *at Putterham branch of Brookline Public Library*
12:30-2 pm Basic Computer Classes in Spanish

MOVIES FOR FILM LOVERS

Tuesday afternoon at 1:30 pm is movie time at the Senior Center. Come for lunch (see pp. 16-17) and then enjoy one every Tuesday afternoon in November, except for Tuesday, November 1 (when the Flu Clinic will preempt the movie—don't forget to get your flu shot—see p. 4).

Note that as of December 1, the Tuesday movies will start at 1:00 pm.

November 8
The Company Men
(2010) 105 minutes
This indie drama stars Ben Affleck as a successful businessman who comes face-to-face with America's downsizing epidemic when he loses his job and is forced to take a construction gig. Rounding out the all-star cast are Kevin Costner as Affleck's brother-in-law, Tommy Lee Jones as a conflicted corporate bigwig and Chris Cooper as a paranoid executive.



November 15
As It Is in Heaven
(2005) 132 minutes
In Swedish with English subtitles
This Oscar-nominated Swedish drama tells the story of Daniel Dareus, a small-town boy who escaped his tiny village to become a famous orchestral conductor. A tragic mishap sends him back home in search of a fresh start, and he ends up leading the local choir.

November 22
Jane Eyre
(2011) 121 minutes
Driven from her post at Thornfield House by her love for her brooding employer and by the revelation of his secret past, young governess Jane Eyre reflects on her youth and the events that led her to the misty moors in this artful adaptation of Charlotte Brontë's novel.

November 29
A Single Man
(2009) 100 minutes
This stream-of-consciousness, 1960s-era drama centers on a day in the life of George Falconer, an English-born, Los Angeles college professor reeling from the recent death of his lover of 16 years. Fashion designer Tom Ford makes his directorial debut with this luminous film, which is based on Christopher Isherwood's novel.

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HANDICAPPED ACCESS

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TREES: SPARE CHANGE FUND

Among the many casualties in the wake of the tornado and of tropical storm Irene that hit central and western Massachusetts this summer were thousands of trees. Trees are precious to us, not only for their serene beauty but also as an invaluable resource. Across Massachusetts, Senior Centers are asking their members to contribute their spare change (whatever they can afford) to help replace the trees lost in the storms. The goal is $25,000. There is a box by Ruthann's office on the second floor of the Senior Center for your contributions.

ZUMBA

Alicia Ebrat, certified Zumba instructor, continues to lead seniors at the Senior Center in this combination of Latin salsa, cardio workout, and interval moves, the hottest dance fitness craze and the most fun workout program around.

The late fall series runs for **seven Thursdays from November 3 through December 29.** (There will be no class on November 24 or December 22.) All sessions are **from 3:00 to 3:45 pm**.

The cost for the full series is $40, but drop-ins at individual sessions are welcome. The per session fee is $7.

Wear comfortable clothing and sneakers. For more information and to register, call 617-730-2770.

FITNESS CENTER

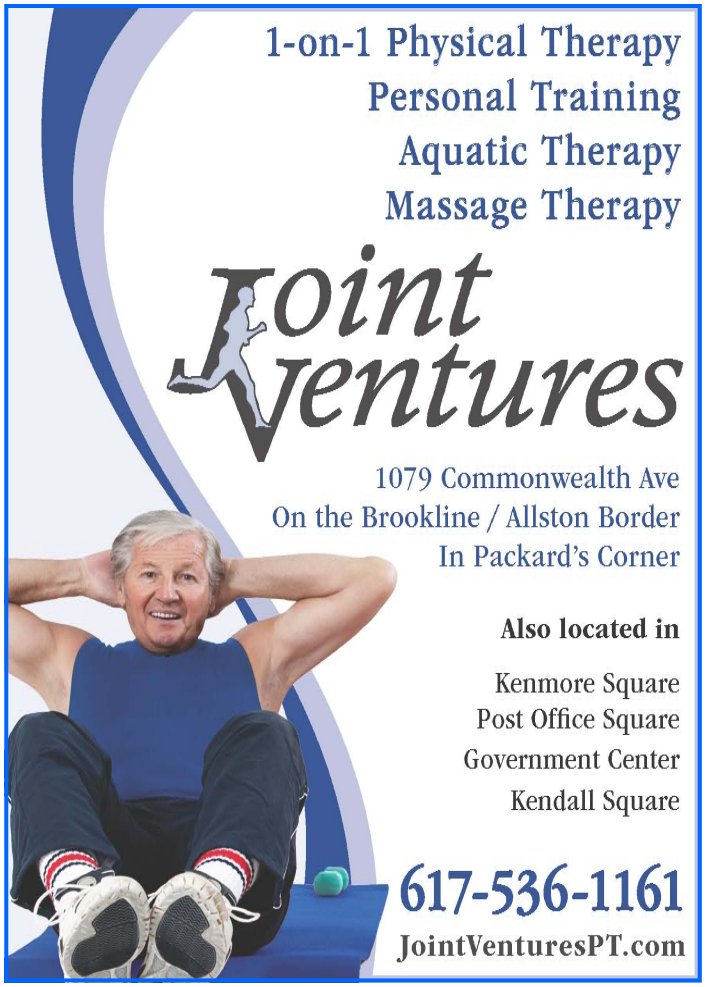
The Senior Center ***Fitness Center*** is open and running with exercise machines, hand and ankle weights, and bicycles—all excellent tools for cardio health and weight loss. It is open **Monday and Friday from 9:30 to 11:30 am and Monday through Thursday from 1:30 to 4:30 pm**. For general and cost information, call Program Coordinator Sharon Devine at 617-730-2741.

FOOD DISTRIBUTION SITE

Remember that there is free food distribution at the Senior Center **every Tuesday from 1:00 to 3:30 pm**. Hours vary slightly depending on when the food arrives and when it has all been distributed. Get a number in the coffee lounge. Do not leave the coffee lounge to go down to the basement until your number is called.

There is a wide variety of food available at the site every week. There are always many choices of bread and rolls and lots of produce. In addition, you might just find some wonderful soups, specialty salads, and sandwiches. A varied and interesting group of offerings is always available.

Bring a bag to carry your choices home in, and also brings lots of patience and courtesy to help everyone involved enjoy the process and to avoid conflicts.



QUILT RAFFLE

Would you like to own this spectacular hand-pieced and tied, queen-sized (96" square) quilt? It's called "On the Street Where You Live," and it was lovingly made by our own Brookline Bee quilters right here at the Senior Center. The quilt is on display in the Coffee Lounge so you can take a good look at it.

Raffle tickets are now on sale at the Senior Center gift cart. Tickets are $1 each or six for $5. The drawing will be on April 18 at the annual Volunteer Appreciation Lunch, but you need not be present to win.

BOWLING

The Senior Center bowlers meet **at 9:30 am on Wednesdays** at 20th Century Bowling Alley (aka Ron's) at 1231 Hyde Park Avenue . The cost is $7.00 for three strings and shoe rental. The group is generally back at the Senior Center by 12:00 noon. If you need a ride, , leave your name and telephone number at 617-730-2777 and the volunteer coordinator will call you back.

MBTA SENIOR ACCESS PASSES

The sessions at the Senior Center in July and September were such a great success that there will be further opportunities to sign up here, but not until Spring. Stay tuned to the *Senior News and Events* and the *TAB* for further notice of Senior Center sessions. Meanwhile, we want to thank the volunteers who did so much to help the sessions go smoothly and efficiently.

For those of you who are applying for the first time, go to the MBTA Reduced Fare CharlieCard Office at Back Bay Station (train station) or at Downtown Crossing (T-station), and bring with you a photo ID that includes your date of birth for proof of age eligibility. Both offices are open Monday through Friday from 8:30 am to 5:00 pm. For more information, call 617-222-5976, 617-222-5854 (TTY), or 800-543-8287.

To renew an expired (or about-to-be-expired) Senior CharlieCard, just bring the card to either CharlieCard office listed above or call 617-222-5978. The MBTA will issue you a new card—good for five years—and will transfer any old value that remains on your old card to the new one.

In any event, the MBTA will mail you your new card in a few weeks. Be patient. It does take them some time to get the card out to you.

SENIOR CENTER CHORUS AT FIRST LIGHT

The Brookline First Light festival will take place this year on **Thursday, November 17, from 5:00 to 8:00 pm**. There will be events all over town. The schedule is not yet available, but a little bird told us that ***the Senior Center Chorus will perform from 5:00 to 6:00 pm at the Arcade Building*** in Coolidge Corner. What better way is there to start off the holiday season.

BrooklineCAN NEWS

Frank Caro—Unsung Hero—The Brookline Community Foundation has named BrooklineCAN's Frank Caro an unsung hero for his "enthusiastic and active community organizing for senior citizens in Brookline." Come to the Award presentation on **Wednesday, November 2, from 6:00 to 7:30 pm** at the Arcade Building.

Senior Scene—Be sure to tune in all month to Senior Scene's Betty Joel as she interviews BrooklineCAN spokespeople—Ruthann Dobek, Frank Caro, and Elenore Parker. This interview is simply chock full of information about this exciting new organization—Brookline's "village" for aging well at home.

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.

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SOLEMATES

Walking is a wonderful way of keeping fit. It gets you out in the fresh air. You can observe first-hand the comedy and drama of everyday life. And it doesn't cost a thing. The Solemates walking group meets regularly on **Friday mornings at 10:00 am** at the Senior Center. For more information, call Julie at 617-730-2760.

CELL PHONES, IPODS, GLASSES

Do you have any old cell phones and/or iPods or know of any lurking elsewhere? If so, put them to work by donating them to the Senior Center. We give them to organizations that revitalize them and put them to useful employment in other non-profit organizations. In return, the Senior Center gets cash that helps support our services, programs, and equipment.

We also recycle old eyeglasses to those who need them through the Lions Club Eyeglass Recycling program. There is a box for glasses next to the reception desk on the first floor of the Senior Center.

LIVING OUR VALUES

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

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THE ASSISTANCE YOU NEED TO STAY INDEPENDENT

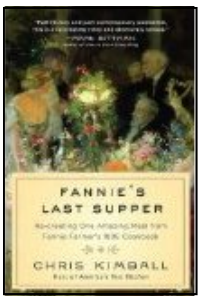
MODERN BEADING WORKSHOP

This workshop for beginners and experienced beaders will meet at the Senior Center on **Wednesday, November 16 at 1:00 pm**.

Marge Harvey will be on hand to instruct and help. At each workshop you will be able to learn modern techniques of beading using thin Soft Flex and crimps. Combine old beads and broken strands for new and interesting designs.

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.

PUTTERHAM BOOK DISCUSSION GROUP



The group will meet on **Monday, November 21, from 2:00 to 3:00 pm** at the Putterham branch of the Brookline Public Library. The book under discussion will be *Fannie's Last Supper* by Chris Kimball. Jean Kramer and Charlotte Millman are discussion leaders.

In *Fannie's Last Supper*, Kimball describes the experience of re-creating one of Fannie Farmer's amazing menus: a 12-course Christmas dinner she served at the end of the century. Kimball immersed himself in composing 20 different recipes--including rissoles, Lobster à l'Américaine, Roast Goose with Chestnut Stuffing and Jus, and Mandarin Cake--with all the inherent difficulties of sourcing unusual animal parts and mastering many now-forgotten techniques, including regulating the heat on a coal cook-stove and boiling a calf's head without its turning to mush, all sans food processor or even an oven thermometer. Kimball's research leads to many hilarious scenes, bizarre tastings, and an incredible armchair experience for any reader interested in food and the Victorian era.

EQUIPMENT LOAN FUND

Are you in need of a walker, raised toilet seat, or sock donner? Or do you have medical equipment gathering dust in your home? If you are in need of medical equipment or are looking for a place to donate items you have no use for, keep the Equipment Loan Fund (ELF) in mind! Contact Karin Wannamaker at 617-730-2753 to borrow or donate an item. Because of space limitations and other guidelines, ELF is not able to accept all items, so please call ahead and speak with Karin before dropping items off.

Wish you had a little extra help at home?

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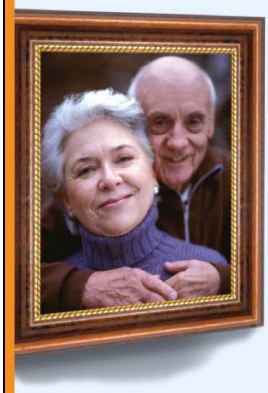

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BROOKLINE RECREATION
—IT'S WHAT WE DO!—

Friday, November 18
Christmas Tree Shop/IKEA
Take a pre-holiday shopping trip to the Christmas Tree Shop and IKEA in Avon, Massachusetts. This trip is for people 55 plus years only.
Time: 11:00 am to 4:00 pm including transportation to and from.
Fee: $10 for Brookline residents, $14 for nonresidents.

And in December, there will be a New York City Shopping trip open to everyone over 18 years or more old. The day will begin with boarding a luxury VCR/DVD equipped bus. Upon arrival in New York City the bus will leave us off near Rockefeller Center. The rest of the day you are on your own to enjoy such sights as the Metropolitan Museum, Empire State Building, Times Square, and Fifth Avenue.

For more information and to make reservations, call Brookline Recreation at 617-730-2068.

ONE-ON-ONE COMPUTER SESSIONS

Computer phobic but eager to overcome it? Call Olga at 617-730-2768 and make an appointment for a one-on-one session with a trained Red Tape Cutter at the Senior Center. Get help with basic computer skills and looking up and applying for benefits online.

Preregistration is required. Sessions will be held on **Tuesdays, throughout November**. Each appointment is for one hour. Note that while follow-up appointments are available, preference will be given to those who have not yet had an appointment. This month we have a Red Tape Cutter volunteer with Mac experience so we will be able to train on both PCs and Macs.

SENIOR CHORUS

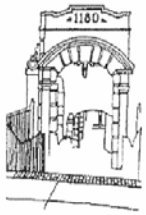
Sing out. Make a joyful noise every Friday morning at 10:30 am at the Senior Center with the Senior Chorus. No auditions! No stress. Just good fun and good companionship.

And don't miss their performance at the Arcade Building from **5:00 to 6:00 pm on November 17** during the First Light Festival.

RED TAPE CUTTERS

The Senior Center Red Tape Cutters program is here to help seniors cut through the often complicated and confusing bureaucratic miasma to find solutions on advocacy issues. So, for example, if you have questions about what to do if your long-term care insurance is not reimbursing you for covered services, or if bank fees are being charged on your checking account, call on the Red Tape Cutters. And if you want to apply for subsidized housing or Section 8, The Ride, a handicapped placard, or other such services, again the Red Tape Cutters are here for you.

For help in seeing the light at the end of the tunnel, just call Olga Sliwa at 617-730-2768 and set up an appointment with a Red Tape Cutter.



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THEATER CLUB

The October meetings were very fruitful. Plans were laid and a wonder slate of offerings for the Winter-Spring 2011-2012 season emerged. Mark your calendars, make your plans. Order tickets for:

Sunday, November 20
2:00 pm $25
Captors *at the Huntington Theatre in Boston*
The time: 1960 Buenos Aires. Covert Israeli agents have just nabbed Adolf Eichmann, the world's most wanted war criminal. The agents hold "the architect of the Holocaust" in a safe house, but bringing him to justice means getting his signature. One of his captors and the infamous mastermind Eichmann compete in a thrilling battle of wills.

Sunday, December 4
2:00 pm $30
Big *at the Turtle Lane Playhouse in Auburndale*
The 1987 hit movie bursts onstage in this vibrant funny and touching musical. When frustrated adolescent Josh Baskin wishes he were "big" and wakes up the next morning a 30-year-old man, he discovers there is much more to being an adult than he has bargained for and learns we must all grow up at our own pace in our own time.

Wednesday, December 21
Three Pianos *at the American Repertory Theatre in Cambridge*
2:00 pm $28
This OBIE-winning hit music-theatre event is a theatrical explosion of Franz Schuberts's song cycle *Winterreise*. Filled with fantastical touches and inventive arrangements, *Three Pianos* is a colorful and imaginative evening exploring Schubert's music, life and times.

And there is more planned:

On Sunday, January 22, at 3 pm, experience a wonderful Handel & Haydn Society concert at Symphony Hall in Boston featuring Vivaldi's Four Seasons and much more.
Price: $43

On Wednesday, February 22, at 2:00 pm, see the world premiere adaptation of Jung Chang's best seller *Wild Swans* at the American Repertory Theatre in Cambridge.
Price $28

On Sunday, March 11, at 2:00 pm, relive *West Side Story*, one of the greatest musicals every written at the Turtle Lane Playhouse in Auburndale.
Price: $30

On Sunday, March 25, at 2 pm, enjoy a production of *Oliver* at The Wellesley Players in Wellesley.
Price: $20

And much more. Stay tuned to the **Senior News and Events** for more information and listings.

Make reservations and get more information by calling 617-730-2770. Remember that payment is due when you make your reservation—by check or cash; no credit cards please.

Note that tickets are refundable only until two weeks before the performance. After that time, if you find yourself unable to attend the show, you may arrange for someone else to take your ticket(s).

There will be transportation at the Senior Center (and possibly from other Brookline locations) to and from each performance. The transportation is included in the overall price of the tickets.

THANK YOU

To Annual Appeal Donors Dianne & Michael Blau, Robert Fishburn, Herbert I. Freeman Fund (c/o Vivian Freeman), Ginsberg/Kaplan Foundation, Mary Regan, and Michael Stone

To BrooklineCAN Fund Donors Sally Abrams, Ruth K. Camm, Susan & Neil Gore, Kathryn Kilpatrick (thanking Corrine, Rhona, and Peter for their beautiful arrangements), Rita McNally, Carla Tardi, Wade Horowitz LaPointe LCC BrooklineCAN Bronze Sponsorship, and David Westley

To Fitness Scholarship Fund Donor Claire Goodwin

To Anonymous ***for the gift in honor of*** Judith Gimple for the great newsletter

To the Chinese Mah Jongg Group ***for their gift in honor of*** the Chinese Mah Jongg Program

To Naomi Podhorzer ***for her gift in honor of*** Olga Sliwa

To Elisabeth Roitman ***for her gift in honor of*** Adele Herwitz

To Anonymous ***for the gift in memory of*** Adele Herwitz

To Kathleen Lamothe ***for her gift in memory of*** Yolanda Bledsoe

To Susan & Robert W. Berger, Pamela Berger, Charles Buckley, Valerie Berger Blanchette and Leonard Blanchette, Rebecca Blunk & Marcie Hershman, Ruthann Dobek & Glenn Boghosian, Ellen G. Forst, Alita & Tom Frater, Hinda Goodstein, Lori Griffiths, Allison & Elliot Mael, Sylvia Levine, Carol Silverston, Miriam & Jeffery Sokoloff, Sonia & William Wong ***for their gifts in memory of*** Rabbi Donald Pollock

To Ruth Werksman ***for the gift in memory of*** Lawrence D. Shubow

To Lucille Tawa ***for her gift in memory of*** Nicholas E. Tawa

THANK YOU FROM THE FLOWER PEOPLE

We've had an overwhelming response to our appeal for small vases. Thanks to all who contributed so generously and replenished our stock for giveaway bouquets. We arrange flowers for people who are hospitalized or are recovering, and try to provide some cheer through our "Sunshine bouquet " gifts from the Senior Center. We appreciate your helping us to make this possible. *Corinne, Peter, and Rhona*

FROM THE BOARD PRESIDENT

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

Last month we celebrated our 7th Annual Benefit. A tremendous thank you to those generous donors who enjoyed a special evening of celebrating our center. We are proud of our strong community and need your help to sustain it. We are still accepting gifts this month to put us over our goal. Please be as generous as you can.

I also want to add my personal thanks to all of you who have expressed your sympathy to me on the loss of my beloved husband, Don. Your personal notes of sympathy, especially those with personal stories of Don's significance to you, and your generous donations to the Senior Center have helped me in my grief. I appreciate the support and kindness of this wonderful community.

Elizabeth (Betsy) Pollock
President, Brookline Senior Center Board

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