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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HIGHLIGHTS

Come to the **Age Well!** Lecture at the **Council on Aging** meeting on Wednesday, October 22. See **page 3**.

Spend an evening with Olivia Hoblitzelle talking about **Aging and the Gifts of Adversity** on Thursday, October 23. See **page 5**.

Find tips for **Weathering the Economic Storm** on **pages 10 and 11**.

Join the **Poetry Workshop**, starting Monday, October 20. See **page 18**.

Dance with Lynn Modell at the **Modern Dance** workshop starting Friday, October 30. See **page 19**.

Party at the **Neighborhood Fall Fair** on Thursday, October 16. See **page 21**.

If you haven't already filed a 1040A form for a **tax stimulus payment**, remember that you must do this by October 15!

OCTOBER 2008

THE AUTUMN BENEFIT

The fourth annual Autumn Benefit will be held on **Wednesday, October 29 at 6:00 pm** at the Senior Center. Join us in celebrating a group of amazing people—the Senior Center's staff of social workers—whose work impacts the lives of Brookline seniors daily in a myriad of ways. From navigating the maze of the health-care system through offering a listening ear to providing direct service—their touch is felt in every aspect of the Senior Center and by every senior who comes to the Senior Center or calls it seeking information, guidance, and help.

So come sing the praises of these usually unsung heroes. Nosh with us. Feast with us. Toast with us. Be a part of us. Rejoice in your community.

You ticket to our annual appeal for the Van Fund (at $100.00 per person with a special rate of $60.00 per person for seniors) will not only help to keep the van going, but may enable us to expand all our services even more than they already have been. Any and all donations of any size are gratefully appreciated.

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SAVE THE DATE!
Tuesday, November 4,
Is Election Day

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

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

HOLIDAYS

On **Columbus Day (Monday, October 12)**, the Senior Center is closed.

This holiday represents one of the oldest political footballs in the United States. For 299 years after Columbus first landed in the New World, this holiday did not exist (since the people who were here were busy simply surviving). The first Columbus Day celebration was held in 1792 on the 300th anniversary of Columbus's landing. This celebration was held only in New York City. In 1892, President Benjamin Harrison called upon all the people of the United States to celebrate Columbus Day on the 400th anniversary of the event. In 1990, a hundred Native Americans gathered and began a series of conferences that culminated in declaring October 12, 1992— the 500th anniversary—International Day of Solidarity with Indigenous People. (Source of data: *Wikipedia*)

BOOK DISCUSSION GROUP

This month the book discussion group will meet on **Monday, October 20**, at Temple Emeth at Putterham Circle (enter from the Puddingstone Road entrance) **at 2:00 pm**. The book under discussion will be *The Roosevelts: An American Saga* by Peter Collier with David Horowitz. Join in. Everyone is welcome.

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COUNCIL ON AGING

The Council on Aging (COA) Board of Directors will meet on **Wednesday, October 22** (scheduled for later in the month than usual because of a conflict of the regular date—the 2nd Wednesday in the month—with the Jewish Day of Atonement) **at 1:00 pm** at the Senior Center. This will be a very special meeting. It will start with a short business meeting followed by a presentation about The Brookline Aging Collaborative—its programs and goals.

This will be followed by **Age Well 2008! The Future of Long-term Care and the Impact of the 2008 Election**—a 2-hour talk/discussion by W. Scott Plumb, a widely sought-after presenter for his range of expertise, great wit, and dedication on elder issues. Mr Plumb is Senior Vice President for the Massachusetts Extended Care Federation and former director of the Arlington Council on Aging. His discussion will focus on the impact of the 2008 election and long-term care issues facing current elders and baby boomers.

This will be an opportunity for gathering information on long-term care issues such as:

- Who will pay for our long-term care
- Why we currently have a dilemma
- What steps we can take
- What we can expect on January 20, 2009 with a new executive administration

The Age Well 2008! event is co-sponsored by The Brookline Aging Collaborative (composed of Brookline COA, Goddard House in Brookline, Center Communities of Brookline-Hebrew Senior Life, and Rogerson Brookline Adult Day Health Program). Mr. Plumb's talk is also part of the Brookline Adult and Community Education's (BA&CE's) *Let's Talk Politics* program (see also p.4). The event is free of charge, but pre-registration is suggested. Register by calling BA&CE at 617-730-2700 or access them on the web at www.brooklineadulted.org.

LET'S TALK POLITICS

Save time for this lively series of informative lectures and discussions. This national election promises to be of historic proportions with world-changing issues at stake and precedents that will shape our politics for decades to come. Brookline Adult and Community Education (BA&CE) presents a series of four lectures. Three of them will be from **7:00 to 8:30 pm at Brookline High School, 115 Greenough Street**. Preregistration for these three lectures/ discussions and a payment of $5.00 is required.

Wednesday, October 1 **Course X205**
Democracy and the Electoral College
Jennifer C. Lucas, Assistant Professor of Politics at Saint Anselm College, will discuss the history and origins of the Electoral College and the extent to which it is related to ideas about democracy. She'll outline the basics, talk about how the system has worked historically, and explore the arguments (pro and con) for keeping the system in place.

Wednesday, October 29 **Course X197**
The Power of Women in Presidential Politics

William Vogele, Chair of the Division of Natural and Social Sciences at Pine Manor College, will examine the mobilization of young women and women of color in this election year and talk about how these women have distributed their support and energy. He will also explore how women have shaped presidential politics and discuss the power of women's voices and votes in the November election.

Wednesday, November 17 **Course X196**
2008 Election: Where Do We Go from Here?
Michael Dukakis, former Governor of Massachusetts and 1988 Democratic nominee for President (currently Distinguished Professor of Political Science at Northeastern University and Visiting Professor at the School of Public Policy at UCLA) will lead what will undoubtedly be a lively discussion on the outcome of the 2008 Presidential election and where we can expect to go from here. Hear about the campaign, the candidates, and the issues and prospects with which the new administration will be faced. Share your thoughts on the election and the outcome. Ample time will be devoted to audience questions and answers.

AGE WELL 2008!
THE FUTURE OF LONG-TERM CARE
AND THE IMPACT OF THE 2008 ELECTION

This fourth lecture/discussion of the *Let's Talk Politics* series will be here at the **Brookline Senior Center** and is free of charge. Since space is limited, preregistration is required, but there is no fee.

Wednesday, October 22 **Course X204**
Age Well 2008! The Future of Long-Term Care and the Impact of the 2008 Election
W. Scott Plumb, Senior Vice President for the Massachusetts Extended Care Federation will address this topic with what is certain to be a lively question and answer period afterwards. To see more information on this lecture/ discussion, see the COA article on page 3.

To register for any or all of these lecture/discussions, call 617-730-2700, fill out the registration form on the inside back cover of the BA&CE Fall 2008 catalog and send it in, or apply online at www.brooklineadulted.org.

BA&CE SPECIAL EVENTS IN OCTOBER

Thursdays, October 7, 14, 21, and 28
Sisters in Crime: A Mystery Author Series
Murder, crime scenes, suspense, clues, fingerprints, and forensic evidence all make for a great page-turner—and perhaps even a best-seller. In this four-part series, we welcome some of the best authors in the mystery business to read from their work, talk about their books, and give pointers on the secrets of writing engaging fiction. In the examination of the "Who done it?"genre , we welcome four remarkable authors who did it and continue to do it exceptionally well.

This series will be on **Tuesday evenings in October from 7:00 to 9:00 pm at Brookline High School, 115 Greenough Street**.

Register by calling 617-730-2700 or online at www.brooklineadulted.org. If you register for the whole four sessions, the fee is $30.00 (use **Course Code: X210**). Or you can register for individual sessions at $10.00 per session. Individual lectures in the series are:

Tuesday, October 7 Course Code: X206
Tess Gerritson's novels are often set in Boston and Brookline. She will read from her newest mystery and answer questions about the art/science of mystery writing.

Tuesday, October 14 Course Code: X207
Hallie Ephron will help us take the mystery out of writing mysteries by sharing writing tips. This is a must for would-be mystery writers.

Tuesday, October 21 Course Code: X208
We know her as a reporter, but **Hank Phillippi Ryan** is also a bestselling mystery writer. She will read from her latest novel and answer questions about the art of mystery writing.

Tuesday, October 28 Course Code: X209
Amy MacKinnon will discuss the trials and tribulations of getting your first novel published and the great importance of networking and promotion.

Thursday, October 23 Course Code: X201
Aging and the Gifts of Adversity
An Evening with Olivia Hoblitzelle

To age consciously, to develop inner strength, to find gifts amidst adversity, and finally to address the great issue of mortality—these are our challenges as elders and caregivers. Olivia Hoblitzelle, author of the recently published book, *The Majesty of Your Loving: A Couple's Journey Through Alzheimer's*, will reflect on the challenging and inspiring journey she made with her husband, Hob. Together, making use of their years as practitioners and teachers of psychology and Buddhist meditation, the Hoblitzelles greeted Alzheimer's disease consciously and lovingly. Through stories based on their life experiences, we will explore both sources of inspiration for the later years and how the practice of mindfulness can teach us how to meet whatever life brings with equanimity, insight, and an open heart.
Olivia A. Hoblitzelle, MA, writer, therapist, and teacher, taught in the field of behavioral medicine where she pioneered the integration of meditation, yoga, and cognitive therapy with Western medicine. She trained health professionals in new approaches to health and healing at Harvard Medical School.

This event is co-sponsored by The Brookline Aging Collaborative (composed of Brookline COA, Goddard House in Brookline, Center Communities of Brookline-Hebrew Senior Life, and Rogerson Brookline Adult Day Health Program). It is scheduled from **7:00 to 9:00 pm at Brookline High School, 115 Greenough Street**. There is no charge, but preregistration is recommended as space is limited. To register, call 617-730-2700 or access the BA&CE web site at www.brooklineadulted.org.

ANNUAL HOLIDAY FAIR —SAVE THE DATE—

The Annual Holiday Fair is scheduled for two days this year—Friday, November 14, and Saturday, November 15, at the Senior Center. On each of these two days, the Fair will be open from 10:00 am to 3:00 pm. Plan on coming and joining the fun. There will be crafts, original artwork, boutique items, and holiday gift items for sale—all of these make wonderful and very special holiday presents. In addition, we will have raffles, baked goods, performances, and, of course, our always-popular white elephant area! A good time is sure to be had by all!

There are two more planning sessions for the Fair, both at the Senior Center:

- On Monday, October 6, at 10:30 am progress reports will occupy the planners.
- On Monday, November 3 at 10:30 am the planners will finalize logistic arrangements.

If you would like to volunteer your services or just hear what has been planned, come to the planning sessions.

In any case, do mark your calendars so that you can come to the Fair itself on November 14 and/or 15.

AUGUST MOON FESTIVAL REPRISE

This year the August Moon Festival, always a magical event, reached new heights. In addition to the wonderful food prepared by volunteers from the Greater Boston Chinese Golden Age Center, the audience was entertained by singers and a *guqin* (an ancient Chinese stringed instrument akin to the zither). And it was also a treat to see Director Ruthann Dobek and three staff members dressed in traditional Chinese costumes.

Many thanks to the Greater Boston Chinese Golden Age Center for allowing us to use these three photographs from the 2008 August Moon Festival.

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FROM THE DIRECTOR

I want to extend a warm welcome to all our new subscribers. Many of you are taking advantage of the reasonable rate to receive the newsletter at home. Our *Senior News and Events* is a great way to remain educated about important programs and services. Most of all, it keeps you informed about all the fabulous events that happen here in Brookline. We are proud of each month's edition and continue to accept your contributions.

I invite the entire community to attend and support the Annual Benefit on October 29 (see page 1 for details). Delicious food, good company and a great cause deserve your attention. The focus this year is on the Social Work staff. We will pay tribute to the ten dedicated professionals whose daily help influences every aspect of our programs. I just received a thank you letter for one of the social workers that stated, *"You are one of the special people in my life. First, for taking such interest and concern and helping J. cope and thrive in his later years. Second for being my sounding board for all the difficult and complicated decisions I had to make…"*

For those unable to donate the full ticket price, please consider making a donation. Each dollar will help us reach our fundraising goal of $50,000 for the year. We will need every penny to keep the van running its extended hours and to support all our programs.

I urge all our residents to budget wisely for higher heating costs this winter. See p. 10 and note that we will have a special insert on the heating issue in the November issue. Conservation and old-fashioned silk (or woolly) underwear will be essential components of your ability to keep warm this winter. Do not forget, though, the ever-important fire safety issues, and don't try to do without heat altogether. (See p. 22.)

The Tax Work-off Program continues to generate much interest, and we are still seeking qualified applicants to work for 100 hours and receive $750 off their property taxes.

And, of course, we hope you will volunteer your time and expertise for new projects as well as helping with all the ongoing needs.

The over-85 project will be recruiting volunteers this month. We will need at least a dozen new volunteers to help do the interviews. Join us at our COA next meeting to hear more.

This month, I will be attending the state's annual conference for senior center directors. The event is always energizing. There are always great seminars that educate us on how to do a better job. I look forward to returning with renewed energy and creative solutions to elder issues.

This continues to be a great time of year when the weather is glorious and the trees wear brilliant autumn colors of scarlet, yellow, and orange. Join us outdoors behind the Senior Center (weather permitting) on Thursday, October 16, from 1:00 to 3:00 for the Neighborhood Fall Fair. Yummy apple crisp and cider will be on the menu with games of chance and accordionist extraordinaire Emilian Badea to entertain. I hope I get to judge the apple pie contest!

Finally, I advocate that everyone study the candidates and issues. This election may prove to be one of the most significant in years with the important issues facing our country. One way to stay informed is to attend all of the election specials including the one on long-term care held at the Senior Center on October 22.

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SENIOR SERVICES

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

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

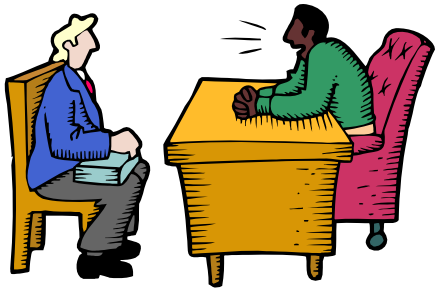
If you want to apply or be recertified for BETS, please bring your latest income tax returns when you meet with Alicia. (Remember that all riders must be recertified every year in order to be able to buy BETS coupon books.)

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

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

FILE OF LIFE provides individuals with emergency medical ID cards to be used both at home and away from home. This is a very important program. It should be part of your emergency preparedness program. For more information specifically on the File of Life, call 617-730-2777 and leave your name and address. Someone at the Senior Center will call you back.

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



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

NEEDS helps seniors stretch food dollars with such aids as food stamps. For more information, leave a message for Riva Berkovitz at 617-730-2777.

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

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

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

MAB VISUALLY IMPARED ELDERS PROGRAM

The Visually Impaired Elders Program of MAB (Massachusetts Association for the Blind) Community Services is a free, nonmedical service designed to assist seniors (defined as 60 years of age or older) who are struggling with vision loss but who have not been diagnosed as legally blind. The program offers a functional vision assessment in the senior's home, taking into account factors of vision loss and daily living and other needs. MAB can assist with low-vision adaptive equipment to improve the ability to read, cook, write notes, pay bills, assist with lighting and glare issues, and help with activities of daily living that are impeded by low vision. MAB's services are free to the client because the organization is grant-funded. The case management team can make referrals to other agencies and provide other resources. Case managers can also help with applications for other free services for visually impaired people. There are also other services and programs available through MAB for vision-impaired seniors such as the Support Group and the Volunteer programs.

If you are interested in MAB's vision services, please contact Nancy Stephens, Case Manager, MAB Community Services, 313 Pleasant Street, Watertown, MA 02472, telephone number: 617-972-9116.

PARKINSON'S DISEASE SUPPORT GROUP

Living with Parkinson's disease and making lifestyle adaptations can be very challenging. Although there is presently no cure for the disease, advancements in medications; surgical interventions; physical, occupational, speech, and language therapy can all play a role in improving quality of life with Parkinson's disease. Often, the best source of ideas and support can be others who understand what living with this disease requires.

The Jewish Family & Children's Service (JF&CS) Parkinson's Family Support program was initiated by two donors who recognized that their fathers' Parkinson's disease affected their entire families, particularly their mothers, who were the caregivers.

At JF&CS, we have the expertise and experience to provide caregivers and persons with Parkinson's disease with education, resources, networking, and support services that positively impact the quality of life. Our support group brings in expert speakers each month to address innovative approaches to living well with the disease. Caregivers and individuals with Parkinson's disease have a chance to meet to share strategies and provide support. Support groups are run by an occupational therapist and social workers.

The Parkinson's Family Support program offers:

- A monthly support group for individuals with Parkinson's disease and their caregivers
- Free one-time home-safety evaluations and family consultations
- Information and referral services
- Wellness programming
- CEU presentations and training programs on Parkinson's care
- A support group for adult children of people with Parkinson's

For more information, call 781-647-JFCS (5327) or e-mail your questions via the contact page on our web site www.jfcsboston.org.

WEATHERING THE ECONOMIC STORM

"Solid" banks, insurance companies, and investment houses crumbling before our very eyes, energy and food costs soaring out of sight, weather becoming more and more bizarre with each passing month, what is the world coming to? Whatever it is, it isn't good for seniors, that's for sure! Since there is not much we can do to change the things that are happening to the world, we need to concentrate on making do and surviving the crises day by day and week by week. And so we will concentrate on how we can save energy without endangering our health, feed ourselves without going bankrupt, and protect ourselves from the hazards of daily living.

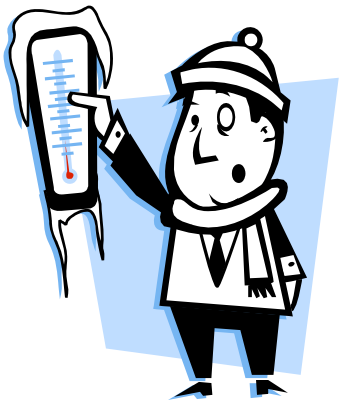
Climate Change Action Brookline invites you to come to the Global Warming Café and discover Brookline's bright idea for reducing energy use and global warming. Learn the steps you can take, and be part of the community action plan on Saturday, October 4, from 12:00 noon to 3:30 pm at the Brookline Public Library's Main Branch at 361 Washington Street.

Come for a light lunch from 12:00 noon to 12:30 pm and stay for the afternoon to attend. The café will feature Mindy Lubber, President of Ceres speaking on "Advancing sustainable Prosperity." There will also be a workshop on "The Low-Carbon Diet, a 30-Day Program to Lose 5000 Pounds" to help people lower their carbon emissions by 10% or more, and educational forums to learn about technical retrofits such as geothermal and solar energy use. Everyday citizens will describe how they have begun to reduce their household carbon footprints.

For more information, contact Mary Dewart or Cass Miller, CCAB Campaign co-directors at 617-549-4165. And check out our web site at www.climatechangebrookline.org.

Climate Change Action Brookline has received funding from Brookline Community Foundation, Massachusetts Attorney General's Office, Massachusetts Climate Action Network, and First Parish Brookline Unitarian-Universalist Church.

HOME-HEATING—WINTER 2008-2009



The whole northeast section of the country (that's us, folks) are hunkering down to absorb somehow a predicted 37% rise in home heating costs this winter. This bleak statistic will be especially devastating to the senior community in the Northeast.

So we need to be really creative in our planning to keep warm and yet still solvent.

Some DOs:

- **Do** get a programmable thermostat installed so that you can save energy by automatically reducing the desired temperature when you are not at home and when you are sleeping.
- **Do** dress in layers even at home, again with the aim of keeping toasty even with the thermostat set at a lower temperature than you used to set it at.
- **Do** investigate converting from oil to gas.

Some DO NOTs:

- **Do not** turn your heat down so low that it endangers your health.
- **Do not** use your stove as your only heating source.
- **Do not** rely on space heaters—they can be dangerous and there is no cost saving as electricity is even more expensive than the cost of heating oil or natural gas

A GREAT, CHEAP SOURCE OF PROTEIN

Eggs can be part of a healthy diet. Many believe that eggs are not heart-healthy because one egg contains almost all of the daily limit of cholesterol (300mg); however, dietary cholesterol has a relatively small impact on blood cholesterol levels. In fact, eggs are low in saturated and trans fats, the two fats with the greatest impact on blood cholesterol levels.

As a precaution, the American Heart Association recommends no more than two egg yolks per week for people with heart disease. But people with healthy hearts are not affected by that caveat. If you are looking for a lower-cholesterol egg dish, use one egg white for every whole egg. Another option is to use egg substitute instead (which is more expensive).

Eggs are a great, cheap source of protein. Each approximately 17-cent egg provides 6 grams of high-quality protein, similar to one ounce of meat. Whole eggs are also a great source of 13 vitamins and minerals, many of which help keep you healthy as you age. Did you know yolks are one of the only naturally occurring food sources of vitamin D? Enjoy!

by Jewish Family & Children's Service (JF&CS) Nutrition Services registered dietitians Alison Books and Kristen Pufahl

ANOTHER ENERGY-SAVING TIP

With energy costs so high, you might want to reconsider (or consider for the first time) giving up your car. Certainly, the cost of gasoline alone is a great incentive. It is never easy to make a decision such as this one as it does limit your independence somewhat. However, there are many alternate means of transportation available to Brookline seniors. In addition to the Elderbus and the Senior Center Van, there is good Green line and bus transportation.

EAT OUT AND SAVE MONEY

Of course, the best bargain around is the **Springwell Lunch at the Senior Center** every weekday (**Monday through Friday**) at **12:00 noon**. Here you can have a hot, nutritious meal (or a cold one if you prefer) in a lovely setting allowing you to socialize with others as you enjoy lunch. All you need to do is to call the Senior Center at 617-730-2770 before 11:00 am on the day before you want to come to lunch to reserve a place and to choose between a hot or cold lunch. The suggested donation is $1.75 per lunch (payable when you pick up your luncheon ticket at the Senior Center), but we appreciate any amount you feel you can spare—either more or less than the suggested donation

If you want a Kosher meal, the **Leventhal-Sidman Community Center** offers a hot, Kosher lunch on Monday, Tuesday, and Thursday at 12:00 noon at the Deli at Chestnut Park (50 Sutherland Road, Brighton). It is somewhat pricier than the Springwell lunch (suggested donation $2.50, but it IS strictly Kosher.

And if you want a Shabbos dinner on Friday, you can get it at **1550 Beacon Street**—with entertainment no less. The suggested donation for this meal is $4.00, and you need to make reservations by 12 noon the Wednesday before by calling 617-558-6596.

Home delivered meals (Meals on Wheels) Springwell can provide home-delivered meals to seniors over the age of 60 who are homebound and unable to prepare their own meals. These meals are available to seniors Monday through Friday and are generally delivered around noontime. For more information on this program, call 617-926-4100.

Frozen meals for nights and weekends may be available to seniors in certain cases of extenuating circumstances. And certain dietary restrictions can be accommodated. Please notify Springwell if your doctor has prescribed a special diet for you.

Beth Israel Deaconess Medical Center | A teaching hospital of Harvard Medical School

www.bidmc.harvard.edu

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

Ask a Nurse Nurse Practitioner Eileen Currier of St. Elizabeth's Medical Center will not be at the Senior Center in October. Her next visit will be on Wednesday, November 19.

Podiatry Clinic Routine foot care with Dr. John McLoughlin is available by appointment on **Mondays, October 6 and 20, from 9:00 am to 12:00 noon**. Sessions, which last 15 minutes each, cost $25. Appointments are required. To make an appointment, call 617-730-2777.

Low Vision Group This peer-led support group for individuals with limited eyesight meets on **Wednesday, October 15, at 1:00 pm**.

Blood Pressure Screenings

The Brookline Health Care Center will provide a blood pressure screening **at the Senior Center** on **Monday, October 6, from 1:00 to 2:00 pm**. The nurse who will preside at this session is bilingual (English and Chinese).

Blood pressure screenings with a Brookline Health Department Nurse will be held **at the Senior Center**, this month on **Thursday, October 16, 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

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

BLOOD PRESSURE SCREENINGS

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

- Wednesday, October 1 at the Brookline Health Department, 11 Pierce Street, from 2:00 to 3:00 pm
- Wednesday, October 8, at Sussman House, 50 Pleasant Street, from 1:00 to 2:00 pm
- Wednesday, October 8, at Temple Emeth, 194 Grove Street in South Brookline, from 3:00 to 4:00 pm
- Thursday, October 16, at the Senior Center from 9:00 to 10:30 am
- Wednesday, October 22, at O'Shea House, 61 Park Street, from 1:00 to 2:00 pm

SHOULD YOU CHANGE YOUR HEALTH-CARE COVERAGE?

Ten reasons why you may want to consider changing Medicare plans during the Annual Open Enrollment Period (November 15 through December 31):

1. Your plan's premium is too costly.
2. Some of your prescriptions are not covered by your drug plan.
3. The cost of your prescriptions on your drug plan is too expensive.
4. Your doctor has stopped taking your plan.
5. Your co-payments cost too much.
6. It is difficult to get specialists referrals.
7. You want to see a doctor who does not take your plan.
8. You have been denied medical services that you believe were needed.
9. Your plan has made billing errors, which have been difficult to correct.
10. Your plan's Customer Service is difficult to reach and not very helpful.

If you have any of these or other problems with your plan, you should consider changing plans during the Open Enrollment Period, and a SHINE (Serving the Heath Information Needs of Elders) Program Counselor can help you!

Even if you are happy with your plan, you may want to consider changing plans for next year. Your plan's premiums, co-pays, and coverage may be changing. A different plan may be better for you. Your plan will notify you about changes that will begin in January 2009. Be sure to read and save your plan's letter because you might have questions or want to find a plan more suited to your needs, and a SHINE Counselor can help you!

SHINE offers free Medicare counseling at the Senior Center. Call 617-730-2777, and ask for a SHINE appointment.

You can also reach a SHINE counselor by calling 781-453-8076 and leaving your name and number. A volunteer will call you back as soon as possible. Please be patient. Due to a large volume of calls, you may not hear from them for several days.

ARTHRITIS EXERCISE CLASS

The Arthritis Exercise Class continues at the Senior Center this fall. These gentle stretching and muscle-building exercises will benefit people with arthritis and others interested in improving their flexibility, muscle strength and general fitness level. Ilse Leeser, PhD, RN, instructs the class with guidelines developed by the Arthritis Foundation. Classes will meet on five **Thursdays from 10:30 to 11:30 am** beginning **October 23**. Please call the Senior Center at 617-730-2770 to register and to obtain a health-care provider authorization form. (Previous participants who have provided health-care provider information within the last year will not need to provide updated information.) Space is limited, so be sure to sign up early!

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- Companionship
- Light Housekeeping
- Shopping & Errands

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Newton 617-969-8697

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PHILIPS Lifeline

Springwell Nutrition Program OCTOBER 2008

617-730-2770

MONDAY	TUESDAY	WEDNESDAY
	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**	**1) Italian Wedding Soup/Crackers** American Chop Suey/Parmesan Cheese Tossed Garden Salad/Lite Dressing Italian Bread **OR** Breaded Chicken Patty on a Hamburger Roll Lite Mayo/Lettuce Leaf/Macaroni Salad Cucumber Tomato Salad **Butterscotch Pudding/Topping**
6) Pot Roast/Brown Gravy Boiled Parsley Potatoes Country Style Vegetables/Rye Bread **OR** Seafood Salad on Whole Wheat Bread Lettuce Leaf/Potato Salad Roman Blend Salad **Mandarin Oranges**	**7) Florentine Soup w/Crackers** Crumb Baked Macaroni & Cheese Stewed Tomatoes Whole Wheat Bread **OR** Roast Beef & Cheese on Oatmeal Bread Lite Mayo/Lettuce Leaf/Cole Slaw Macaroni Salad **Fresh Fruit**	**8) Vegetable Soup/Crackers** Pier 17 Fish/Lemon Butter Sauce O'Brien Potatoes Butternut Squash/Multigrain Bread **OR** Sliced Turkey & American Cheese on Whole Wheat Bread/Lite Mayo/Lettuce Leaf Tomato Green Pepper Salad/German Potato Salad **Frosted Sprinkle Cake**
13) **COLUMBUS DAY HOLIDAY** **Closed**	**14) Tomato Rice Soup/Crackers** Baked Fish Au Gratin Chuck Wagon Corn/Broccoli Rye Bread **OR** ***Ham & American Cheese on Whole Wheat Bread Mustard/Tomato Red Pepper Salad Three Bean Salad **Lemon Pudding/Topping**	**15) <u>Springwell's Traveling Chef's Special Luncheon</u>** Surprise menu featuring Chicken Parmesan Panini
20) Minestrone Soup/Crackers Stuffed Pepper/Tomato Sauce White Rice/Green Beans Rye Bread **OR** Seafood Salad on Multigrain Bread Lettuce Leaf/Cucumber Tomato Salad Orzo Vegetable Salad **Mixed Fruit**	**21) <u>Autumn Special and Birthday Lunch</u>** Roast Pork Loin with Apple Glazed Sauce Baked Potato/Sour Cream Parsley Buttered Carrots Whole Wheat Roll **Pumpkin Cake with Powdered Sugar Glaze**	**22) (Chicken) Vegetable Soup/ Crackers** ***Chicken Kielbasa Rice Pilaf/Onions & Peppers Stewed Tomatoes/Mustard/Sub Roll **OR** Roast Beef & American Cheese on Multigrain Bread/ Lite Mayo/Lettuce Leaf Summer Squash Salad/Potato Salad **Butterscotch Pudding/Topping**
27) Chicken Paprika Red Bliss Potatoes Brussels Sprouts/Oatmeal Bread **OR** Roast Beef & Swiss Cheese on Rye Bread Lite Mayo/Lo Mein Pasta Salad Beet Salad **Rice Pudding/Topping**	**28) Potato Chowder/Crackers** Vegetable Cheese Quiche Orzo Vegetable Medley Wheat Bread **OR** Chicken Patty on a Hamburger Roll Lite Mayo/Lettuce Leaf/English Pea Salad Carrot Pineapple Salad **Pineapple**	**29) Spinach Lentil Soup/Crackers** Breaded Baked Fish Amandine (Almonds) Herbed Brown Rice/Whipped Butternut Squash Rye Bread **OR** Chef Salad w/turkey, egg, cheese strips, vegetables, Italian Dressing Macaroni Salad/Whole Wheat Roll **Peaches**

THURSDAY	FRIDAY
2) Minestrone Soup/Crackers Chicken Cacciatore/Sauce Buttered Parsley Noodles Peas & Onions/Whole Wheat Bread **OR** Roast Beef & Swiss Cheese on Rye Bread Lite Mayo/Cole Slaw Tomato Red Pepper Salad **Fresh Fruit**	**3)** Meatloaf/Brown Gravy Whipped Potatoes Beets/Rye Bread **OR** Tuna Salad over Mixed Greens Three Bean Salad Oatmeal Bread **Mixed Fruit**
9) Salisbury Steak/Roasted Onion Gravy Whipped Potatoes Beets/Biscuit **OR** Chicken Salad on Lettuce Leaf/Oatmeal Bread Rice, Tomato, Black Olive Salad Tossed Salad/Lite Thousand Island Dressing **Tapioca Pudding/Topping**	**10) Corn Chowder/Crackers** Honey Mustard Chicken Buttered Rice/Brussels Sprouts Wheat Bread **OR** Egg Salad on White Bread/Lettuce Leaf Pasta Vegetable Salad Cauliflower Carrot Salad **Peaches**
16) Vegetable Barley Soup/Crackers Chicken Fajita Spanish Rice & Beans Fiesta Mixed Vegetables/Soft Tortilla **OR** Turkey Salad on a Lettuce Leaf Roman Blend Salad/German Potato Salad Rye Bread **Chocolate Chip Cookie**	**17)** ***Reduced Sodium Hot Dog Hot Dog Roll/Baked Beans Cole Slaw/Ketchup/Mustard/Relish **OR** California Chicken Salad on a Lettuce Leaf Tomato & Broccoli Salad Potato Salad/Whole Wheat Bread **Fresh Fruit**
23) Beef Stew w/Vegetables Peas Corn Bread **OR** Egg Salad on Oatmeal Bread/Lettuce Leaf Tri-Color Pasta Salad Roman Blend Salad **Fresh Fruit**	**24) Manhattan Clam Chowder/Crackers** Crab Cakes/Sweet Red Pepper Sauce Parsley Potatoes/Corn Relish Whole Wheat Roll **OR** Sliced Turkey & Swiss Cheese on Rye Bread Lite Mayo/Lettuce Leaf Pineapple Slaw/English Pea Salad **Mandarin Oranges**
30) Spaghetti & Meatballs/Tomato Sauce Tossed Garden Salad/Lite Italian Dressing Broccoli & Cauliflower/Scali Bread **OR** ***Ham Salad on Wheat Bread/Lettuce Leaf Spinach Mandarin Orange Salad Potato Salad **Fresh Fruit**	**31)** ***Happy Halloween*** **Pumpkin Soup/Crackers** Haunted Turkey Divan Wild Rice/Candied Carrots & Parsnips Apple Cinnamon Muffin **OR** Seafood Salad on White Bread Lettuce Leaf/Cole Slaw/Italian Pasta Salad ***Halloween Cookie***

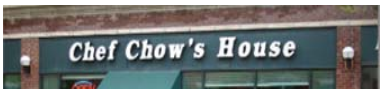
LUNCHEON SPECIALS FOR OCTOBER

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

On **Wednesday, October 15**, the Springwell Traveling Chef will prepare the meal. The menu will feature a **Chicken Parmesan Panini.** Come to this luncheon and be surprised.

Tuesday, October 21 is a red-letter day for lunch. It will be a combination **Springwell Special Lunch AND the Birthday Lunch**. Remember to tell us if you have an October birthday when you call for reservations. And there will be a showing of ***Young@Heart*** following the luncheon.

The Let's Go Out to Lunch group will meet at 12:00 noon at



at 230 Harvard Street in Coolidge Corner.

Brookline Senior Center
93 Winchester Street
617-730-2770

OCTOBER 2008

Events Calendar

MONDAY	TUESDAY	WEDNESDAY
To reserve a lunch please call 617-730-2770 by 11 a.m., a day **in advance**	**BETS discount taxi coupons can be purchased at the Senior Center or through the mail. For more information or to apply for the program please call (617)730-2740**	1 9 a.m.- noon BLAB lawyer 9:30 a.m. Retired Men's Club 10 a.m. - noon S.H.I.N.E.counselor 12:30 p.m. Bridge
6 9 a.m. Podiatry Clinic by appt. 10:30 a.m Holiday Fair planning mtg. 12:30 p.m.Chinese programs 1 p.m.Mah jongg 1--2 p.m. Line Dancing 2-4 p.m. Open computer lab	7 10:30a.m.Brookline Bees-Quilters 1:00 p.m. Bingo 1:30 p.m. Movie Lovers' Film Series "The Counterfeiters"	8 9:30 a.m. Retired Men's Club 10 a.m. - noon S.H.I.N.E.counselor 12:30 p.m. Bridge
13 **The Brookline Senior Center will be closed in celebration of Columbus Day.**	14 10:30a.m.Brookline Bees-Quilters 12:45 p.m. French Conversation grp. 1:00 p.m. Bingo 1:30 p.m. Movie Lovers' Film Series "Shanghai Triad"	15) 9:30 a.m. Retired Men's Club 10 a.m. - noon S.H.I.N.E.counselor Noon - Springwell's Traveling Chef Special lunch 12:30 p.m. Bridge 1 p.m.Talk on "Successful Aging and the Brain" 1 p.m. Low Vision Group
20 9 a.m. Podiatry Clinic by appt. 10:30-noon Poetry Workshop 12:30 p.m.Chinese programs 1 p.m.Mah jongg 1--2 p.m. Line Dancing 2-4 p.m. Open computer lab	21 10:30a.m.Brookline Bees-Quilters Noon - October Birthday lunch and Autumn Special Lunch 1:00 p.m. Bingo 1:30 p.m. Movie Lovers' Film Series "Young@Heart"	22 9:30 a.m. Retired Men's Club 10 a.m. - noon S.H.I.N.E.counselor 12:30 Bridge 1 p.m. COA meeting - speaker W. Scott Plumb on "The Future of Long-term Care…."
27 10:30-noon Poetry Workshop 12:30 p.m.Chinese programs 1 p.m.Mah jongg 1--2 p.m. Line Dancing 2-4 p.m. Open computer lab	28 10:30a.m.Brookline Bees - Quilters Noon - Let's Go Out to Lunch group Chef Chow's Rest.-230 Harvard St. 230 Harvard St. 12:45 p.m. French Conversation grp. 1:00 p.m. Bingo 1:30 p.m. Movie Lovers' Film Series "Constantine's Sword"	29 9:30 a.m. Retired Men's Club 10 a.m. - noon S.H.I.N.E.counselor 12:30 Bridge AUTUMN BENEFIT Please call 617-730-2777 for more information

THURSDAY	FRIDAY
2 10 a.m. - noon S.H.I.N.E.counselor 10:30 a.m.Knit and Crochet 10:30 a.m Last Newcomers' Group 1:30 p.m " Easy Travel" destination to be determined. 1 p.m. Knit and Crochet 1:30 p.m. Russian Tea Room	3 9 a.m.Bridge 9:30 a.m Solemates Walking Group 10 a.m Project Volunteer Group 10:30 a.m. Current Events 10:30 a.m. Senior Chorus 3:45 p.m. Modern Dance and Movement Workshop -$2
9 YOM KIPPUR Senior Center is open. 10 a.m. - noon S.H.I.N.E.counselor 10:30 a.m.Knit and Crochet 1 p.m. Knit and Crochet 1:30 p.m. Russian Tea Room	10 9:30 a.m Solemates Walking Group 10 a.m Project Volunteer Group 10:30 a.m. Current Events 10:30 a.m. Senior Chorus 1 p.m. Alzheimers Support Group 3:45 p.m. Modern Dance and Movement Workshop -$2
16 9-10:30 a.m. Blood pressure screen. 1 p.m. Knit and Crochet 1:30 p.m. Russian Tea Room 1 - 3 p.m. Neighborhood Fall Fair 4:30-6:30 p.m.Reception for photographer Al Brass	17 9 a.m.Bridge 9:30 a.m Solemates Walking Group 10 a.m Project Volunteer Group 10:30 a.m. Current Events 10:30 a.m. Senior Chorus 3:45 p.m. Modern Dance and Movement Workshop -$2
23)10 a.m.-noonS.H.I.N.E.counselor 10:30 a.m.Arthritis exercises pre-registration requested 10:30 a.m.Knit and Crochet 1 p.m. Knit and Crochet 1:30 p.m. Beading workshop 1:30 p.m. Russian Tea Room	24 9 a.m.Bridge 9:30 a.m Solemates Walking Group 10 a.m Project Volunteer Group 10:30 a.m. Current Events 10:30 a.m. Senior Chorus 3:45 p.m. Modern DanceWorkshop
30 10 a.m. - noon S.H.I.N.E.counselor 10:30 a.m.Arthritis exercises 10:30 a.m.Knit and Crochet 1 p.m. Knit and Crochet 1:30 p.m. Russian Tea Room Evening Alzheimers' Support Group	31 ***HAPPY HALLOWEEN!*** 9 a.m.Bridge 9:30 a.m Solemates Walking Grp 10 a.m Project Volunteer Group 10:30 a.m. Current Events 10:30 a.m. Senior Chorus 3:45 p.m. Modern DanceWorkshop

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
1:30 pm—Scrabble
2-4 pm—Computer lab open

TUESDAY

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

WEDNESDAY

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

THURSDAY

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

FRIDAY

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

AT THE GALLERY

The Brookline Senior Center
invites you to see
An exhibit of black and white photographs
by Alvin Brass

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

Reception for the Artist
Thursday, October 16
From 5:30 to 6:30 pm

EASY TRAVEL

Come travel the easy-chair way on Thursday, October 2 at 1:30 pm at the Senior Center. At press time the destination for October was still to be determined. Keep your eye on the TAB for the October destination.

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FRENCH CONVERSATION

Conversations in French, led by Agnes Serenyi, will be held at the Senior Center on two (2) **Tuesdays** in **October**—the **14**th and the **28**th at **12:45 pm**.

MODERN BEADING WORKSHOP

This workshop will be held on **Thursday, October 23 from 1:30 to 3:00 pm**. Bring your ideas and supplies be prepared for instruction with flare.

POETRY WORKSHOP

Gather together with others interested in poetic expression. Anna Higgins, writing teacher, will offer opportunities to write together to develop and explore new skills in writing. You will write in the class, share your work, and give and receive feedback. There will also be time at the end of each session to share edited work from home. Beginners are encouraged to participate.

This **six-session workshop** will begin on **Monday, October 20** and meet **from 10:30 am to 12:00 noon**. Preregistration is requested as the group size is limited. This free program is sponsored by the Brookline Senior Center Gift Cart.

MODERN DANCE

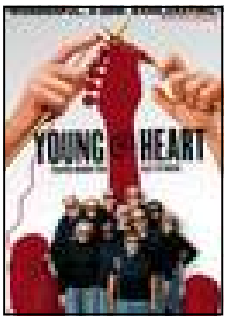
How about a no-stress dance class for people who love music and movement? This class begins with seated movement focusing on breathing, stretching the arms and torso, and strengthening leg muscles. Then come some standing modern-dance exercises to isolate and stretch different parts of the body. And we the class ends emphasizing rhythm and moving through space. Lynn Modell, the instructor in this class, teaches dance at Brookline High School.

This class meets on **Fridays, October 3, 10, 17, 24, and 31 at 3:45 pm**. There is a fee of $2.00 per session. Call 617-730-2769 for more information and to register.

MOVIE LOVERS SERIES FOR OCTOBER

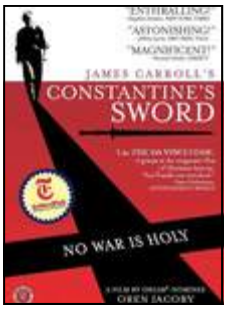
Every Tuesday in October you can be assured of a free, great movie at the Senior Center at 1:30 pm.

October 7 98 minutes
The Counterfeiters
Facing an ethical quandary, Jewish master forger Salomon Sorowitsch must choose between abetting the Nazis and saving his skin in this taut, Oscar-nominated drama based on a true story. Assembled at a death camp, a cadre of printers, artists, and chiselers—led by the opportunistic Sorowitsch—is tasked with counterfeiting currencies to weaken Allied economies. But will Sorowitsch's conscience begin to gnaw at him as the war draws to a close?



October 20 108 minutes
Young@Heart
Coldplay, the Clash, and Jimi Hendrix will never sound the same once you've heard the Young@Heart chorus, a group of Massachusetts senior citizens who thrill audiences worldwide with their unusual—and unusually poignant—renditions of rock songs. Stephen Walker's humane and heartwarming documentary, which follows the elderly ensemble as they prepare their new show.

October 13 109 minutes
Shanghai Triad
Actress Gong Li and director Zhang Yimou reteam for a surprising period piece—a gangster film set in 1930s China. Young Tang Shuisheng is a 14-year-old boy forced to cater to the showgirl girlfriend of a fearsome opium trader. Through Shuisheng's eyes, we journey into a mysterious world of danger, corruption, and alluring beauty.



October 28 95 minutes
Constantine's Sword
Shot partly in Europe, Oren Jacoby's documentary examines the history of anti-Semitism in the Catholic Church and the link between the US military and the Christian right. From Constantine's reign in the fourth century to today's evangelical base at the Air Force Academy, Jacoby's film offers a provocative look at the roots of holy wars past and present.

SENIOR MOVIES AROUND TOWN

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

Senior Cinema (at the **Coolidge Corner branch of Brookline Public Library** has movies every Thursday afternoon with refreshments at 1:00 pm and the film starting at 1:30 pm. Call 617-730-2380 for more information.

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

Goddard House in Brookline also offers many movies each month. This month they are presenting a special series—films of Gilbert and Sullivan operettas. For more information and to make reservations, call 617-731-8500.

A SAFE, CONVENIENT ALTERNATIVE TO PAPER SOCIAL SECURITY CHECKS

Have you ever worried that your Social Security check will be lost or stolen? Are you nervous about carrying around large amounts of cash?

You should know about a new safe and convenient option—the **Direct Express Debit MasterCard** (which is now available in Massachusetts). It's a prepaid debit card that is available to anyone who received Social Security or SSI payments, even if you don't have a bank account. Sign-up is free, and no credit check is required.

The Direct Express card is simple and easy to use. Your federal benefits will be automatically posted to your account on payment day each month. The card can be used to make purchases, pay bills, and get cash at retail locations and ATMs nationwide. There is no monthly fee for this card and most services are offered free.

The Direct Express card is a safe way to receive your money, eliminating the need to carry large amounts of cash. The money of the Direct Express card is FDIC-insured (up to the maximum allowed by law) and the card account is protected by a Personal Identification Number (PIN) for withdrawals and at retail locations. If your card is ever lost or stolen, it will be replaced.

This card is being issued by the US Department of the Treasury's financial agent, Comerica Bank. The Treasury encourages anyone who is eligible for Social Security or SSI benefits to consider using the Direct Express card. Signing up is quick and easy—call toll free 1-877-212-9991 or visit www.USDirectExpress.com on the web.

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ATTORNEY-AT-LAW

7 HARVARD STREET | BROOKLINE MA 02445-7379
Tel. 617-566-2300
Fax 617-566-9350

ALZHEIMER'S CAREGIVERS SUPPORT GROUPS

In October, the two Alzheimer's Caregivers Support Groups will meet.

The **Daytime** group will meet **Friday, October 10**. Call group leader December Heffernan at 617-730-2753 to attend and for further information.

The **Evening** group will meet **Thursday, October 30**. Call Susan Andriole at 617-730-2754 to attend and for further information.

Both groups are open to Brookline residents and town employees free of charge.

THANKFUL TO BE HOME WITH THOSE YOU LOVE

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www.partnershomecare.org

GATHERING OF LGBT GRANDPARENTS—SAVE THE DATE

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

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

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

SUCCESSFUL AGING AND THE BRAIN

Trey Hedden, PhD, and Angel Mehta, Research Assistant at the Martinos Center for Biomedical Imaging at MGH and Harvard University's "Successful Aging" study at the Cognitive Neuroscience Lab, will give a talk on "Successful Aging and the Brain: Learning While Living Well" on **Wednesday, October 15**, at **1:00 pm** at the Senior Center. They will discuss such questions as: How do our brains change as we age? How can we stay mentally fit? How can we help researchers learn more about successful aging? Everyone is invited to attend this informative program.

OWL MEETING

At the OWL meeting on **Saturday, October 18, from 1:00 to 3:00 pm** at the Senior Center, there will be what is sure to be a lively discussion of the upcoming national elections and a screening of the documentary *Run Granny Run*.

HAPPY HALLOWEEN

Brookline seniors are invited to a Halloween party sponsored by the Brookline Mother's Group. The event is scheduled for **Sunday, October 26 from 3:00 to 6:00 pm** at the Senior Center. Come and enjoy games, arts and crafts, and more. Delicious refreshments will add to the fun! You may bring grandchildren up to 10 years old in costumes if you wish. Costumes are also encouraged for seniors but not required. This event is free, but preregistration is required. To register call 617-730-2770 by October 15, but because space is limited for this event, call and register as soon as possible.

NEIGHBORHOOD FALL FAIR

There is nothing that is quite as much fun as a fall fair, and there is going to be one right in your neighborhood on **Thursday, October 16**, **from 1:00 to 3:00 pm** in the courtyard behind 112 Centre Street. Highlights of the afternoon will include a performance by accordionist extraordinaire Emilian Badea at 1:30pm and an apple-pie baking contest with celebrity judges awarding prizes to the tastiest, and best-looking pies. In addition, there will be games of skill and chance and, of course, refreshments. Everyone is invited to this free event sponsored by Brookline Senior Center, Brookline Recreation Department Active Adults group, Center Communities of Brookline, and Rogerson Adult Day Health program.

For more information about the apple pie baking competition, contact JoAnn LaPlant, program director at Center Communities of Brookline at jlaplant@hrca.hrvard.edu, or telephone 617-363-8068.

In case of inclement weather, the fair will be held indoors at the Brookline Senior Center.

FIRE SAFETY

With the coming of cooler (and then, inevitably cold) weather, we are at home more and should be doubly mindful of fire safety in our homes. The Brookline Fire Department has put out an excellent Calendar of Fire Safety on the town web site. Here some very relevant tips:

- Know two ways of getting out of every room in your home.
- Make a Home Escape Plan.
- Keep water heaters set below 130˚F.
- Be careful with hot liquids.
- Use cool water to cool a burn.
- Conduct a hunt for home hazards.
- Store flammable liquids outdoors in approved containers.
- Keep combustibles away from heat or flame.
- Check your smoke alarm batteries regularly; test the smoke alarms weekly; vacuum dust away from them monthly.
- Replace worn, cracked electrical cords.
- Don't overload outlets or surge strips.
- Have your heating appliances serviced before the start, or at the beginning, of the heating season.
- Have chimneys inspected and cleaned before the start of the heating season.
- Be sure to have Carbon Monoxide Detectors installed near all bedrooms.
- Use space heaters sparingly and carefully. Keep them an arm's length from things that will burn. Do not use extension cords with space heaters.
- Never leave candles burning unattended.

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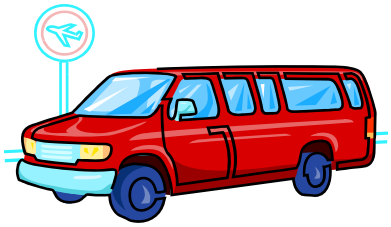
HOSPITAL SHUTTLES

Partners Healthcare offers many shuttles that travel from their various community locations to Brigham and Women's (BWH), Faulkner, and Mass General Hospital (MGH). From Brookline, you can catch a shuttle bus for BWH every 15 minutes from 10 Brookline Place. Individuals going to the Faulkner or MGH can catch another shuttle at BWH. The route is a little circuitous, but it is another option for more ambulatory seniors who are Faulkner or MGH patients and have no other means of transportation. A shuttle bus to the Dana Farber Cancer Institute also leaves every 30 minutes from 1309 Beacon Street (Trader Joe's). Most shuttles operate from approximately 6:00 am to 7:00 pm, Monday-Friday (except holidays). For more information, please call 617-726-2250 or e-mail www.partners.org.



Correction: In September, the *Senior News and Events* we erroneously listed the Atrium as a location where a shuttle could be picked up. This location is only for employees who have paid to park there. Do not try to use this as you will be towed if you leave your car there. We are sorry for any inconvenience or confusion that was caused.

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GIVING

Our heartfelt thanks to all the people who reached into their pockets in these troubled economic times to help support the Council on Aging, the Senior Center, and their programs in September:

To Anonymous for a gift **in honor of Rhona Hirschowitz, Livia Frank, and Amalia Winogard**

To Mary Ann and Jay Baker, Patricia E. Bottary, Aronna and Allen Bower, Ronni and Ronald Casty, Irwin L. Cherniak, Pearl Katz, Charlotte A. Kirshner, Harriet and Paul Krupp, Judith and Douglas Krupp, Paul Kussell, the Lapidus family, Tracey Reyhanni, Aimee and Eric Sprung, Diane and John Taylor, Robert S. Walker, Gail and Arthur Wald, Claire Young, and Ruth and Isadore Zack for their gifts **in memory of Charlotte Sokoloff**

To Dotty Bell for her gift **in honor of Senior Transportation**

To Ellen Hertzmark and Duncan MacDonald for their gifts **to our Annual Appeal**.

MONEY MANAGEMENT COURSE

The Bank of Canton is offering a one-day course in Basic Money Management for Teens and Seniors on Tuesday, October 28 from 5:30 to 7:30 pm at their office at 166 Harvard Street in Brookline.

For more information and to RSVP, call 617-278-1482. If you want to attend this course, RSVP by October 21.

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IN MEMORIAM
Charlotte Sokoloff

Charlotte was a master seamstress, voracious reader of multiple books, and devoted grandmother. She continued to pursue new activities, friendships, and ideas to the day she died at 95 years of age. She was an exemplary patron of the Senior Center and will be missed by all who knew her, especially by the quilters, theBrookline Bees, .

FROM THE BOARD PRESIDENT

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

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

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

OUR CONTRIBUTORS

We wish to thank the contributors to the October issue of the Senior News and Events: *Wikopedia* for the data about Columbus Day on p. 3the Greater Boston Chinese Golden Age Center for the three photographs from the 2008 August Moon Festival on p. 4, the Brookline Fire Department for fire safety tips on p. 22, Judy Bernstein for the article on Social Security Services on p. 24, and Jean Kramer for the article "Let Them Eat Cake" on p. 26.

OUR ADVERTISERS

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

SOCIAL SECURITY OFFERS CONVENIENT TELEPHONE SERVICES

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If you are already receiving benefits, by using our automated services, you also can change your personal information over the phone, including things such as your mailing address or your direct-deposit information.

Although these automated services are easy to use and can be accessed around the clock, you still have the option of asking to speak with a customer-service representative during our normal business hours—7:00 am to 7:00 pm, Monday through Friday.

To learn more, call us at 1-800-772-1213 (TTY 1-800-325-0778). You can also visit us online at www.socialsecurity.gov.

by Judy Bernstein
Social Security District Manager in Boston

Happy Halloween!

IT'S FLU SEASON AGAIN —SAVE THE DATE—

The town of Brookline will begin giving flu shots in November. We don't have the full schedule for the clinics yet, but we do know that there is a clinic scheduled at the Senior Center on Thursday, November 6 from 10:00 am to 1:00 pm.

DTV IS COMING

Stay tuned to the *Senior Center News and Events* and to the *TAB* because there is going to be more and more about the switch in February 2009 from analog to digital broadcasting.

TAX WORK-OFF

We still have openings in this pilot program that asks seniors to volunteer 100 hours a year of service to Brookline and receive a reduction of their property-tax bill by $750.00 in return.

VOLUNTEERS

Vivian is back from her summer vacation and is in full swing. Volunteer programs are moving right along, so if you are waiting to hear from her, you will, and if you want to volunteer, call her at 617-730-2743.

INTERGENERATIONAL ACTIVITIES

The school year is well under way now, and several teachers and after-school programs with a variety of intergenerational activities are in the planning stages.

So we are looking for people interested in participating in intergenerational activities. For seniors and children alike, these programs are pure enjoyment. For more information and to volunteer your services, call Charlotte at 617-730-2769.

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THE ASSISTANCE YOU NEED TO STAY INDEPENDENT

OLD CELL PHONES

We are still collecting old cell phones to get money that helps support our programs. Remind your grandchildren and great-grandchildren to give you their old phones as they get the "newest and bestest." Bring them to Susan Andriole at the Senior Center. We will put the funds they generate to good use.

GODDARD HOUSE EVENTS IN OCTOBER

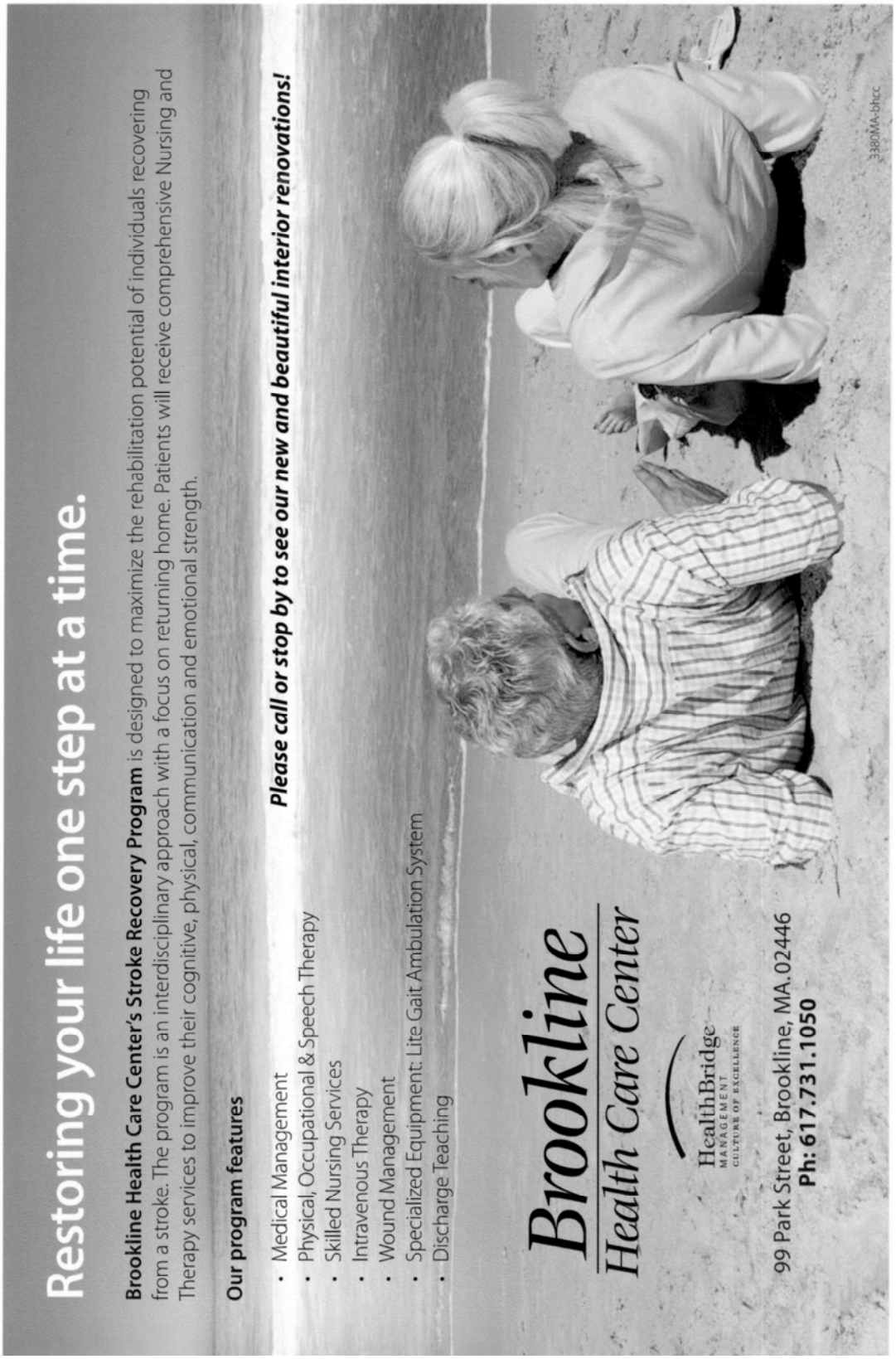
Goddard House in Brookline has many, many planned activities in October—concerts, lectures, movies, and so forth. Among the offerings for October are:

Monthly Opera Lecture, Friday, Oct. 3 at 2:00 pm—*The Daughter of the Regiment* by Gaetano Donizetti will be discussed by opera singer Vinny Manonne.

Concert, Monday, Oct. 20 at 3:30 pm—Cabaret-jazz vocalist Jim Porcella will perform a tribute to the music of World War II and the 1940s.

Gilbert and Sullivan Fest—Lecture with DVD clips and musical recordings by Christopher Aaron Smith (tenor). Part 1 is on Wednesday, Oct. 8 at 2:30 pm, and Part 2 is on Wednesday Oct. 29 at 2:30 pm.

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



SPANISH IMMERSION

This program on **Mondays**, **October 7** this month, adds guitars and other instruments to your Spanish immersion. Bring your guitars and other instruments from **3:00 to 4:30 pm** at the Senior Center, and learn to sing and play the Spanish way. Four sessions cost only $10.00. For more information and to register, call Giovanna at 617-953-7016 or e-mail her at brookline.spanishimmersion-@gmail.com. The program is sponsored by the Brookline Senior Center and JPC: Tree of Life/Arbol de Vida.

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

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

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

HANDICAPPED ACCESS

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

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