TOWN OF BROOKLINE
SENIOR NEWS AND EVENTS

Council on Aging

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

Brookline Senior Center
93 Winchester Street
Brookline, Massachusetts 02446

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www.brooklinema.gov

OCTOBER 2010

HIGHLIGHTS

Hear Register of Deeds William P. O'Donnell on October 20 (page 7)

Exercise those arthritic joints with Ilse Leeser (page 8)

Learn about one-stop career centers (page 9)

Explore the mind with Roy Freed on October 5 (page 10)

Attend a performance of Bus Stop on October 10 (and see what else the Theater Club is planning) (page 20)

Learn to Zumba! (page 23)

Explore new groups—Game Nights (page 26), Living Our Values (page 29), and a nonfiction book club (page 29)

Volunteer to be a Red Tape Cutter/Benefit Specialist!! — see page 11

6TH ANNUAL AUTUMN BENEFIT

Our 6th Annual Autumn Benefit is scheduled for the evening of **October 27, starting at 6:00 pm**. The Senior Center is transformed that evening into a grand ballroom with hors d'oeuvres, wine, and a sumptuous buffet in addition to a dance band and even a special Bingo benefit game.

This year we have chosen to celebrate a theme that represents the goal of our Senior Center—*Sustaining and Growing*—rather than honoring a single individual.

The proceeds of this annual event help support and expand the Senior Van, the vibrant social and cultural programs, and counseling and direct services offered by the Brookline Senior Center. Tickets are $100 per person ($60 for seniors [over 65]). Make reservations by October 13. For more information, call Ruthann at 617-730-2756.

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

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

OCTOBER HOLIDAYS

We all know the October of fall foliage, apples galore from our local orchards, Oktoberfest, and of course Halloween. The days get shorter, and the weather, cooler. On Monday, October 11, the Senior Center will be closed for Columbus Day. However, the Rogerson Adult Day and Fitness First programs will be open as usual.

October is also the month devoted to Breast Cancer, Celiac Disease, Domestic Violence, Energy, and Physical Therapy Awareness; and it is Crime Prevention, Family History, and Clergy Appreciation Month, not to mention Country Music, Pasta, Pickled Pepper, Pretzel, and Rollerskating Month. Enjoy the month in all its aspects!

THANK YOU BROOKLINE ROTARY!

The Brookline Rotary has generously agreed to pay for a year's worth of fuel to run our Van for the coming year. This is indeed a princely gift as the cost of fuel, though varied throughout the year, is always high nowadays and represents a sizeable chunk of the cost of running the Van.

Let us hope that this bodes well for the donations we receive at the 6th Annual Fall Benefit on October 27 that also helps support the Van and other Senior Center programs. See page 1 for more detail on the benefit.

According to Ruthann Dobek, Director of the Brookline Council on Aging, the Senior Center shuttle service transported 500 seniors this past year for over 3000 visits to the senior center. From left to right are: Elias Audy, Audy Mobil and Brookline Rotarian; Ron Gallagher, Brookline Senior Center staff; Shirley MacPherson, Past President, Brookline Rotary; Ken Jaffe, President Brookline Rotary; Ruthann Dobek, Director Brookline Council on Aging. (Photo supplied by Susan Rack, Susan Rack Property Manager, Covenant House, Brighton.)

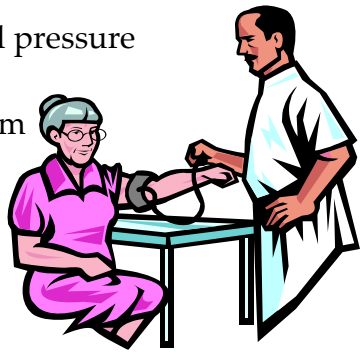
Ask a Nurse On **Wednesday, October 27, at 1:00 pm** St. Elizabeth's Medical Center's Nurse Practitioner Eileen Currier will visit the Senior Center to consult with individuals.

Podiatry Clinic Routine foot care with Dr. John McLaughlin is available on **Mondays, October 4 and 18, from 9:00 am to 12:00 noon**. Sessions, which last 15 minutes each, cost **$30** (note the increase in cost per session). Appointments are required. Make one by calling 617-730-2777.

Low Vision Group This peer-led support group for individuals with limited eyesight will meet on **Wednesday, October 20, from 1:00 to 2:30 pm** at the Senior Center.

Blood Pressure Screenings
The Brookline Health Care Center will provide blood pressure screening **at the Senior Center** on **Monday, October 4, from 1:00 to 2:00 pm**. The nurse who presides at this session is bilingual. (She speaks English and several Chinese dialects.)

There will also be blood pressure screening **at the Senior Center** with a nurse from the Brookline Health Department on **Thursday, October 21, from 9:00 to 10:30 am**.



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

BLOOD PRESSURE SCREENINGS

There will be blood pressure screenings with a Brookline Health Department Nurse on Thursday, Oct. 21, at the Senior Center from 9:00 to 10:30 am and:

- On Wednesday, Oct. 6, at the Brookline Health Department, 11 Pierce Street, from 2:00 to 3:00 pm
- On Wednesday, Oct. 27, at O'Shea House, 61 Park Street, from 1:00 to 2:00 pm.

SHINGLES VACCINE AVAILABLE

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

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

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

ASK A GERIATRICIAN

Dr. Suzanne Salamon, MD, Associate Chief for Clinical Programs at Beth Israel Deaconess Medical Center (BIDMC) will answer your ***general*** questions about aging and geriatric medicine. If you have questions, please send them to me at jgimple@brooklinema.gov or call me at 617-730-2790 and I will make sure that Dr. Salamon gets the questions and answers them in subsequent issues of the Senior News and Events. (The article below was provided by Beth Israel Deaconess Medical Center. For advice about your medical care, consult your doctor.)

SENIORS: BE PREPARED FOR YOUR ANNUAL PHYSICAL

When you go in for your annual physical exam, be armed with a list of questions to ask your doctor. This will save time and make sure nothing important is missed. In addition, Dr. Suzanne Salamon, strongly suggests that the following topics be discussed.

Blood Pressure At age 65, one of the most important things is to make sure your blood pressure is under control. A healthy blood pressure of 120-140/80 should be maintained for life; if it is higher than that, it can put you at higher risk of stroke or heart attack.

Cholesterol Geriatric specialists are still in the early stages of trying to figure out the whole cholesterol business, but it appears that those who have very high levels, including high levels of LDL (*bad cholesterol*) may benefit from taking a cholesterol-lowering drug, which can prevent heart attack and stroke.

Bone Density This test aims to prevent broken bones, particularly hip and spine fractures. A hip fracture usually starts a downhill slide. About 25% of elderly patients who fracture a hip die within a year. Even among those who survive, many have to walk with a cane or can't live at home. The best treatment is prevention.

Prevention involves taking adequate calcium, either through food or supplements, plus Vitamin D.

Colonoscopy The test that seeks to detect colon cancer early on should be started at age 50 and then done every 10 years after that. A lot of people put it off as they don't like the cleansing of the colon in advance of the test. But colon cancer can be treated if caught early.

Hearing Older people should get their hearing tested as hearing loss can be very isolating, particularly when people can't hear conversations around them. Sometimes such a loss is just a simple matter of cleaning out ear wax. And if not, hearing aids are inconspicuous these days.

Vision Losing one's sight is among the most devastating things suffered by the elderly. But glaucoma, a top reason why older people lose their sight, can be prevented. Annual checkups by your eye doctor can detect glaucoma, macular degeneration, and cataracts.

Body Mass Index (***BMI)testing*** is a calculation of whether you are at a normal weight for your height. Being a normal weight is one of the best ways to prevent heart attacks and strokes.

Depression Unfortunately, most seniors are not receptive to talking about depression, even though it is a real concern later in life. I suggest that family members be on the lookout for signs of depression in their elderly relatives.

Physical ailments can make you depressed. And depression can mask itself in such complaints as poor appetite, problems sleeping, or decreased energy.

Flu Shots Seniors should get an annual flu shot. About 35,000 Americans, most of them seniors, die of the flu each year. A pneumonia vaccination is also a good idea. And a single shot after age 65 lasts a lifetime. (See p. 7 about flu clinics and p. 10 for other info about flu.)

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 at Home:

BETS (Brookline Elder Taxi System), the cab discount program that allows income-eligible Brookline residents over 60 to buy up to five (5) coupon books a month at a 50% discount ($25.00 a month yields $50.00 worth of cab rides as each coupon book has 10 coupons each worth $1.00 and a book costs $5.00).

BETS coordinator Alicia Ebrat is at the Senior Center every **Monday through Wednesday from 12:00 noon to 4:00 pm** to take applications for, and sell, BETS coupon books. For more information, call Alicia at 617-730-2740.

If you want to apply for the first time, or be recertified, for the BETS program, please bring your 2009 income tax returns when you meet with Alicia. If you do not have to file tax returns, check with Alicia before you come in about what proof you will need to bring. (All riders must be recertified every year in order to be able to buy BETS coupon books.)

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

BETS service is available for use in all cabs of all companies that are based in Brookline. **It's the law!** If a cab driver from such a company gives you trouble about using the coupons, report the incident to the COA at 617-730-2777.

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

BLAB The Brookline Legal Assistance Bureau will be at the Senior Center from **9:00 am to 12:00 noon** on **Wednesday, October 6**, and on Wednesday, November 4. BLAB is staffed by volunteer local attorneys who offer individuals legal expertise on matters of law as well as information and referrals. This service is offered free of charge, and no appointment is needed.

A **FILE OF LIFE** provides individuals with emergency medical ID cards to be used both at home and away from home. This is a very important program. It should be part of your emergency preparedness program. For more information on the File of Life, call 617-730-2777, and leave your name and phone number. The Senior Center's File of Life Coordinator, Ruth Geller, will call you back as soon as possible.

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

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

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

SHINE counselors Sonia Wong, Ed Levin, and Sybil Levisohn (filling in for Deborah Brass who is on extended medical leave) will be on hand at the Senior Center every Monday through Wednesday to help individuals explore their health-insurance options. For an appointment with a SHINE counselor, call 617-730-2777.

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

REGISTRY OF DEEDS

Do you need a copy of your deed Has your mortgage been discharged? Do you have a Declaration of Homestead? Norfolk County Registry of Deeds William P. O'Donnell, Register will be a guest speaker at the Brookline Senior Center on **Wednesday, October 20, at 11:00 am**. He and members of his staff will be available to help answer questions or concerns about any Registry of Deeds matter. Information will be available concerning the Massachusetts Homestead Act. Internet-ready computer terminals will be on hand to print Registry recorded deeds, confirm the status of mortgage discharges, or check on any other Registry filing.

For further information, call the Registry at 781-461-6104 or 781-461-6157 or visit the Registry's web site at www.norfolkdeeds.org.

FLU CLINICS—SAVE THE DATE

The Town of Brookline is now in the process of planning flu clinics for the Fall/Winter 2010-2011 season. There is one planned at the Senior for Tuesday, November 9, from 10:00 am to 1:00 pm. Keep your eyes on the Town Web Site (www.brooklinema.gov), the November *Senior News and Events,* and the *TAB* for more information about Brookline flu clinics.

Alan Balsam, PHD, MPH, Director of Public Health and Human Services at the Brookline Department of Public Health (BDPH) reminds residents who want to get flu shots before November 9 that they may contact their primary care provider or check the web for a current list of public flu clinics. And Barbara Westley, Brookline Public Health Nurse, has noted that the H1N1 vaccine has been included in this year's seasonal flu shot, making only one vaccination necessary this year.

The flu clinic at the Senior Center is open to all Brookline residents. Seniors attending clinics should bring their Medicare and other health insurance cards and wear loose-sleeved clothing. For residents under 65 years of age, the fee for a flu shot is $10.00. The Town clinics also offer both pneumonia and tetanus vaccines. Again there is a $10 charge for each of these vaccines for individuals under 65 years of age.

In New England, the flu season usually begins in December and does not peak until February. Therefore, seasonal flu vaccine can be administered throughout the flu season. However, the earlier you get your shots, the more time you are protected by them. See p. 10 for tips for avoiding the flu and for mitigating its effects if you do get it.

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

AN IMPORTANT TIME OF YEAR FOR THOSE ON MEDICARE

In October, if you are a member of a Medicare Prescription Drug Plan or a Medicare Advantage Plan, you will be getting information about plan changes for next year. OPEN, READ and SAVE ALL LETTERS FROM YOUR PLANS! During the annual Medicare Open Enrollment (November 15 through December 31), our SHINE (Medicare) Counselors can help you understand your plan changes as well as other options you may have. If you want a different plan for next year, you will have a chance to CHANGE plans at this time.

The SHINE program will have a speaker at the Senior Center on **Wednesday, November 10, at 1:00 pm** to tell us about the New Health Care Reform Law (Affordable Care Act) and changes in Medicare and Medicare Plans for 2011. Everyone is encouraged to attend this presentation.

To schedule a FREE individual appointment with a SHINE Counselor, call the Senior Center at 617-730-2777 for an appointment.

You can also reach a SHINE Counselor by calling 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 SHINE Counselor will call you back as soon as possible.

Article courtesy of SHINE

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ARTHRITIS EXERCISE CLASS

Another course of new and improved Arthritis Exercise Classes at the Senior Center will meet **from 10:30 to 11:30 am beginning on Thursday, October 14** and will run for eight (8) Thursdays, **ending on December 16**—It will not meet on Veterans Day (November 11) and Thanksgiving Day (November 25).

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. The use of both hand weights and stretch bands will be incorporated into the classes. Ilse Leeser, PhD, RN, will instruct the class with guidelines developed by the Arthritis Foundation.

Call the Senior Center at 617-730-2770 to register and to obtain a health care provider authorization form that must be filled out by your health-care provider. (For previous participants, health-care provider information that has been provided within the last year will not need to be updated.) Space will be limited, so be sure to sign up early!

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

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THE IMPORTANCE OF EXTENDING YOUR EMPLOYMENT YEARS

For the past few decades, the health of older Americans has been improving, while changes in occupations associated with the growth of the service economy have made work less physically demanding. In addition, life expectancies have increased steadily, increasing in turn the financial resources required to maintain your standard of living throughout your life.

In the past, generous retirement benefits made it attractive for Americans to retire at younger ages despite their increased life expectancy. In the future, however, financial realities are likely to make it more attractive for Americans to keep working later than age 62, the most popular age for retiring. The continuing shift away from defined benefit retirement plans and retiree health insurance will mean that many more Americans will need to save even more to ensure adequate income throughout their retirement years.

Yet a 2006 survey of adults conducted by the Employee Benefit Research Institute (EBRI) showed that many do not fully understand how these changes affect their retirement security, and, among those who do, few have altered their savings behavior to compensate for the decline in generosity of retirement income provided by employers. For these reasons, staying employed until later years is more important than ever.

Searching for full- or part-time jobs can be difficult for several reasons. Here are some of the challenges facing adults age 55 and older in obtaining employment:

- **The methods for finding jobs has changed.** Today, nearly 85% of all jobs are posted only on the Internet! Many older adults may not know how to use the internet or how to best utilize it to find new work.
- **Job search techniques have changed.** For example, résumé formatting has changed over the years.
- **The importance of social networking has increased over time.** We really need to seek jobs via social networks—ads and unions alone are not enough.
- **Older job applicants must develop savvy methods for dealing with age biases**.

If you are unemployed or underemployed and want to find a new job, you should make sure you visit one of the One-Stop Career Centers in Massachusetts.

ONE-STOP CAREER CENTERS IN MASSACHUSETTS

An extraordinary variety of employment-related services for job seekers are available at the Commonwealth's network of One-Stop Career Centers. Services available at these centers include:

- Job-search assistance and access to online job listings
- Career counseling
- Coaching on job-search skills
- Workshops on job-search strategies
- Access to resources, including PCs, reference materials, résumé building software, and economic data
- Networking groups
- Unemployment insurance walk-in services

There are 32 One-Stop Career Centers located across the state in every major city, with branch offices in additional communities. In addition to individual and customized services, Career Centers hold workshops, sponsor job fairs, and work with local employers to recruit workers for available job openings. Most all services are free of charge.

In many centers, services are available in languages in addition to English. Depending on location, these languages may include Spanish, Chinese, Portuguese, Russian, Vietnamese, and others. Call 617-626-5300 for more information about Career Centers. See p. 10 for information about the nearest Career Centers.

AVOID GETTING THE FLU

Although nothing short of complete isolation from the outside world can totally protect you from getting the flu (and even complete isolation is not absolutely foolproof), there are some precautions that you can take that will certainly help you avoid the flu.

- Get the flu vaccine. (See p. 7 for information on 2010-2011 Brookline flu clinics.)
- Use a facemask in public (if you can).
- Cover your mouth when you cough or sneeze.
  - ◊ Use a tissue to do so, and throw it away immediately after use. If you don't have a tissue, use your sleeve.
  - ◊ Wash your hands thoroughly with soap and water or a hand sanitizer.
- In general, wash your hands often, especially before eating or preparing meals.
- Stock an emergency kit containing water and food for four to five days in case your caregiver(s) cannot come to you or you need to stay home.

Once you feel ill:

- Limit contact with others—Stay home if you are sick, and ask visitors not to come. Certainly, do not share food, drink, or utensils with others while you are sick.
- Keep your home as clean as possible. Launder and wash dishes with soap and water. If you have a dishwasher, use it. Also clean surfaces with household disinfectants.
- Stay home and away from others (the latter as much as possible) for 24 hours after your fever has gone.

The Work Place
29 Winter Street, 4th Floor, Boston 02108
Telephone: 617-737-0093
is an excellent **one-stop career center**
near Brookline

SOCIAL WORK INTERNS

Here we are at autumn again. And one of the many harbingers of fall at the Senior Center is the appearance of the new batch of bright young faces of the interns—social work students who have opted to serve the elder community and are getting practical experience here at the Senior Center. This year's group include: **Anna Donehower and Cristina Sousa from Boston College** and **Sarah Whitby and Nicole Spienza from Boston University**.

When you encounter these eager young people around the Senior Center, say "hello" and help make them feel at home and welcome.

THE MIND

On Wednesday, October 5, at 1:30 pm, Roy Freed, retired lawyer and former resident of Brookline, will continue to explore (for discussion by the audience) his personally derived, simple, and functional insight regarding the unique human mind and how the brain works. You do not need to have attended his August presentation to participate in this one.

His assumption is that by introspection in light of how computers work, that nonscientists can best understand their own minds and those of others as universal unique evolution-created biophysical machines roughly analogous to, but actually far superior to, a computer. And knowing how the mind works should help you maximize your own mental power while coping with the foibles of others.

Mr. Freed is a nonscientist Fellow at the McGovern Institute for Brain Research at MIT.

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VOLUNTEER NEWS

Vivian Freeman, our Volunteer Coordinator, is back from her summer hiatus with renewed energy. She particularly wants to thank the regulars who helped out in so many ways during the summer and to extend a warm welcome to new volunteers at the Senior Center.

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

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

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

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

AGING CONDITIONED BY CULTURE

Brookline Adult & Community Education (BA&CE) are offering a very special evening event on **Tuesday, October 5, from 7:00 to 8:30 pm** at Brookline High School. This one-session lecture—Aging Conditioned by Culture: A Comparison of American and Indian Views—will be presented by Historian Elinor Gadon, PhD, Brandeis Center for Womens' Studies.

In traditional Indian culture, old age is revered, and the elderly are honored by family and community. Their advice and participation are actively sought, considered valuable, and given priority. An elderly father continues to be the head of the extended family until his death; the elderly mother is the ranking female. Such attitudes and values stand in striking contrast to those in the United States, where youth is glorified and the elderly are often sidelined by society and live apart from family. On this evening, Dr. Gadon will probe the questions and social values that make the roles of elders in Indian and American cultures vastly different.

Dr. Gadon's research interests and publications are focused on the analysis of myth and image in their cultural context as they affect issues of gender. Her academic training, teaching, and publication are interdisciplinary—in art history, history of religions, and cultural anthropology—as well as multicultural. Her major publication is *The Once and Future Goddess: A Symbol for Our Time*.

This event is co-sponsored by the Brookline Aging Collaborative and is being offered free. Registration is not required.

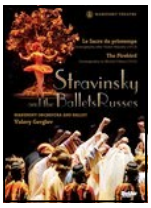
The ***Brookline Aging Collaborative*** consists of the Brookline Council on Aging (COA), Goddard House in Brookline, Center Communities of Brookline—Hebrew SeniorLife, and the Rogerson Adult Day Health Program.

MOVIE LOVERS SERIES FOR OCTOBER

Enjoy a movie **every Tuesday afternoon in October at 1:30 pm** at the Senior Center. You might want to make a reservation for lunch, too, and make a social day of it. (See pp. 16-17 for the lunch menus and reservation instructions.)

October 5
Invictus (2009) 133 minutes
In this drama based on real-life events, director Clint Eastwood tells the story of what happened after the end of apartheid when newly elected president Nelson Mandela used the 1995 World Cup rugby matches to unite his people in South Africa. Based on John Carlin's book, the film stars Morgan Freeman as Mandela and Matt Damon (both Oscar nominated) as François Pienaar, the captain of the scrappy South African team that makes a run for the championship.

October 12
Georgia O'Keeffe (2009) 89 minutes
Joan Allen stars as 20th-century painter Georgia O'Keeffe in this Golden Globe- and Emmy-nominated biopic that follows the artist's tempestuous relationship with her lover and eventual husband, Alfred Stieglitz (Jeremy Irons), a New York photographer and art promoter. Though their marriage weathers long absences and extramarital affairs, O'Keeffe prefers solitude in New Mexico, where she creates her greatest work.



October 19
Stravinsky: The Firebird and Les Noces (1996) 108 minutes
London's Royal Ballet performs two of Igor Stravinsky's classic works in this pair of performances choreographed by dance legend Nijinska. Zenaida Yanowsky and David Pickering star in "Les Noces," the stark, percussion-centric tale of a Russian peasant wedding that incorporates traditional folk music into its score. "The Firebird" stars Leanne Benjamin as the mythical creature who brings both a blessing and a curse upon her captors.

October 26
Solitary Man (2009) 90 minutes
Michael Douglas stars as a former car dealership owner who sees his personal and professional lives take a nosedive when the repercussions of years of shady business dealings and chronic womanizing finally catch up with him. Susan Sarandon, Mary-Louise Parker, Danny DeVito, and Jenna Fischer costar in this comedic drama written and codirected by Brian Koppelman.

BROOKLINE MUSIC SCHOOL CONCERT

The first Brookline Music School Concert of the year is scheduled for **Wednesday, October 6, at 1:00 pm** at the Senior Center. Aubrey Johnson, a faculty member, will entertain with jazz standard and pop music.

PIATIGORSKY FOUNDATION CONCERT —SAVE THE DATE—

On **Wednesday, November 3, at 1:30 pm**, don't miss violinist Keng-Yuen Tseng with piano accompanist Chun-Ru Wei, performing at a very special Piatigorsky Foundation Concert at the Senior Center. This event is sponsored by the Brookline Health Care Center.

HALLOWEEN PARTY

The Brookline Mothers' Group is sponsoring a Halloween Party at the Senior Center on **Saturday, October 23, from 4:00 to 6:00 pm**. There will be games, arts and crafts, a costume parade, and refreshments. Come and join the fun. Bring your grandchildren and great-grandchildren up to 10 years of age. Everyone (children and seniors) are encouraged to come in costume. The party is free, but space is limited so register by calling 617-730-2770.

Brookline Bank is proud to be a part of the Brookline Senior Center Calendar

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AT THE GALLERY

The Brookline Senior Center cordially invites you to

An exhibit of paper mosaics and collages by

Lina Marks

Tuesday, October 12 through Friday, January 14

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

Reception with the Artist
Thursday, October 21
5:00 to 7:00 pm

FRENCH CONVERSATION

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

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 in Brookline. We are proud of each month's edition, and continue to encourage your contributions and comments.

I invite the entire community to attend and support the 6th Annual Benefit on October 27 (see p. 1). Delicious food, good company, and a great cause deserve your attention. The Autumn Benefit is our biggest fundraising event of the year. For those unable to afford the full ticket price, please consider making a donation. Every dollar contributed helps us reach our fundraising goal of $50,000 for the year. We need every penny to keep the van running its extended hours and to support all our programs.

Our theater group is thriving thanks to the hard work and dedication of Ted Shamitz and the other volunteers who help. The first couple of shows sold out and received rave reviews. We have added an additional show at the Brandeis Theater Company in November. Check out the details on all the available shows on p. 20.

A new project is starting to recruit volunteers this month. Creatively called the *Red Tape Cutters*, this dedicated group of volunteers and staff will assist our seniors in accessing benefits and services. We need about ten volunteers to help do the work. See p. 11 for more details.

This month I will attend the state's annual conference for senior center directors. The event is always energizing. Great seminars in educating us on how to do a better job are available. I look forward to returning with renewed energy and creative solutions to elder issues. I am especially interested in meeting colleagues from across the country who will be presenting on best practices at their senior centers.

October is a great time of year when the weather is glorious and the trees wear brilliant autumn colors of scarlet, yellow, and orange. Enjoy the last days of the Farmer's Market by buying juicy apples or festive pumpkins (see p. 24). And, do not forget to wish the indomitable Agnes Rogers a Happy Birthday!

—Ruthann Dobek, Director

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FROM THE EDITOR

Another year has passed like lightning, and you continue to be a great audience. The Town of Brookline *Senior News and Events* begins its fourth year of publication with this issue! I just want to thank you all once more for your encouragement and help. We have expanded the scope of the newsletter in the past year and hope to make it even more interesting and relevant in the years to come.

The Senior Center is growing in scope and expanding its services, and the newsletter, we hope, will grow with it—giving you new features and continuing our goal of keeping you informed on activities and aware of happenings.

EASY TRAVEL

Easy Travel is on vacation in October. In November, Alice Fastov will have another exciting armchair adventure planned for us.

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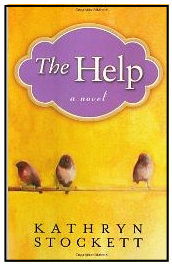
If your **MBTA senior card** needs to be renewed, call 617-222-5976 and a new card good for five years will be issued. There is no need to have a new photo taken. Any value remaining on the old card will be transferred to the new card and seniors will receive the new card one to two weeks after the call.

PUTTERHAM BOOK CLUB



The group will meet on **Monday, October 18**, at at the Putterham Public Library in Putterham Circle **at 2:00 pm**. The book under discussion will be *The Help* by Kathryn Stockett.

Ms. Stockett was born and raised in Jackson, Mississippi. After graduating from the University of Alabama with a degree in English and creative writing, she moved to New York City, where she worked in magazine publishing and marketing for nine years. This is her first novel.

In pitch-perfect voices, Ms. Stockett creates three extraordinary women—Skeeter, Aibileen, and Minny—whose determination to start a movement of their own forever changes a town, and the way women—mothers, daughters, caregivers, friends—view one another. A deeply moving novel filled with poignancy, humor, and hope, *The Help* is a timeless and universal story about the lines we abide by, and the ones we don't.

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Springwell Nutrition Program OCTOBER 2010

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** **Soup is always served with crackers.** **Meals are served at 12:00 noon, unless otherwise noted.** **For meal reservations on Mondays, call the previous Friday by 11 am.** **For meal reservations on Tuesdays through Fridays, call the previous day by 11 am.**		
4) Baked Crumb Macaroni & Cheese, Spinach & Mushrooms, Multigrain Bread **OR** Egg Salad on a Lettuce Leaf, Beet Salad, Cole Slaw, Rye Bread **Chef's Choice Dessert**	5) Breaded Fish Cheese Sandwich w/ Tartar Sauce, Chuckwagon Corn, Cole Slaw, Peas & Pearl Onions, Hamburger Roll **OR** Grilled Chicken Caesar Salad, Croutons, Parmesan Cheese, Lite Creamy Italian Dressing, German Potato Salad, ½ Pita Pocket **Mandarin Oranges**	6) **TRAVELING CHEF** **Chicken Parmegan Panini** **Tossed Salad** **Dessert**
11) **Columbus Day Holiday** **No Meal Service**	12) Chicken Stew w/Rice, Green & Wax Beans, Biscuit **OR** Roast Beef & Swiss on Wheat Bread, Mustard, Lettuce Leaf, Three Bean Salad **Pineapple**	13) **Mushroom Barley Soup** Pier 17 Fish, Lemon Pepper Sauce, Red Bliss Potatoes, Peas & Onions, Rye Bread **OR** Chicken Salad on Lettuce Leaf, German Potato Salad, Tomato Red Pepper Salad **Ice Cream Cup**
18) Beef Stew, Corn Bread **OR** ***Ham & Swiss on a Bulkie Roll, Mustard, Lettuce Leaf, Broccoli Tomato Salad, Balsamic Vinaigrette Pasta **Mixed Berry Vanilla Pudding Swirl w/Topping**	**19) Fall Special and Birthday Lunch** Cream of Pumpkin Soup Veal Rolandine Mashed Potato & Sour Cream Roasted Mixed Vegetables Whole Wheat Roll **Pumpkin Spice Cake w/Cream Cheese Frosting**	20) Vegetable Cheese Quiche, Corn, Brussels Sprouts, Oatnut Bread **OR** Egg Salad on Multigrain Bread, Lettuce Leaf, Lo Mein Pasta Salad, Cole Slaw **Fresh Fruit**
25) **Minestrone** Chicken Cacciatore, Rosemary Roasted Potatoes, Spinach & Chickpeas, Wheat Bread **OR** Turkey & American Cheese on Rye Bread, Lettuce Leaf, Lite Mayo, Cole Slaw, Three Bean Salad **Fresh Fruit**	26) ***Reduced Sodium Hot Dog, Cole Slaw, Vegetarian Chili, Ketchup/ Mustard/Relish, Hot Dog Roll **OR** California Chicken Salad on White Bread, Lettuce Leaf, Spinach Mandarin Orange Salad, Lite Italian Dressing, German Potato Salad **Chocolate Pudding w/Topping**	27) **Tomato Florentine Soup** Baked Haddock w/Newberg Sauce, Red Bliss Potatoes, Green & Wax Bean Mix, Rye Bread **OR** Chef Salad, Lite Italian Dressing, Greek Pasta Salad, Wheat Roll **Pears**

THURSDAY	FRIDAY
	1) **Clam Chowder** Salmon Boat, Lemon Sauce, Zucchini & Summer Squash, Red Bliss Potatoes, Wheat Bread **OR** Chef Salad, Lite Italian Dressing, Macaroni Salad, Wheat Roll **Lemon Bar**
7) **Cream of Tomato Soup** Roast Pork w/Gravy, Mashed Potato, Honey Glazed Carrots & Parsnips, Cranberry Orange Muffin **OR** Roast Beef & American Cheese on Multigrain Bread, Lettuce Leaf, Lite Mayo, Greek Pasta Salad, Spinach Mandarin Salad w/Lite Italian Dressing **Tropical Mixed Fruit**	8) **Vegetable Barley Soup** Honey Mustard Baked Chicken, Summer Squash, Roasted Sweet Potato, Rye Bread **OR** ***Seafood Salad on a Hot Dog Roll, Lettuce Leaf, Three Bean Salad, Carrot Pineapple Raisin **Peaches**
14) **Lentil Spinach Soup** Pot Roast, Roasted Onion Gravy, Zucchini, Oatnut Bread **OR** Chef Salad, Lite Italian Dressing, Corn Salad, Rye Bread **Mandarin Oranges**	15) Manicotti, Meatball & Tomato Sauce, Tuscany Style Vegetables, Whole Wheat Roll **OR** Tuna Salad on Oatnut Bread, Lettuce Leaf, Greek Pasta Salad, Tossed Garden Salad w/ Red Onions, Lite French Dressing **Fresh Fruit**
21) **Italian Garden Vegetable Soup** Chicken Parmesan, Penne Pasta Marinara, Brussels Sprouts, Multigrain Bread **OR** ***Seafood Salad on Oatnut Bread, Mixed Vegetable Salad, German Potato Salad **Pears**	22) **Cream of Butternut Squash Soup** Baked Haddock w/Crumb Topping Lemon Sauce, Brown Rice, Mixed Roasted Vegetables, Oatnut Bread **OR** Cold BBQ Chicken on a Hamburger Roll, Sliced Mozzarella Cheese, Sliced Red Onions, English Pea Salad, Riviera Blend Salad **Peaches**
28) **Broccoli Cheese Soup** Roast Turkey w/Gravy, Cranberry Sauce, Sweet Potatoes, Mixed Vegetables, Orange Cranberry Muffin **OR** Tuna Salad on Multigrain Bread, Lettuce Leaf, Red Potato Salad, Tomato & Red Pepper Salad **Baked Cinnamon Apple Slices w/Topping**	29) American Chop Suey, Tossed Salad w/Lite Italian Dressing, Zucchini, Whole Wheat Roll **OR** Orange Juice, Cottage Cheese Fruit Plate, Cinnamon Dinner Roll **Carnival 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.** For reservations for **Monday**, please call the **previous Friday**. Call 617-730-2770 for reservations.

On **Wednesday, October 6,** Springwell's **Traveling Chef** will be at the Senior Center to prepare and serve a feast of Chicken Parmesan Paninis, Tossed Salad, and a surprise dessert. Yum!

And on **Tuesday, October 19**, the **Springwell Fall Special Lunch and the October Birthday Lunch** will be combined. Be sure to let us know if you or someone in your party has an October birthday when you call to make reservations. After the lunch, stay for the Tuesday afternoon movie—see p. 12 for movie details.

Join the **Let's Go Out to Lunch** group for lunch **at 12 noon on Tuesday, October 26**, at the new **Friendly Express Restaurant** on Harvard Street in Coolidge Corner.

Brookline Senior Center
93 Winchester Street
617-730-2770

OCTOBER 2010

EVENTS CALENDAR

MONDAY	TUESDAY	WEDNESDAY
To reserve a lunch please call 617-730-2770 by 11 am, a day in advance	SHINE counselors are available to answer your individual health insurance questions. Please call 617-730-2777 for an appointment.	For information about BETS discounted taxi tickets, please call 617-730-2740, Mon-Wed, 12 noon-4 pm.
4) 9 am Podiatry clinic by appt. 12:30 pm Chinese programs 1-2pm Blood pressure screening 1 pm Mah Jongg/Scrabble 1-2 pm Line Dancing 1-3 pm Jean's group 1:30 Conversational Cantonese class 2-4 pm Open computer lab	5) 10:30 am Brookline Bees, Quilters 12:30 pm French Conversation grp. 1:00 pm Bingo 1-3:30 pm Food distribution 1:30 pm Movie Lovers' Film Series "Invictus" 1:30 pm Roy Freed discusses "The Mind"	6 9 am BLAB lawyer 10:30 am Retired Men's Club 12 n Springwell's Traveling Chef lunch 12:30 pm Bridge 1 pm BMS concert—Aubrey Johnson 2-4 pm Open computer lab 2 -4 pm Wisdom Works—filled
11 Labor Day Holiday Senior Center is closed. Rogerson Adult Day Health is open.	12 10:30 am Brookline Bees, Quilters 12:30 pm French Conversation grp. 1:00 pm Bingo 1-3:30 pm Food distribution 1:30 pm Movie Lovers' Film Series "Georgia O'Keeffe" 6:30-8 pm Eureka Games Night	13 9-10 am Living Our Values Group 10:30 am Retired Men's Club 12:30 pm Bridge 2-4 pm Open computer lab 2 -4 pm Wisdom Works—filled
18 9 am Podiatry clinic by appointment 12:30 pm Chinese programs 1 pm Mah Jongg/Scrabble 1-2 pm Line Dancing 1-3 pm Jean's craft decorating group 1:30 pm Conversational Cantonese 2-4 pm Open computer lab	19 10:30amBrookline Bees, Quilters Noon - October Birthday Lunch 12:30 pm French Conversation grp. 1-3:30 pm Food distribution 1:00 pm Bingo 1:30 pm Movie Lovers' Film Series "Stravinsky" ballets	20) 10:30 am Retired Men's Club 11am Registrar of Deeds talk 12:30 pm Bridge 1 pm Low Vision Group 1 pm COA MEETING—speaker Elenore Parker, Rewarding Work 1:30 pm Modern Beading Workshop 2-4 pm Open computer lab
25 12:30 pm Chinese programs 1 pm Mah Jongg/Scrabble 1-2 pm Line Dancing 1:30Conversational Cantonese class 2-4 pm Open computer lab	26)10:30 am Brookline Bees, Quilters 12 noon - Let's Go Out to Lunch group meets at Friendly's Express 12:30 pm French Conversation grp. 1-3:30 pm Food distribution 1:00 pm Bingo 1:30 pm Movie Lovers' Film Series "Solitary Man" Evening Alzheimers Support group	27) 9-10 am Living Our Values Group 10:30 am Retired Men's Club 12:30 pm Bridge 1 pm Eileen Currier, NP, from St. E's Medical Center 2-4 pm Open computer lab 6 pm AUTUMN BENEFIT

THURSDAY	FRIDAY
	1 9 am Bridge 9:30 am Solemates Walking Group 10 am Project Volunteer Group 10:30 am Current Events 10:30 am Senior Chorus 1-2:30 pm Parkinson's Support Group 1 pm Holiday Fair planning meeting
7 10:30 a.m Knit and Crochet 1:30 pm Russian Tea Room 1:30 pmKnit and Crochet 1:30 pm'Easy Travel" on vacation	8 9 am Bridge 9:30 am Solemates Walking Group 10 a.m Project Volunteer Group 10:30 am Current Events 10:30 am Senior Chorus Alzheimer group meeting 1pm Holiday Fair planning meeting
14 9 am Blood Pressure Screening 10 am Arthritis Exercise group pre-reg. requested 10:30 am& 1:30 p.m Knit&Crochet 1:30 pm Russian Tea Room	15 9 am Bridge 9:30 am Solemates Walking Group 10 am Project Volunteer Group 10:30 am Current Events 10:30 am Senior Chorus
21 9 am - Blood Pressure Screening 10:30 amKnit and Crochet 1:30 pmKnit and Crochet 1:30 pm Russian Tea Room 5-7 pm Recept.for artist Lina Marks 6-9pm M.Gardner Mem. Game Nite	22 9 am Bridge 9:30 am Solemates Walking Group 10 am Project Volunteer Group 10:30 am Current Events 10:30 am Senior Chorus ✳✳✳✳✳✳ **Saturday, October 23** Halloween Party 4-6 pm
28 10:30 amKnit and Crochet 1:30 pmKnit and Crochet 1:30 pm Russian Tea Room	29 9 am Bridge 9:30 am Solemates Walking Group 10 am Project Volunteer Group 10:30 am Current Events 10:30 am Senior Chorus

ONGOING SENIOR CENTER EVENTS

MONDAY

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

TUESDAY

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

WEDNESDAY

9-10 am—Living Our Values discussion group—NEW, begins October 13—see p. 29
10:30 am—Retired Men's Club
12 noon-4 pm—BETS
12:30 pm—Bridge

2-4 pm Computer Lab open

THURSDAY

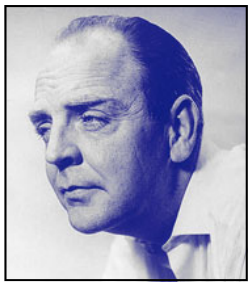
10:30 am—Knit and Crochet
1:30 pm—Knit and Crochet
1:30 pm—Russian Tea Room

FRIDAY

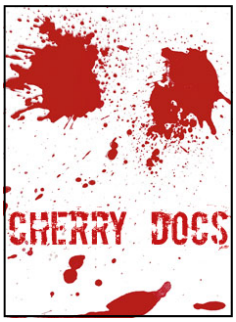
9:00 am—Solemates, Walking Group
10:30 am—Current Events Discussion Group
10:30 am—Senior Chorus

BROOKLINE SENIOR CENTER THEATER CLUB

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



October 10
Bus Stop
at the Huntington Theater in Boston.
Cost: $25.
A snowstorm strands a bus outside of Kansas City, and its passengers—including a stubborn, love-struck cowboy and the nightclub singer he hopes to marry—seek shelter and warmth at a roadside diner. The motley crew spends one night together, filled with bluster, heartache, and laughter, searching for love in this classic American comedy. Former Huntington Theatre Artistic Director Nicholas Martin returns to direct.



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

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

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

The Drowsy Chaperone
at the Turtle Lane Playhouse
The Full Monty
at the Turtle Lane Playhouse
Educating Rita
at the Boston University Theatre

Payment for these performances is due at registration by cash or check. No credit cards. Please be aware that there are no ticket refunds. If you are unable to attend the show, you may arrange for someone else to take your ticket. There will be transportation from the Senior Center (and possibly from other Brookline locations) to and from these performances, and the price of transportation is included in the overall price of tickets. For more information and to reserve tickets, call the Senior Center at 617-730-2777.

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BEADING WORKSHOP

This workshop for beginners and experienced beaders will meet on Wednesday, October 20, at 1:30 pm, at the Senior Center with Marge Harvey on hand to instruct and help. Learn modern techniques of beading using thin Soft Flex and crimps. Combine old beads and broken strands for new and interesting designs. Make earrings, necklaces, and bracelets for yourself and as gifts for family and friends.

In order 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 of which are available at local craft stores. The workshop is free, and no registration is required.

SWING BAND

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

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BOWLING

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

PARKINSON'S DISEASE SUPPORT GROUP

The Parkinson's Disease (PD) Support Group resume monthly meetings on **Friday, October 1, at 1:00 pm** at the Senior Center. This month's speaker is Melissa Diggin, Geriatric Nurse Practitioner (GNP) who will present "An Update on Parkinson's Disease: Communicating with Your Health-care Provider."

For more information, contact the Information & Referral Center at the Boston University Medical campus at 617-638-8466.

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

ZUMBA!

Zumba classes at the Senior Center **continue on Thursdays at 2:00 pm through October 28**. Alicia Ebrat, certified Zumba instructor will introduce you to this combination of Latin salsa, cardio workout, and interval moves. It is the hottest dance fitness craze and the most fun workout program around. Get in shape and have fun doing so with this dynamic and effective fitness system. So dress comfortably and wear sneakers and join in the fun.

For those of you who did not sign up for the whole course, you can still join the classes for only $7 per session.

COUNCIL ON AGING MEETING

The date for the Council on Aging meeting has changed. Please note that it will be **on Wednesday, October 20** (not on October 13 as originally planned), **at 1:00 pm** at the Senior Center. The speaker will be Elenore Parker, President of Rewarding Work, an organization that "helps elders and people with disabilities receive the support they need to lead independent, full, and rewarding lives."

ALZHEIMER'S CAREGIVERS SUPPORT GROUP

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

The **Afternoon** group will meet on **Friday, October 8**. Call group leader Elaine Yanowitz at 617-730-2751 to register to attend and/or for further information about this group in general.

The **Evening** group will meet **Tuesday, October 26.** (This date is a change from the regular meeting date, NOT a mistake.) Call group leader Susan Andriole at 617-730-2754 to register to attend and/or for further information and for time of meeting.

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SPANISH IMMERSION

The Spanish Immersion program offers Spanish classes for beginners on Thursday afternoons (from 3:15 to 4:00 pm) and for advanced students (from 1:00 to 1:45 pm). There is a fee of $25.00 for a 6-week course. Small groups with emphasis on conversation skills in a relaxed, friendly atmosphere will be taught by an experienced native speaker.

THE FARMERS' MARKET

This is the last month that the Brookline Farmers' Market will be open this year. But you can still find locally grown and produced goodies **every Thursday until October 28 from 1:30 pm to dusk**. And it is now apple season!!

CELL PHONES, IPODS, GLASSES

Put those cell phones and iPods that are lounging around in your home, your children's homes, your friends' homes—wherever—to work with new purpose by donating them to the Senior Center. We will, in turn, give them to organizations that revitalize them and put them to use in other nonprofit organizations. In return, the Senior Center gets cash that helps support our services, programs, and equipment.

And give us old eyeglasses, too! We can turn them into the Lions Eyeglass Recycling program, which will find useful new homes for them.

SENIOR SCENE

Remember that Senior Scene is your BATV window to the activities and services offered by the Senior Center. At press time, the program for October had not been confirmed so keep your eyes on the *TAB* for an announcement of programs coming up.

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.

BROOKLINE RECREATION CORNER

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

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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

BROOKLINE RECREATION—IT'S WHAT WE DO!

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

Friday, October 1
Hall's Pond Walking Tour
You don't have to waste gas or travel far to experience the natural beauty of the wilderness. Spend a Friday afternoon visiting one of Brookline's three sanctuaries—Hall's Pond—with our Environmental Educator. The walk will focus on the natural history of the sanctuary as well as the plants and animals found there. Wear sturdy walking shoes.

The van will pick up passengers at the Soule Recreation Center, 652 Hammond Street, Chestnut Hill, at 12:00 noon and at the Senior Center, at 12:15 pm, and will return at approximately 4:00 pm. Fee: $5.00 per person.

Wednesday, October 13
Fall Foliage Trip—Hobo Train
All aboard for a 15-mile, 80-minute, round trip train excursion to view the spectacular Fall foliage. While on board you will feast on a delicious turkey lunch catered by Hart's Turkey Farm. After the train ride and lunch, we will travel to the Mannis Orchards in Methuen to shop for some produce and homemade delights to take home.

The bus will pick up passengers at the Soule Recreation Center at 7:00 am and at the Senior Center at 7:15 am and will return at approximately 5:00 pm.

Fee: $45 per person. Register by October 1.

Tuesday, October 19, 2010
Day of Beauty
Come and be treated to a Day of Beauty at Blue Hills Regional Technical High School, Department of Cosmetology. You will receive a facial, a manicure, a scalp treatment with massage, and a blow dry (no roller sets). And lunch is included!

The van will pick up passengers at the Soule Recreation Center at 8:00 am and at the Senior Center at 8:15 a.m and will return at approximately 1:30 pm.

Fee: $30.00 per person

Friday, November 5
Christmas Tree Shop/IKEA
Join us for a preholiday shopping trip to the Christmas Tree Shop and IKEA in Avon, MA.

The van will pick up passengers at the Soule Recreation Center at 11:45 am and at the Senior Center at 12:00 noon, and will return at approximately 4:00 pm.

Fee: $5.00 per person

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

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

Fee: $38.00 per person

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

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

Fee: $55.00 per person

HOLIDAY CRAFT FAIR

Mark your calendars and plan on coming to the 26th annual Holiday Craft Fair on **Friday, November 19, and Saturday, November 20**! For more information, call Julie Washburn at 617-730-2760 or Charlotte Millman at 617-730-2769.

Or better yet, volunteer and participate in both the planning and the execution of the fair. Regular planning meetings have begun. Planning meetings are scheduled at the Senior Center on:

- **Friday, October 8, at 1:00 pm** (to work on publicity, finalize work assignments, and check in)
- **Monday, November 1, at 10:30 am** (for final logistics)

There will be a Preview Table at Town Hall on **Thursday, November 4** as a teaser and tempter for the fair, but as usual, the fair will be held at the Senior Center and will have lots of handmade crafts—clothing, jewelry, and giftware—as well as photography, white elephants, and baked goods. There will also be food and fun (raffles, performances, etc.) for young and old alike.

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

Do you know someone who does?

If so, please call us!

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PUZZLE ME THIS: GAME NIGHT—NEW!

Eureka Puzzles in Coolidge Corner is sponsoring a new series—Game Night—at the Senior Center. The plan is to hold these events twice a month. Each gaming evening will be themed. Scheduled for October:

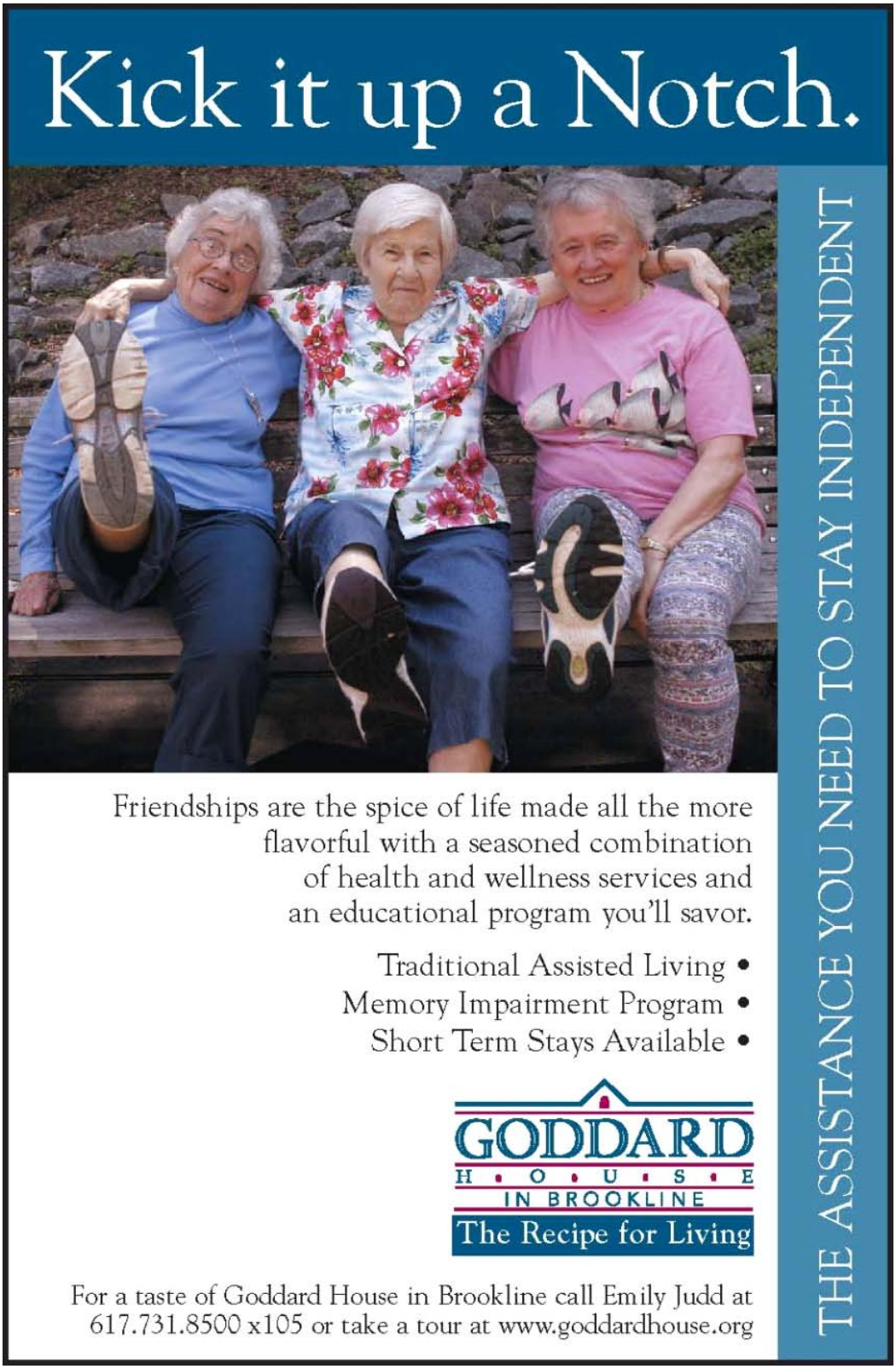
- ***Word Games***
  Tuesday, October 12, from 6:30 to 8:00 pm
  This will include a selection of language-based games, such as Lexigo, Bananagrams, Konexi, Word Thief, Word on the Street, and Quibbler. After the session at the Senior Center, there will be refreshments at Eureka at 1349 Beacon Street, just a few short blocks from the Senior Center.
- ***Special Event to Commemorate Martin Gardner***
  Thursday, October 21, from 6:00 to 9:00 pm
  Martin Gardner, the world's most revered recreational mathematician, passes away on May 22, 2010. Eureka, along with scores of other organizations worldwide, is honoring his birth through a special *Celebration of Mind*—dedicated to all things mathematical—on the 96th anniversary of his birth. Join Eureka at the Senior Center for an engaging evening of lectures, talks, and exhibits of optical illusions, magic, and mechanical puzzles. Call Eureka at 617-738-7352 with any questions you might have about Martin Gardner and his works or if you would like to present at this celebration.

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

GODDARD HOUSE EVENTS

Sunday, October 3
at 3:30 pm
Pianist Kevin McGinty Classical Shopan Concert
McGinty (BA—New England Conservatory and MA—Julliard School) has more than 20 years of performing numerous recitals throughout Massachusetts and has played for the WGBH Live Performance Series. His solo concert performances include appearances with the Boston Pops in Symphony Hall and the Central Massachusetts Symphony Orchestra. He is currently on the faculty of the Newton Music School and teaches in the Music and Theater Arts Program at MIT.

Friday, October 8
at 7:00 pm
Classical Pianist Atsuko Jozaki and Cellist Aristides Rivas
Jozaki (PhD in music from Boston University) is currently on the faculty at the Brookline Music School. She perform a duet this evening with cellist Aristides Rivas who performs and educates in the United States, Venezuela, and Spain. His credits include performances with the Boston Philharmonic, the Boston Ballet, and the Far Cry Chamber Orchestra.



Wednesday, October 13
at 2:30 pm
Stephen Collins: The Theatre of the 1930s, 40s, and 50s: A One Man Play

MAKING END-OF-LIFE DECISIONS

In "Frank Talk about Care at Life's End" (*New York Times*, August 24, 2010), Jane Brody discusses the recently enacted New York state law signed by Governor David Patterson that requires doctors who treat patients with terminal illnesses to give them information about aggressive pain management and hospice care to consider in making their end-of-life medical-care decisions. There was a similar provision in the original Federal health care overhaul proposal, which was withdrawn after all the "death panel" objections.

Many patients are now living longer with incurable diseases (such as cancer) so that it is difficult for people to accept the information from their doctors that no further options are available. (It is also difficult for doctors to admit that they are at the end of their ability to help a patient.) What results is a trend to pursue a cure, even though it often destroys the possibility of good-quality last days, surrounded by loved ones, in complete physical comfort at the end of life.

Studies show that less aggressive end-of-life care can actually result in living a few months longer and with less depression. But in order to have that, one must give up hope for a cure. I have never been in that situation, so don't know whether I would opt for aggressive treatment or if I would choose palliative care. It is a very weighty decision.

When making end-of-life decisions, you (or your families) need to be informed of all of the medical and palliative options. Many terminally ill patients choose comfort care after receiving realistic information about their chances of survival and how difficult and painful future treatment is likely to be.

It is good to have end-of-life conversations with your family. I had many of these discussions with my former mother-in-law, Marian (who remained my friend after the divorce), before her dementia set in. She told me she did not want to live a life that she could not reasonably enjoy. By the onset of her dementia, she was in no position to make arrangements to end her life. Her loved ones could not help–assisted suicide is considered murder in most of the United States (although not in all countries).

One can see Marian's plight as a waste of scarce resources. Her medical and caretaking costs are huge. She will never get better without a medical advance tantamount to a miracle. The money being spent on her care could be used for dementia research, for feeding starving people, to help fix environmental problems, or a host of other pressing problems.

What if she had been given a choice of ending her life five years ago? Could she have made that decision and put it into effect? It involves determination and set of actions very few people can accomplish. In a way, then, advanced cancer has the advantage that you will die, without having to accumulate pills to do it yourself. That is a fortunate silver lining to having a disease such as cancer.

by Laurie Israel, Esq. *© 2010 Laurie Israel.*

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Coolidge Corner

Wills • Probate • Trusts • Estates

The Coolidge Corner Theatre presents *Meet Me at the Coolidge…and Make Memories*—an interactive film program for people with memor y loss and their care partners—on **Tuesday, October 12 from 10:00 am to 12:00 noon**. It's FREE and popcorn and drinks are also free. For more information, call Peggy Cahill at 781-674-2884,

SENIOR CENTER FOOD DISTRIBUTION SITE

Our Tuesday food distribution continues to be successful and to grow in amounts of bread, baked goods, produce, and other food available. However, the produce and other food arrives later than the bakery goods do so we have changed the distribution hours so that you can *shop* for fruits, vegetables, and such at the same time as you *shop* for baked goods. The new distribution hours will be from 1:00 pm (or when the produce arrives) until approximately 3:30 pm (or the supplies are gone).

Bring a bag to take your food home in. And for the best pick, come early (around 1:00 pm). For a more leisurely, less crowded, picking, come later. And don't forget to get your number in the coffee lounge and to wait there for your number to be called.

NEW! LIVING OUR VALUES

In our public and private lives, we continually face questions that are answered by our values and beliefs. Do we recognize what these values are and how they empower the way we live? Do we recognize conflicting values, and how do we resolve these conflicts? Do we understand the values of others that are opposed to our own values:

This weekly discussion group will seek to examine our values in response to significant public and private issues we are facing at the moment. Agreement is not always the goal of this group. Strong individual participation is very welcome.

This new group will meet **every Wednesday from 9:00 to 10:00 am** at the Senior Center, **beginning on October 13**. Tom Faulhaber will facilitate the discussions.

NEW! PUBLIC ISSUES NONFICTION BOOK DISCUSSION GROUP

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

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

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

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

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

THE QUILT RAFFLE REPRISE

Many, many thanks to everyone who bought raffle tickets for this event. It brought in $782 for Senior Center events and services! And the winner is (tah, dah—flourish of trumpets: Sharon Devine!

Sharon (holding the quilt) and four Brookline Bees. (photo by Julie Washburn)

THANK YOU

We want to extend a sincere thank you to contributors to the Senior Center in September:

Annual Appeal Donors: Anonymous, Duncan MacDonald, and Therese Walata

The Chinese Mah Jongg Group and Sonia & William Wong ***for their gifts in honor of*** the August Moon Festival

Cippy MacDougall ***for her gift in honor of*** Peter Rosenbaum

Dotty Bell ***for her gift in memory of*** Trudy Cohen

Jonatha Ceely ***for her gift in memory of*** Mildred Adelson

Joanne Stratton-Mamber (supporting the *Telling Your Story* program) and Ellie & Sumner Kaplan ***for their gifts in memory of*** Betty Guralnick

HANDICAPPED ACCESS

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

FROM THE BOARD PRESIDENT

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

We welcome your gifts in honor of special occasions, as thanks for services you have received, or to recognize friends, family, or staff, and we thank all who have thought of the Senior Center and helped support us through the years.

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

OUR ADVERTISERS

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

OUR CONTRIBUTORS

Our sincere thanks also go to the contributors to this issue: to Susan Rack for the photo on p. 3; Beth Israel Deaconess Medical Center for the article on Your Annual Physical on p. 5; to SHINE for the article about Medicare changes on p. 8; Laurie Israel for the article on Making End-of-Life Decisions on p. 28, and to Julie Washburn for the photograph on p. 29.

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