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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OCTOBER 2011

HIGHLIGHTS

Get an overview of all 2012 Medicare supplemental and Part D insurance plans with BCBSMA's Susan Flannagan of October 3 (**p. 5**)

The Justin Meyer Trio is performing again at the Brookline Music School Concert on October 5 (**p. 8**)

Help the Theater Club plan at meetings on October 6 & 11 (**p. 28**)

Come to the Perkins Braille & Talking Book Library presentation on October 17 (**p. 11**)

Hear author Gordon A. Martin, Jr. on October 19 (**p. 28**)

It's puzzle night again—for Martin Gardner's birthday—on October 21 (**p. 10**)

Get a 2012 update from SHINE's Kathy Worhach on October 27 (**p. 5**)

Learn about LinkedIn on October 25 (**p. 23**)

7TH ANNUAL AUTUMN BENEFIT

The theme for the Autumn Benefit this year—***Moving Bodies, Hearts, & Minds***—emphasizes our commitment to providing programs and services for the ***whole*** person. As you all know, the Autumn Benefit proceeds are the sole support the Senior Van, and also help support our vibrant social and cultural programs and our other counseling and direct services. And this year we are especially concerned with achieving our goal of expanding and improving our Fitness Center.

This year the Autumn Benefit will be held on Wednesday, October 26, from 6:00 to 8:00 pm at the Senior Center, which will be magically transformed into a grand ballroom. There will be hors d'oeuvres, wine, and a fabulous buffet, not to mention a dance band and a special Bingo game.

Tickets are $100 per person ($60 for seniors [over 65]). Make reservations by October 12. For more information, call Ruthann at 617-730-2756.

INDEX

Advertisers, Our 30
Aging But Never Old—SAVE THE DATE 29
Alzheimer's Caregivers Support Groups....6
At a Glance, October 18-19
Autumn Benefit, 7th Annual 1
Beading Workshop, Modern....24
Board President, From the 30
Book Discussion Group, Public Issues Nonfiction 21
Book Discussion Group, Putterham 21
Bowling....13
Brookline Music School Concert (Justin Meyer Trio) 8
Brookline Recreation—It's What We Do!....22
BSBSMA on Medicare 2012....5
Career Centers in Massachusetts, One-Stop....26
Career Centers, One-Stop Nearby....26
Cell Phones, iPods, Glasses....29
Computer Classes in Spanish, Basic 20
Computer Courses for Fall....21
Computer Sessions, One-on-One 23
Council on Aging Meeting....3
Curators 8
Dance and Movement, Modern....22
Director, From the 13
Employment Years, The Importance of Extending Your 27
Equipment Loan Fund....28
Farmers' Market, The....24
Fitness Center....10
Food Distribution Site....10
French Conversation....21
Gallery, At the....8
Game Night, Puzzle Me This:....10
Geriatrician, Ask a....6
Get Rid of It!....15
Halloween Party 20
Health Page, The (Podiatry Clinic, Low Vision Group, Blood Pressure Screenings, Health Clinic, Flu Clinic....4
Holiday Craft Fair, 27th Annual 3
Holiday Group, Crafty 20
Holidays, October 3
LinkedIn?....23
Living Our Values 29
Luncheon Specials in October 17
Martin, Jr.—Presentation, Gordon A. 28
MBTA Senior Access Passes 15
Medicare's New Open Enrollment Period 5
Movies for Film Lovers 9
Ongoing Senior Center Events....19
Parkinson Disease Support Group 6
Perkins Braille and Talking Book Library, The....11
Quilt Raffle....12
Reading Memories....29
Red Tape Cutters....26
Renewal form 31
Senior Scene 27
Senior Services (BETS, BLAB, File of Life, HELP, JOBS, SNAP, SHINE, Social Security) 7
Senior Social, South Brookline 20
SHINE on Medicare 2012....5
Solemates....24
Spanish Immersion 20
Springwell Nutrition Program (menus) 16-17
Swing Band 8
Thank You....30
Theater Club 28
Travel, Easy....13
Trees: Spare Change Fund....11
Tricks and Treats....20
Welcomes and a Farewell, Some 12
Women's Bar Foundation: Elder Law Project —SAVE THE DATE....11
Zumba 10

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

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OCTOBER HOLIDAYS

Ah, October—a month full of crisp, bright days and cool evenings redolent of the frost that is to come; a month with bright foliage, Halloween, county fairs, crunchy apples begging to be made into scrumptious pies and mouth-watering cider. And, of course, in October, we celebrate Columbus Day on **Monday, October 10**, when the Senior Center will be closed for the day.

But October is more than all this. It is also Breast Cancer Awareness Month, Domestic Violence Awareness Month, and National Diabetes Month. On the lighter side, you can observe Do Something Nice Day on the 5th, Moldy Cheese Day on the 9th, Wear Something Gaudy Day on the 19th, and/or World Pasta Day on the 25th.

COUNCIL ON AGING MEETING

On **Wednesday, October 12, at 1:00 pm** the Council on Aging (COA) board will meet. The speaker will be Jean Patel Bushnell, the Executive Director of ITNGreaterBoston. Ms. Bushnell will present this organizations "New Door-to-Door Transportation Program Launching." Everyone is encouraged to attend this meeting.

"ITNAmerica® (and its affiliate ITNGreaterBoston) is the first and only national nonprofit transportation system for America's aging population. Each year over one million Americans aged 70 and older stop driving and become dependent on others for transportation." ITNGreaterBoston is one of 19 affiliates in cities across the United States.

The organization is seeking volunteer drivers, members, and business partners so if you are interested in joining in one or all of these capacities, you will be able to sign up at the meeting.

27TH ANNUAL HOLIDAY CRAFT FAIR

Mark your calendars and plan on coming to the 26th annual Holiday Craft Fair on **Friday, November 4, and Saturday, November 5**! For more information, call Julie Washburn at 617-730-2760 or Sharon Devine at 617-730-2769.

Or better yet, volunteer and participate in both the planning and the execution of the fair. There is one more planning meeting on **Friday, October 28, at 1:00 pm**.

There will be a Preview Table at Town Hall on **Thursday, October 27, from 10:00 am to 2:00 pm** as a teaser and tempter for the fair, but as usual, the fair itself 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!

1-800-243-4636

(1-800-AGE-INFO)

Podiatry Clinic Routine foot care with Dr. John McLaughlin is available on **Mondays, October 3, 17, and 31, from 9:00 am to 12:00 noon**. Sessions, which last 15 minutes each, cost $30. Appointments are required. Make one by calling 617-730-2777.

Low Vision Group This peer-led support group for individuals with limited eyesight will meet on **Wednesday, October 19, at 1:00 pm** at the Senior Center.

Blood Pressure Screenings
The Brookline Health Care Center (BHCC) will provide blood pressure screenings **at the Senior Center** on **Monday, October 3, from 1:00 to 2:00 pm**. The nurse who presides is fluent in English and several Chinese dialects.

And there will also be blood pressure screenings **at the Senior Center** with a nurse from the Brookline Public Health Department (BPHD) on **Thursday, October 20, from 9:00 to 10:30 am**. In addition to blood pressure screenings at the Senior Center, there will be screenings with the BPHD nurse:

- On **Wednesday, October 5,** at the BPHD building, 11 Pierce St., **from 2:00 to 3:00 pm**
- On **Wednesday, October 12,** at Sussman House, 50 Pleasant St., **from 1:00 to 2:00 pm**
- On **Wednesday, October 26,** at O'Shea House, 61 Park St., **from 1:00 to 2:00 pm**

And Megan Cheung, a nurse from the Greater Boston Chinese Golden Age Center will do blood pressure screenings at the Senior Center **on Monday, October 31**, during the Chinese programs—**from 12:30 to 2:00 pm**.

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

Flu clinic SAVE THE DATES—The BPHD will hold Flu Clinics for Brookline residents on **Tuesday, November 1, from 10:00 am to 1:00 pm** at the Senior Center; on Sunday, November 6, from 11:00 am to 2:00 pm at the Baker School (205 Beverly Road); on Wednesday, November 8, from 3:00 to 6:00 pm at the Devotion School (345 Harvard Street); and Wednesday, November 30, from 4:00 to 6:00 pm at the BPHD building (11 Pierce Street).
There is no charge for the vaccine. Everyone 6 months of age or older should have the vaccine. Remember to bring all health insurance cards with you. Wear loose-sleeved clothing. *Special thanks to BIDMC for sponsoring these flu clinics.*

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

The Health Page is sponsored by Beth Israel Deaconess Medical Center

Affiliated with Joslin Clinic

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

Official hospital of the Boston Red Sox

Medicare's NEW Open Enrollment Period is

October 15 to December 7

Don't wait until it's too late!

Medicare plans change every year!

SHINE can help!

SHINE counselors provide Medicare counseling free of charge.

Call the Senior Center at* 617-730-2777 *for a SHINE appointment now!

or

You can also call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Give the SHINE answering machine your name and number. A volunteer will call you back, as soon as possible.

or

For assistance from a Medicare customer service representative 24/7, call 1-800-MEDICARE (1-800-633-4227).

BCBSMA ON MEDICARE 2012

On Monday, October 3, at 2:00 pm, Susan Flannagan from BlueCrossBlueShield of Massachusetts (BCBSMA) will present "Health Plan Options for People with Medicare" at the Senior Center. This overview of what is in store for Medicare recipients will be helpful in planning your health care coverage for the coming year whether you use a SHINE counselor or not. All are welcome at this presentation regardless of insurance coverage.

SHINE ON MEDICARE 2012

On **Monday, October 24, at 1:00 pm** Kathy Worhach of SHINE will be on hand at the Senior Center to help us all learn about the Medicare changes for 2012. Medicare plans change every year and are confusing at best. SHINE counselors can help cut through the red tape and balderdash and help you choose a health plan that is good for you. And they do it free of charge! Remember, however, that appointment schedules fill up fast. If you haven't already done so, ***make your appointment today***!

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ASK A GERIATRICIAN

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

QUESTION: What do I need to know about the flu vaccine?

ANSWER: The yearly flu vaccine, as many other vaccines, is an injection of a killed (i.e. dead) virus. It protects against Influenza A (H1N1 + H3N2) and Influenza B. The Centers for Disease Control recommends that everyone aged six months and older should get a flu vaccine yearly. However, it is especially important for groups that are at higher risk for getting flu-related complications: very young children, pregnant women, adults over 65 years old, and people who have chronic medical conditions. To protect these high-risk groups, anyone who works with them should also be vaccinated.

Seniors should get a shot, rather than the nasal spray vaccine that is also available (for healthy people aged 2-49 who are not pregnant). Do not get the shot if you are allergic to eggs or have had a bad reaction to the previous flu shot. Since the viruses in the shot are "killed," you ***cannot*** get the flu from a shot. However, while your body is building up protective antibodies during the two weeks after you get the shot, you may feel soreness at the shot site and, rarely, a slight fever and aches.

There is a new flu vaccine for people over 65 called "Fluzone High-Dose." It is four times stronger that the regular flu shot and seems to produce a better immune response in older people with weaker immune response, thus offering more protections against the flu. It is safe, but it will take few years to know whether it actually is better in preventing the flu.

ALZHEIMER'S CAREGIVERS SUPPORT GROUPS

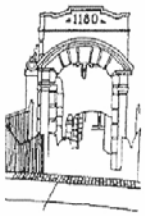
There are two sessions of this group per month—one in the afternoon and one in the evening. Both are designed to help caregivers cope with the stresses and demands of helping their loved ones who are struggling with Alzheimer's Disease.

The **Afternoon** group will meet on **Friday, October 14**. Call group leader Elaine Yanowitz at 617-730-2751 for more information and for time of meeting.

The **Evening** group will meet **Thursday, October 27.** Note that this group is temporarily full. However, call group leader Susan Kanian-Andriole at 617-730-2754 if you are interested in being put on the waiting list or for referral information for another local group.

PARKINSON DISEASE SUPPORT GROUP

This group meets on **Friday, October 7, at 1:00 pm** at the Senior Center. For more information about this month's meeting and about the group in general, contact the American Parkinson's Disease Association Information and Referral Center at the Boston University Medical campus at 617-638-8466.



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SENIOR SERVICES

The Brookline Senior Center and the Council on Aging (COA) offer a wide variety of programs and activities to help the Brookline senior community in everyday ways. Among the services offered all seniors including those who are intent on Aging Well at Home:

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

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

If you want to apply for the first time, or be recertified, for the BETS program, bring your 2010 income tax returns when you meet with Alicia. If you do not have to file tax returns, check with Alicia before you come in about what documentation you will need to bring. (All riders must be recertified every year in order to be able to buy BETS coupon books.)

To be eligible, an individual's maximum annual income cannot exceed $45,100; a couple's, $51,550.

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

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

BLAB The Brookline Legal Assistance Bureau volunteer lawyers will be on hand on **Wednesday, October 5,** and again on Wednesday, November 2, **from 9:00 am to 12:00 noon** at the Senior Center offering individuals legal expertise on matters of law as well as information and referrals. This service is offered free of charge, and no appointment is needed.

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

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

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

SNAP The Supplemental Nutrition Assistance Program helps seniors stretch food dollars with food stamps. If you need assistance at any time during the process, call Sonia Wong at the Senior Center at 617-730-2774, and she will get back to you promptly.

SHINE counselors Sonia Wong, and Sybil Levisohn are on hand at the Senior Center to help individuals explore their health-insurance options. For an appointment with a SHINE counselor, call 617-730-2777. (See also p. 7.)

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

AT THE GALLERY

You are cordially invited to an exhibit of

PAINTINGS BY
Catherine Zimmerman

Monday, September 12
through Friday, December 30

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

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

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

Do not miss this soul-touching exhibit.

CURATORS

A large part of the credit for making an exhibit a success goes to the curator. And Jean Stringham, our curator since the Senior Center opened 11 years ago, has given the Gallery style and stature. This exhibit is Jean's last as curator. She is retiring from this position. Many kudos to her for her long and distinguished tenure.

And welcome to our new Gallery curator—Gwen Ossenfort. We look forward to many wonderful exhibits under her tutelage.

BROOKLINE MUSIC SCHOOL CONCERT

The new Brookline Music School Concert season has begun. The first concert of the season at the Senior Center will be our old friends the Justin Meyer Trio **on Wednesday, October 5, at 1:00 pm**.

Justin Meyer has many years of experience playing in jazz, blues, rock, and funk bands and has entertained often at the Senior Center. Come to this concert as it is certain to be a pleasure to the ear and a lift to the spirits.

SWING BAND

If you like playing the pop music of the 20s, 30s, 40s, and 50s and can read music or play by ear, join James Demicco and his band of musicians on **Mondays, October 17 and 31, at 2:30 pm** at the Senior Center. Band experience is helpful but not necessary. Call Julie at 617-730-2760 for more information.

Sean P. Hogan
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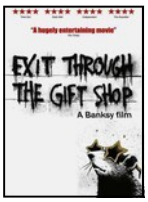
MOVIES FOR FILM LOVERS

Movies are a wonderful way to relax and move into different and fascinating worlds. Come to the Senior Center every Tuesday in October at 1:30 pm for a free film. Come early for lunch (see lunch menus and reservation instructions on pp. 16-17) and make an afternoon of it.

October 4 (2010)
Inception 148 min.
Oscar-nominated for Best Picture, this unnerving sci-fi thriller stars Leonardo DiCaprio as Dom Cobb, who earns a tidy sum infiltrating the dreams of corporate titans to steal their most closely held secrets. Tapped by a rich industrialist (Ken Watanabe) for a job involving a rival's heir, Cobb marshals a team of specialists that includes his right-hand man (Joseph Gordon-Levitt), an architecture student (Ellen Page), and a chemist (Dileep Rao).

October 11 (1994)
Immortal Beloved 120 min.
Upon Ludwig van Beethoven's (Gary Oldman) death, his lifelong friend Anton (Jeroen Krabbé) sets out to discover the identity of the composer's mysterious muse after uncovering heartfelt love letters addressing her only as "immortal beloved." Through flashbacks, director Bernard Rose investigates Beethoven's artistic and romantic passions, with a finale that features a magical encapsulation of Beethoven's life and loves set to his "Ode to Joy."

October 18 (1941)
Citizen Kane 119 min.
Orson Welles reinvented movies at the age of 26 with this audacious biography of newspaper baron Charles Foster Kane, which, in essence, was a thinly veiled portrait of publishing magnate William Randolph Hearst. Welles's complex and technically stunning film chronicles Kane's rise from poverty to become one of America's most influential men--and the film is considered one of the best movies ever made.



October 25 (2010)
Exit through the Gift Shop 85 min.
Amateur filmmaker Thierry Guetta's project to chronicle the underground world of street art takes a fascinating twist when he meets Banksy, an elusive British stencil artist, in this Independent Spirit Award winner for Best Documentary. Unimpressed with Guetta's footage, Banksy takes over filmmaking duties while Guetta reinvents himself as a street artist and—much to Banksy's surprise—instantly becomes a darling of the Los Angeles art scene.

Summaries from Netflix

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FITNESS CENTER

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

FOOD DISTRIBUTION SITE

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

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

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

PUZZLE ME THIS: GAME NIGHT

Eureka Puzzles in Coolidge Corner is sponsoring another Game Night at the Senior Center, this one is the second annual event ***to commemorate Martin Gardner*** on his birthday, **Friday, October 21, from 6:00 to 9:00 pm** at the Senior Center.

Martin Gardner, who would have celebrated his 97th birthday, was one of the world's great minds, and a major promoter of recreational mathematics both as a way to have fun, and to challenge our minds. We'll celebrate Martin's life and work, and continue his pursuit of a playful and fun approach to mathematics, science, art, magic, puzzles, and all of his other interests and writings. We'll have magic tricks, puzzles, and presentations from many Boston-area people who are interested in recreational mathematics. Admission is free. Please join us, and bring a puzzle or trick if you have one. It should be great fun! This event is sponsored by Eureka! and the Celebration of Mind.

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.

ZUMBA

Alicia Ebrat, certified Zumba instructor, continues to lead seniors at the Senior Center in Latin salsa, cardio workout, and interval moves. The fall series runs **through October 27**. All sessions are **from 3:00 to 3:45 pm**. Drop-ins at individual sessions are welcome. The per session fee is $7.

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THE PERKINS BRAILLE & TALKING BOOK LIBRARY

Reading never sounded so good. Do you or does someone you know have trouble reading traditional print because of a disability? Whether the print is too small and it strains your eyes, you have trouble holding a book or turning pages, or you have a reading disability, you are eligible for free library services from the Perkins Braille & Talking Book Library.

On **Monday, October 17, at 1:00 pm**, at the Senior Center, Debby Smith, Perkins School Library Outreach Coordinator, will give an overview of all the services available through Perkins Braille & Talking Book Library and will talk about other ways to access print.

Moving? Downsizing?

the move maven

Call Karen Zweig
for a free consultation!

617.455.1964
karen@movemaven.com

WOMEN'S BAR FOUNDATION ELDER LAW PROJECT —SAVE THE DATE—

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

In addition, volunteer attorneys will be available at the Senior Center at a later date to prepare these documents free of charge for people who meet the Elder Law Project's income and assets guidelines.

TREES: SPARE CHANGE FUND

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

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QUILT RAFFLE

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

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

SOME WELCOMES AND A FAREWELL

There are several new faces around the Senior Center, and we welcome them all.

- Formerly a volunteer, ***Anne Spangler*** has joined our social work staff and will be working with Deidre Waxman coordinating and presenting job-search workshops and one-on-one sessions (see pp. 23, 26, and 27).
- And we have another new face to welcome to the Senior Center. ***Franklin M. Lolido*** has joined the Springwell Nutrition Program. He will assist Peggy Connor.
- Fall brings with it a new group of graduate student interns. Let's welcome ***Lauren Dupuis*** and ***Katie Kelley*** from Boston College and ***Jessica Moss*** from Boston University. They will be with us helping and learning about us for the 2011-2012 academic year.

Be sure to introduce yourselves to all these new members of the Senior Center community.

We note also that ***Marge Amster***, Brookline's Commercial Areas Coordinator, is retiring in October. Among her many hats, Marge provided the posters for the Town kiosk. Many Senior Center events were included. She has been a good and true friend of the Senior Center We want to thank her for her help over the years and to wish her a long and happy retirement. We will miss her.

Note: *If you have news to share with the Brookline senior community, let me know.—Editor*

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

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 and accept your contributions and comments. Our wonderful editor, Judith Gimple, is beginning her fifth year. I know that you will agree that she does a fabulous job in creating a great read for you—please take a moment and thank her when you see her.

I invite the entire community to attend and support the Annual Benefit on October 26 (see p. 1 for details). 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 donate the full ticket price, please consider donating any amount you can. 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.

Our theater group is thriving thanks to the hard work and dedication of Ted Shamitz and Alice Fastov and the other volunteers who help. The first couple of shows of the fall season sold out and received rave reviews. Attend the meetings in October to help plan the winter schedule. (See p. **XX**.)

I want to wish a fond farewell to volunteer Jean Stringham. As you may know, Jean has been the dedicated curator at the Senior Center since we opened and this will be her last show. We were so lucky to have her talent and dedication that has made have the art gallery shine. I am sure we will see her volunteering in other capacities around the Center, as she is truly special. (See also Curating on p. 8.)

In addition, this month, I will be attending 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 (see p. 24) by buying juicy apples or festive pumpkins. In addition, do not forget to wish the indomitable Agnes Rogers a Happy Birthday!

EASY TRAVEL

Come to the Senior Center on **Thursday, October 6, at 1:30 pm** for another travel adventure. At press time, the tour and tour guide had not been determined, but I am certain this mystery tour will be entertaining and informative.

BOWLING

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

If you need post-hospitalization rehabilitation, we're right in your back yard.
And that's one step closer to getting home.

Areas of Expertise:

- IV Care
- Stroke Recovery
- Post Surgical Stabilization
- Wound Care
- Pain Management
- Orthopedic Recovery
- Cardiac Care
- Diabetic Management
- Pulmonary Management

Brookline
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617.731.1050

HealthBridge
MANAGEMENT
CULTURE OF EXCELLENCE

99 Park Street . Brookline, MA 02446

Interior renovations will be completed in winter 2008

GET RID OF IT!

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

Instead, bring them to the Brookline Public Safety Building at 350 Washington Street and put them in the Disposal Box in the lobby. Now wasn't that easy? Safe and easy. No muss, no fuss, no danger of contaminating anything.

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

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

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

MBTA SENIOR ACCESS PASSES

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

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

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

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

Springwell Nutrition Program OCTOBER 2011

617-730-2770

MONDAY	TUESDAY	WEDNESDAY
3) Lentil Soup Roast Turkey w/ Gravy, Sweet Potatoes, Green & Wax Beans, Cranberry Sauce, Oatnut Bread **OR** Egg Salad w/Lettuce Leaf, Potato Salad, Carrot Raisin Salad, Wheat Bread Butterscotch Pudding w/Topping	4) Italian Vegetable Ditalini Soup Meatloaf w/Gravy, Mashed Potatoes, Beets, Whole Wheat Dinner Roll **OR** Turkey w/Provolone Cheese, Lite Mayo, Fiesta Corn & Black Bean Salad, Tossed Garden Salad w/Lite Italian Dressing, Multigrain Bread Fruited Gelatin w/Topping	5) **Traveling Chef** Chicken Parmesan Panini Whipped Potatoes Vegetable Mixed Fruit
10) **Columbus Day Holiday** **No Meal Service**	11) Chicken Vegetable Soup Turkey Supreme w/Mushrooms, Couscous w/Vegetables, Zucchini, Apple Cinnamon Muffin **OR** Seafood Salad w/Lettuce Leaf, Tomato Cucumber Salad, Pasta Salad w/Cheese, Wheat Bread Fresh Fruit	12) Salmon Boat w/Lemon Dill Sauce, Diced Carrot Barley Pilaf, Spinach, Multigrain Bread **OR** ***Ham w/American Cheese, Mustard, Lettuce Leaf, Greek Pasta Salad, Carrot Pineapple Salad, Bulkie Roll Brownie
17) Tomato Basil Soup Vegetable Cheese Quiche, Chickpea & Spinach Dish, Red Bliss Potatoes, Oatnut Bread **OR** Egg Salad w/Lettuce Leaf, Red Potato Salad, Broccoli Tomato Salad, Multigrain Bread Mandarin Oranges	**18)** **Birthday Lunch and Autumn Special** Vegetable Ditalini Soup w/Crackers Veal Cacciatore Creamy Parmesan Polenta Roasted Mixed Vegetables Garlic Whole Wheat Roll Crumb Cake Loaf	19) Vegetable Rice Soup Chicken w/Creamy Italian Sauce, Mashed Potatoes, Green & Wax Beans, Multigrain Bread **OR** Roast Beef w/Swiss Cheese, Lite Mayo, Lettuce Leaf, Spinach Mandarin Salad w/ Lite Italian Dressing Peaches
24) Cream of Zucchini Soup Chicken Scaloppini, Lyonnais Potatoes, Dill Buttered Carrots, Rye Bread **OR** Turkey w/Mozzarella Cheese, Lite Mayo, Carrot Pineapple Salad, Orzo Vegetable Salad, Oatnut Bread Fresh Fruit	25) Florentine Soup Pot Roast w/Sweet Onion Mushroom Gravy, Mashed Potatoes, Harvard Beets, Multigrain Bread **OR** California Chicken Salad, Tossed Garden Salad, Lite Italian Dressing, Corn Salad, Multigrain Bread Tapioca Pudding w/Whipped Topping	26) ***Hawaiian Ham w/Pineapple Sauce, Scalloped Potatoes, Peas & Onions, Rye Bread **OR** Tuna Salad w/Lettuce Leaf, Cucumber Dill Salad, Tomato & Black Olive Rice, Wheat Bread Tropical Mixed Fruit
31) Meatloaf w/BBQ Gravy, Wild Rice, Honey Glazed Carrots & Parsnips, Apple Cinnamon Muffin **OR** Chicken Salad on a Lettuce Leaf, German Potato Salad, Mixed Vegetable Salad, Oatnut Bread Chocolate Chip Pumpkin Bread Pudding w/Whipped Topping		**Soup is served with crackers.** **Meals are served at 12 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 be 11 am.**

THURSDAY	FRIDAY
6) ***Reduced Sodium Hot Dog, Baked Beans, Coleslaw, Ketchup/Mustard/Relish, Hot Dog Roll **OR** Cottage Cheese Fruit Plate, Half Pita Pocket, Garden Shell Pasta Salad Vanilla Cake w/Chocolate Frosting & Sprinkles	7) Split Pea Soup Chicken Stew, Carrot Barley Pilaf, Corn Bread Loaf **OR** Roast Beef w/American Cheese, Lite Mayo, Lettuce Leaf, Orzo Pilaf, Broccoli Tomato Salad, Rye Bread Fresh Fruit
13) Corn Chowder Roast Pork w/Apple Glazed Sauce, Red Bliss Potatoes, Mixed Vegetables, Whole Wheat Roll **OR** Chef Salad w/Turkey, Cheese, Boiled Egg, Lite Italian Dressing, Caribbean Salad, Apple Cinnamon Muffin Pumpkin Pudding w/Whipped Topping	14) Cheese Lasagna, Parmesan Cheese, Vegetable Medley, Tossed Garden Salad w/ Lite Italian Dressing, Italian Scali Bread **OR** Chicken Salad on a Lettuce Leaf, Oatnut Bread, German Potato Salad, Tomato Pepper Salad Pears
20) Potato Crunch Fish w/Tartar Sauce, Roasted Corn & Red Pepper Medley, Sweet Potato Wedges, Rye Bread **OR** BBQ Roast Pork w/Mozzarella Cheese, Sliced Red Onions, Hamburger Roll, Balsamic Vinaigrette Pasta, Riviera Blend Salad Chocolate Pudding w/Whipped Topping	21) American Chop Suey, Parmesan Cheese, Italian Vegetable Blend, Garden Tossed Salad w/Lite Dressing, Oat Dinner Roll **OR** Tuna Salad w/Lettuce Leaf, Summer Potato Egg Salad, Mixed Vegetable Salad, Wheat Bread Fresh Fruit
27) Corn Chowder Soup Stuffed Pepper w/ Meat Sauce, Zucchini, Garlic Dinner Roll **OR** Chef Salad w/Turkey, Cheese, Boiled Egg, Lite Italian Dressing, German Potato Salad, Rye Bread Pears	28) Pier 17 Fish w/Tartar Sauce, Carrot & Barley Pilaf, Green Beans & Cauliflower, Oatnut Bread **OR** Roast Beef w/Swiss Cheese, Lite Mayo, Lo Mein Pasta Salad, Tomato Pepper Salad, Bulkie Roll Carnival Cookie

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

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

On **Wednesday, October 5**, the Senior Center welcomes Springwell's **Traveling Chef** who will provide a special menu featuring Chicken Parmesan Panini.

On **Tuesday, October 18**, come to a double treat—the **Birthday Lunch and the Autumn Special**. And don't forget to tell us when you call in your reservations if you or someone in your party has an October birthday.

The **Let's Go Out to Lunch group** will meet **at 12 noon on Tuesday, October 25** at the Aegean Restaurant at 640 Arsenal Street in Watertown. This restaurant offers superb Greek and American style cuisine—something for every taste.

OCTOBER AT A GLANCE*

Monday, October 3
8:45-10:15 am Strength Training for Seniors**
9 am-12 noon Podiatry Clinic
10:30-11:30 am Senior S-T-R-E-T-C-H**
1-2 pm Blood pressure screenings with nurse from Brookline Health Care Center
1-3 Crafty Holiday Group
2 pm BlueCrossBlueShield of MA overview of 2012 insurance planning

Tuesday, October 4
1:30 pm Movie for Film Lovers—*Inception*
2-3 pm Yoga for Older Adults (Chair class)**
3-4 pm Yoga for Older Adults (Mat class)**

Wednesday, October 5
8:45-10:15 am Strength Training for Seniors**
9 am-12 noon BLAB lawyer
9:30-11:30 am e-Mail Workshop for Seniors**
10:30-11:30 am Senior S-T-R-E-T-C-H**
12 noon Springwell Traveling Chef
1 pm Brookline Music School Concert (Justin Meyer Trio)
2 pm Theater Club meeting *at 100 Centre Street*
2-3 pm Blood Pressure screenings *at Brookline Public Health Department (BPHD) building*

Thursday, October 6
9:30-11:30 Section 1 of Introduction to Computer Basics for Seniors**
1:30 pm Easy Travel mystery tour
3-5 pm Wisdom Works

Friday, October 7
9:30-11:30 am Section 1 of Intermediate Computer Basics for Seniors**
1 pm Parkinson Disease Support Group
2-3 pm Introduction to Tai Chi Chuan**
3:30 pm Modern Dance and Movement

Monday, October 10
COLUMBUS DAY—Senior Center is closed.
8:45-10:15 am Strength Training for Seniors**—no class today
10:30-11:30 am Senior S-T-R-E-T-C-H**—no class today

Tuesday, October 11
1:30 pm Movie for Film Lovers—*Immortal Beloved*
2 pm Theater Club meeting
2-3 pm Yoga for Older Adults (Chair class)**
3-4 pm Yoga for Older Adults (Mat class)**

Wednesday, October 12
8:45-10:15 am Strength Training for Seniors**
9:30-11:30 am e-Mail Workshop for Seniors**
10:30-11:30 am Senior S-T-R-E-T-C-H**
1 pm COA Meeting—ITN*Greater Boston* presentation
1-2 pm Blood pressure screenings *at Sussman House*
1-3 pm Reading Memories begins**

Thursday, October 13
9:30-11:30 Section 1 of Introduction to Computer Basics for Seniors**

Friday, October 14
9:30-11:30 am Section 1 of Intermediate Computer Basics for Seniors**
2-3 pm Introduction to Tai Chi Chuan**
Afternoon Alzheimer's Caregivers Support Group—call for time

Saturday, October 15
NEW date for beginning of Medicare Open Enrollment Period—period now ends December 7

Monday, October 17
8:45-10:15 am Strength Training for Seniors**
9 am-12 noon Podiatry Clinic
10:30-11:30 am Senior S-T-R-E-T-C-H**
1 pm Perkins Braille & Talking Library presentation
1-3 pm Crafty Holiday Group
2 pm Putterham Book Discussion Group discusses *Let's Take the Long Way Home*
2:30 pm Swing Band

Tuesday, October 18
12 noon Birthday and Autumn Special lunch
1:30 pm Movie for Film Lovers—*Citizen Kane*
2-3 pm Yoga for Older Adults (Chair class)**
3-4 pm Yoga for Older Adults (Mat class)**

Wednesday, October 19
7:15 am Bus pickup for Brookline Rec Fall Foliage trip
8:45-10:15 am Strength Training for Seniors**
10:30-11:30 am Senior S-T-R-E-T-C-H**
1 pm Low Vision Group
1 pm Gordon A. Martin, Jr. presentation
1-3 pm Reading Memories**
1:30 pm Modern Beading Workshop

Thursday, October 20
9-10:30 am Blood pressure screenings with nurse from BPHD

Friday, October 21
9 am-12 noon Podiatry Clinic
9:30-11:30 am Section 2 of Intermediate Computer Basics for Seniors begins**
2-3 pm Introduction to Tai Chi Chuan**
3:30 pm Modern Dance and Movement

6-8 pm Game Night

Sunday, October 23

4-6 pm Halloween Party

Monday, October 24

8:45-10:15 am Strength Training for Seniors**

10:30-11:30 am Senior S-T-R-E-T-C-H**

1 pm SHINE presentation on Medicare changes for 2012

Tuesday, October 25

9-10 am Public Issues Nonfiction Book Discussion Group discusses *The Last Lecture*

12 noon Let's Go Out to Lunch group meets *at the Aegean Restaurant*

1:30 pm Movie for Film Lovers—*Exit Through the Gift Shop*

2-3 pm Yoga for Older Adults (Chair class)**

3-4 pm Yoga for Older Adults (Mat class)**

4-5 pm LinkedIn presentation

Wednesday, October 26

8:45-10:15 am Strength Training for Seniors**

10:30-11:30 am Senior S-T-R-E-T-C-H**

1-2 pm Blood pressure screenings *at O'Shea House*

1-3 pm Reading Memories**

6-8 pm 7th Annual Autumn Benefit

Thursday, October 27

9:30-11:30 am Section 2 of Introduction to Computer Basics for Seniors begins**

10 am-2 pm Holiday Craft Fair preview table *at Town Hall*

1:30 pm-dusk Last day of Brookline Farmers' Market for the year *at Centre Street West Parking Lot*

Evening Alzheimer's Caregivers Support Group—call for time

Friday, October 28

12:15 pm Bus pickup for Brookline Rec trip to the Waterworks Museum

1 pm Holiday Craft Fair planning meeting

2-3 pm Introduction to Tai Chi Chuan**

3:30 pm Modern Dance and Movement

Monday, October 31

8:45-10:15 am Strength Training for Seniors**

10:30-11:30 am Senior S-T-R-E-T-C-H**

12:30-2 pm Blood pressure screenings with nurse from Greater Boston Chinese Golden Age Center

2:30 pm Swing Band

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

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

ONGOING SENIOR CENTER EVENTS

MONDAY

9:30-11:30 Fitness Center open

12 noon-4 pm BETS

12:30 pm Chinese programs

1 pm Mah jongg/Scrabble

1-2 pm Line dancing $2.00/session

1-2 pm Women in the Old Testament**

1:30-4:30 Fitness Center open

2-4 pm Open computer lab

TUESDAY

One-on-one Computer Sessions—appointment necessary

10 am Flexibility, Resistance Training, and Balance Exercise

10 am-12:30 pm Introduction to Watercolor**

10:15 am Brookline Bees, Quilters

10:30 am-12:30 pm Literary Discussion: Fall**

12 noon-4 pm BETS

12:30 pm French Conversation

1 pm Bingo

1-3:30 pm Food distribution (hours are approximate)

1:30 pm Movies for Film Lovers

1:30-4:30 Fitness Center open

3-4:30 pm Latino Instrumental and Vocal Music Sessions

WEDNESDAY

9-10 am Living Our Values

9:30 am Bowling *at Ron's 20th Century Bowling Alley in Hyde Park*

10:15-11:45 am Telling Your Story**

10:30 am Retired Men's Club

12 noon-4 pm BETS

12:30 pm Bridge

1:30-4:30 Fitness Center open

2-4 pm Open Computer Lab

THURSDAY

10:30 am Knit and Crochet

1-1:45 pm Beginning Spanish Classes

1:30 pm Knit and Crochet

1:30 pm Russian Tea Room—for more information, call Rita Kropp at 617-730-2106

1:30-4:30 Fitness Center open

1:30 pm-dusk Brookline Farmers' Market *at Centre Street West Parking Lot*

1:45-2:30 pm Advanced Spanish Classes

3-3:45 pm Zumba—$7/session

FRIDAY

9 am Bridge

9:30-11:30 Fitness Center open

10 am Solemates, Walking Group

10 am Project Volunteer

10:30 am Current Events Discussion Group

10:30 am Senior Chorus

10:30 am-2 pm South Brookline Senior Social *at Putterham branch of Brookline Public Library*

12:30-2 pm Basic Computer Classes in Spanish

1-2 Active Meditation for Seniors**

SPANISH IMMERSION

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

There are one-on-one Spanish conversations with seniors from Latin American countries.

Also offered are beginner Spanish language classes on **Thursday afternoons from 1:00 to 1:45 pm**. Small groups in a relaxed, friendly atmosphere learn from a native speaker. Emphasis is on conversational skills.

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

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

BASIC COMPUTER CLASSES IN SPANISH

Spanish Immersion is offering a Basic Computer Class for Spanish-speaking seniors at the Senior Center **on Fridays from 12:30 to 2:00 pm through November 18**. The course started on September 16 and space is limited, but call Giovanna at 617-953-7016 to see if there is still space for you to join the course in progress or to be put on the list for the next 10-week course.

This course will cover getting to know the parts, starting up, and beginning to use the computer; an introduction to Microsoft Word; connecting to and navigating the internet, and creating an e-mail address.

CRAFTY HOLIDAY GROUP

Join this fun crafting group and help make stars and stripes for the Fourth of July, goblins for Halloween, snowmen for Christmas, and much more—all to adorn the walls of the Senior Center! The group will meet **from 1;00 to 3:00 pm on Mondays, October 3 and 17** (the latter rather than on October 10 which is the Columbus Day holiday).

SOUTH BROOKLINE SENIOR SOCIAL

The South Brookline Senior Social invites all to their newest round of socials on **Fridays in October from 10:30 am-1:30 pm** Free refreshments will be served—coffee, tea, and kosher pastries. These socials will take place at the Putterham branch of Brookline Public Library, on West Roxbury Parkway, just off Putterham Circle. For more information or to volunteer to help, call Regina Millette Frawley at 617-469-0052. These socials are sponsored by the Brookline Senior Center.

HALLOWEEN PARTY

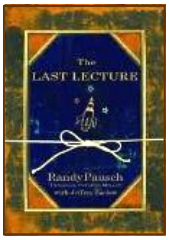
The Brookline Mother's Group invites seniors to a Halloween Party on Sunday**, October 23, from 4:00 to 6:00 pm** at the Senior Center. There will be games, a costume parade, a prize raffle, and, of course, refreshments. You may come in costume, and bring your grandchildren (also in costume). Space is limited so registration is necessary. Call 617-730-2770 for more information and to register.

On October 31, wear a costume if you wish, but in any case stay after lunch for Halloween tricks and treats!

PUBLIC ISSUES NONFICTION BOOK DISCUSSION GROUP

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

The Brookline Public Library (Coolidge Corner Branch) will have copies of the books available several weeks before each meeting. Suggestions for future titles are encouraged and welcomed.



October 25
The Last Lecture by Randy Pausch with Jeffrey Zaslow (Hyperion Books)

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

December 27
Buddha by Karen Armstrong (Penguin Group USA)

PUTTERHAM BOOK DISCUSSION GROUP

On **Monday, October 17**, the Putterham Book Discussion Group will meet at 2:00 pm at the Putterham branch of the Brookline Public Library. The book under discussion will be *Let's Take the Long Way Home* by Gail Caldwell.

The author has managed to do the inexpressible in this quiet, fierce work: create a memorable offering of love to her best friend, Caroline Knapp, the writer (*Drinking: A Love Story*) who died of lung cancer at age 42 in 2002.

Short summary from the Publisher's Weekly *review.*

COMPUTER COURSES FOR FALL

This group of computer classes starting in October and November are specifically geared for seniors and are at the Senior Center' Computer Lab. The offerings are:

- ***Introduction to Computer Basics for Seniors***
  Instructor: Bob Roll (Course code: **C116**)
  Section 2: 4 Thursdays from 9:30 to 11:30 am beginning October 27
- ***Intermediate Computer Basics for Seniors***
  Instructor: Bob Roll (Course code: **C157**)
  Section 2: 4 Fridays from 9:30 to 11:30 am beginning October 21.
- ***Basic Computer Maintenance for Seniors***
  Instructor: Phyllis Mays (Course code: **C220**)
  4 Mondays from 11:45 am to 1:45 pm beginning November 7
- ***Getting to Know Your Digital Camera***
  Instructor: Phyllis Mays (Course code: **C174**)
  4 Wednesdays from 9:30 to 11:30 beginning November 7.

These courses are offered by Brookline Adult and Community Education (BA&CE) in cooperation with the Brookline Council on Aging (COA). Interested individuals who are unsure of which classes to enroll in, should call BA&CE at 617-730-2700 or talk with Bob Roll in the Senior Center Computer Lab. The fee for each course is $72. Each of these courses is limited to six students. Since these courses are designed specifically for seniors, the senior discounts do not apply. Register for these courses by calling BA&CE at 617-730-2700 or online at www. brooklineadulted.org. For further information on all BA&CE computer courses, consult the BA&CE Fall 2011catalog.

FRENCH CONVERSATION

Join this group **every Tuesday in October at 12:30 pm** at the Senior Center. Improve your conversation in French in a friendly social atmosphere.

MODERN DANCE AND MOVEMENT

Brookline High School Dance Instructor Lynn Modell will be on board at the Senior Center with another of her popular workshops designed to help you limber up, improve flexibility, and promote general good health. Workshops will be **at 3:30 p.m on Fridays, October 7, 21, and 28**. There is a small fee of $2 per session.

Kick it up a Notch.

Friendships are the spice of life made all the more flavorful with a seasoned combination of health and wellness services and an educational program you'll savor.

Traditional Assisted Living •
Memory Impairment Program •
Short Term Stays Available •

GODDARD HOUSE IN BROOKLINE
The Recipe for Living

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

THE ASSISTANCE YOU NEED TO STAY INDEPENDENT

BROOKLINE RECREATION —IT'S WHAT WE DO!—

Wednesday, October 19
Fall Foliage Trip—Hobo Train
All aboard for a 15-mile, 80-minute round-trip train excursion to view spectacular Fall foliage. While viewing, feast on a delicious turkey dinner catered by Hart's Turkey Farm. When the train ride is over, the group will go to Mannis Orchards in Methuen to shop for produce and other home-made delights.
Bus pickups: Soule Recreation Center (652 Hammond St.) at 7:00 am; Senior Center at 7:15 am. Return at approximately 5:00 pm.
Fee: $50/person for Brookline residents; $68/person for nonresidents.

Friday, October 28
Waterworks Museum
Learn about Boston's water system history, tour the Great Engine Hall, view a multimedia presentation, and explore iconic architecture.
Van pickups: Soule Recreation Center (652 Hammond St.) at 12:00 noon; Senior Center at 12:15 pm. Return at approximately 4:00 pm.
Fee: $10/person for Brookline residents; $14/person for nonresidents.

Registration forms for both events are available on the 2nd floor of the Senior Center. Submit them there with payment. For more information, call 617-730-2069 or go to www.brookline rec.com.

ONE-ON-ONE COMPUTER SESSIONS

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

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

LINKEDIN?

Are you *LinkedIn*? One recent *CareerBuilder* study found that 45% of employers use online networks such as LinkedIn to review job candidates. Join Anne Spangler, Wisdom Works facilitator, and Deidre Waxman, JOBS program Coordinator, on **Tuesday, October 25, from 4:00 to 5:00 pm** for an overview of LinkedIn. Learn how to craft an effective profile, how to build your online professional network, and how to research jobs and companies through LinkedIn. If you are looking for work, consider adding LinkedIn to your toolkit. Please note that this is not a hands-on workshop, but you will leave with tips and ideas to enhance your use of LinkedIn.

Because we have limited space, please be sure to register by October 20 by calling Deidre Waxman at 617-730-2767.

Wish you had a little extra help at home?

WE CAN HELP!

Our caregivers and nurses are a vital link between the client, the family and other health care providers. Services include:

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For more information or to schedule services, call (781) 431-1484 or visit www.vnaprivatecare.com.

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SOLEMATES

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

MODERN BEADING WORKSHOP

This workshop for beginners and experienced beaders will meet at the Senior Center on **Wednesday, October 19 at 1:30 pm**.

Marge Harvey will be on hand to instruct and help. At each workshop you will be able to learn modern techniques of beading using thin Soft Flex and crimps. Combine old beads and broken strands for new and interesting designs. Make earrings, necklaces, and bracelets for yourself and as gifts for family and friends. To participate in this workshop, it is essential that you bring materials with you—beads, earring backs, crimps, and one yard of Soft Flex—all are available at local craft stores. The workshop is free, and no registration is required.

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THE FARMERS' MARKET

The Brookline Farmer's Market runs only through **October 27 from 1:30 pm until dusk** . So this month is your last chance to shop for local farm and other goods—vegetables, fruits, cheese, ice cream, plants, herbs, flowers, breads, preserves, pies, maple syrup, eggs, beef, lamb, pork, turkey, and fish. And plums, peaches, nectarines, (ah, yes) apples, and honey are now season. It may cost a few pennies more than the produce at the supermarket—but if you like your fruit and vegetables fresh and as healthy as possible, it will be worth the price.

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RED TAPE CUTTERS

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

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

NEARBY ONE-STOP CAREER CENTERS

The Work Place
29 Winter Street, 4th Floor, Boston
617-737-0093

Employment and Training Resources
449 Newtonville Avenue, Newtonville
617-928-0530

Job Net
210 South Street, Boston
617-338-0809

Career Source
186 Alewife Brook Parkway, Cambridge
617-661-7867

SENIOR CHORUS

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

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 many One-Stop Career Centers 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. Call 617-626-5300 for more information about Career Centers.

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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.** Of the 20-30% of all jobs that are advertised at all, nearly 85% 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.

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Joseph W. Costa, Jr., DMD
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SENIOR SCENE

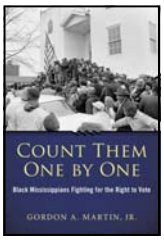
Be sure and tune in to Senior Scene's Betty Joel as she interviews Brookline-CAN spokespeople—Ruthann Dobek, Frank Caro, and Elenore Parker. This interview is simply chock full of information about this exciting new organization—Brookline's "village" for aging well at home.

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

EQUIPMENT LOAN FUND

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

GORDON A. MARTIN, JR —PRESENTATION—



On this the 50th anniversary of the beginning of the Civil Rights Movement Gordon A. Martin, Jr., will be a the Senior Center on **Wednesday, October 19, at 1:00 pm** to discuss his challenging new book, *Count Them One by One: Black Mississippians Fighting for the Right to Vote* (University Press of Mississippi).

Judge Martin grew up in West Roxbury, and believes the moral and public service lessons learned at Roxbury Latin, Harvard, and New York University Law prepared him for Mississippi. He worked there under John Doar, First Assistant of Justice's Civil Rights Division. Martin later was First Assistant US Attorney for Massachusetts and a trial judge here for 21 years. He is now retired and living in Jamaica Plain. His book will be available for purchase and signing at the event.

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THEATER CLUB

Everyone interested in this club is invited to two meetings in October. The first is on **Thursday, October 6, at 2:00 pm**, at 100 Centre Street. The second meeting is on **Tuesday, October 11, at 2:00 pm** at the Senior Center.

Come and learn about the 13 new shows the Theatre Club is thinking about offering this fall and winter. The group needs your input and your vote.

Help us select the shows you want to see at these two meetings. Once we have selected the shows, buy tickets as early as possible. So far this summer and early fall, all shows have been complete sell-outs. And due to the quality of the shows and the big increase in membership in the Theater Club, we need information as early as possible so that we can purchase enough tickets and plan for enough transportation.

Present plans for the Winter season include:

Sunday, December 4
Big *at the Turtle Lane Playhouse in Newton* *$30*

Wednesday, December 21
Three Pianos *at the American Repertory Theatre in Cambridge* $28

Sunday, January 15
Art, *a comedy at the New Repertory Theater in Watertown* *$37*

Sunday, January 22
Handel & Haydn—Vivaldi *at Symphony Hall in Boston* *$43*

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LIVING OUR VALUES

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

AGING BUT NEVER OLD —SAVE THE DATE—

Mark your calendars for this special Brookline Adult & Community Education (BA&CE) event on **Monday, November 7, from 7:00 to 8:30 pm** at Brookline High School. Dr. Jurgen H.A. Bludeau, MD, Chief of Geriatric Clinical Services and Director of the Center for Older Adult Health at Brigham and Women's Hospital will discuss geriatric care and how older adults and their children and caregivers can better navigate the increasingly complex medical options they may be faced with.

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

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

READING MEMORIES

Sorel Faith Berman, *Instructor*
8 Wednesdays from 1:00 to 3:00 pm at the Senior Center beginning October 12
Fee: $122. Course code: **H073**
Memoirs from famous modern writers offer insights into the life and times of a writer. The class will read and discuss the works of five 20th century writers, including (but not necessarily in this order) James Carroll's *An American Requiem: God, My Father, and the War*, Alexandra Styron's *Reading My Father*, Vladimir Nabokov's *Speak Memory*, Mary Gordon's *Circling My Mother*, and John Williams's *Stoner*. All titles are available at the Brookline Booksmith.

For the first class, read *An American Requiem: God, My Father, and the War*.

For more information and to register, call BA&CE at 617-730-2700 or go online to brook lineadulted.org.

CELL PHONES, IPODS, GLASSES

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

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

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THANK YOU

To Annual Appeal Donors Vera Brent (supporting the Brookline Senior Center Equipment Loan Program), Michael Chambers, Robert DeSimone, Clare Goodwin, and the Bequest of Adele Herwitz

To BrooklineCAN Fund Donors Michele R. Berry, Anna Bailey, Robert Blake, Cathleen Cavell, Doris Feldman (in honor of Ralph Memolo's new novel), Julia Herskowitz & Emanuel Howard, Gail Kruss, Ilana & David Lescoher, Joshua Margolis, Judith Mabel, Kathleen Malloy, Joan & Paul McCabe, Ann Moriarty, Ann E. Stitt, Alexandra Siemon, Lucille Tawa, and Carol Wlodkoski

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To Roslyn Naistadt and Sarah Ostroff ***for their gifts in memory of*** Adele Herwitz

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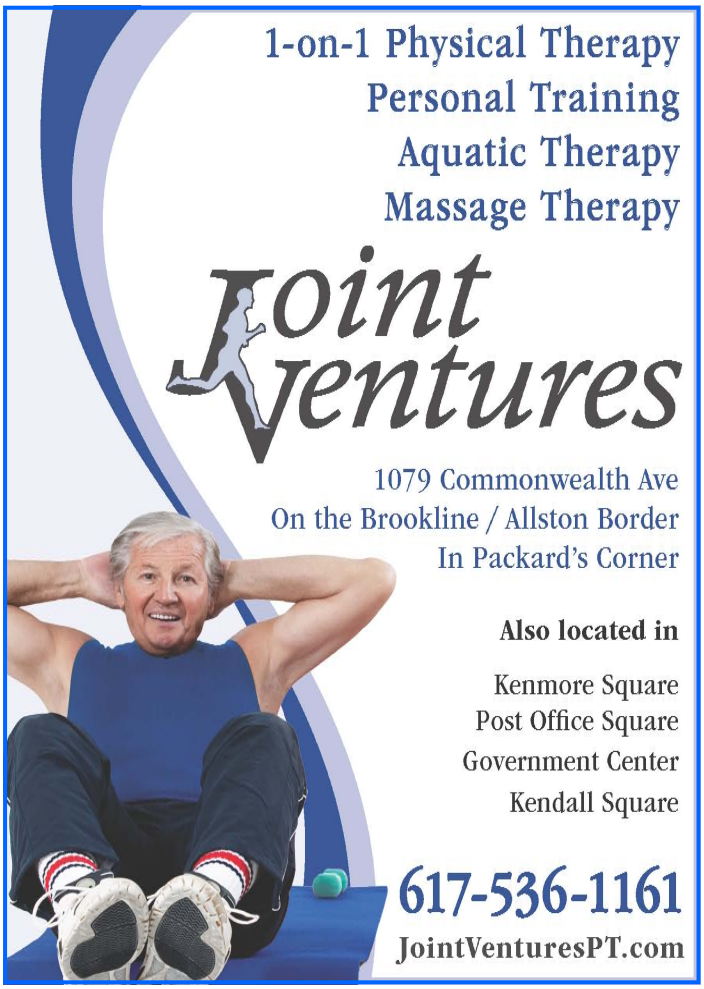
FROM THE BOARD PRESIDENT

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.

This month, as we celebrate our 7th Annual Benefit, we ask that you attend the special evening of celebrating our center. We are proud of our strong community, and need your help to sustain it. Please be as generous as you can.

I, the board, and the entire Senior Center family thank you!

Elizabeth (Betsy) Pollock
President
Brookline Senior Center Board



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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 operation of, its programs, services, or activities. If you need assistance or special accommodations, contact the Council on Aging at 617-730-2777.

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