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

Council on Aging 617 730 2777
Elderbus Hotline 617 730 2778
Senior Center 617 730 2770
Van 617 730 2750

www.townofbrooklinemass.com
www.brooklinema.gov

HIGHLIGHTS

Join the **Newcomer's Club** on Thursdays starting September 4 **on page 15**.

Celebrate the **August Moon Festival** on Monday, September 8, **on page 15.**

On Wednesday, September 10, hear about the "Over 85" needs study at the **Council on Aging Meeting on page 3.**

Enjoy and *mange, mange* at the **Follen Angels** cabaret Wednesday, September 24, **on page 4.**

BE A KNOW-IT-ALL!
This September issue of the *Senior News and Events* has been sent to a wider mailing list to give a taste of what you get with a subscription. To get the newsletter mailed to you every month, fill out the form on p. 27, and send it, along with $10.00 to the Senior Center.

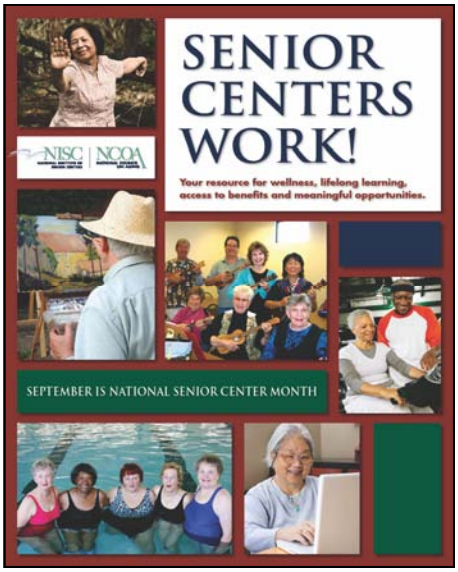
SEPTEMBER 2008

SEPTEMBER IS SENIOR CENTERS MONTH

The first senior center opened 59 years ago in New York City under city sponsorship, marking the beginning of the senior center movement. In short order, there were senior centers in San Francisco and Philadelphia. Today there are some 15,000 centers across the country, serving close to 10 million older adults annually. *(Source: U.S. Administration on Aging)*

As a new generation of older adults looks to redefine retirement, there is a growing focus on wellness, work, and volunteerism. When it comes to finding tools for staying healthy and involved or information about benefits, senior centers are the best starting points.

According to James Firman, President and CEO of the National Council on Aging, "today's senior centers are evolving to reflect a new view of aging that empowers the people they serve. They are connecting older adults with meaningful career and volunteer opportunities and increasing their access to valuable benefits and resources."



We are very proud of our beautiful center, which opened in 2001. First-time visitors are encouraged to stop by and get a welcome gift and a tour of the center.

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STATE PRIMARY ELECTIONS
Tuesday, September 16
Don't forget to vote!
It's a right, a duty, and a privilege!

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

Ruthann Dobek
Director, Council on Aging/Senior Center

Charlotte Millman
Program Manager, Council on Aging/Senior Center

Judith Gimple
Newsletter Editor

The Town of Brookline Senior News and Events is published monthly by the Brookline Council on Aging, 93 Winchester Street, Brookline, MA 02446.

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

COUNCIL ON AGING (COA) BOARD MEETING

With the coming of autumn, we put away our summer lethargy and assume more active lifestyles. Ergo, the COA board will meet at the Senior Center **at 1:00 pm on Wednesday, September 10**. We have received a grant to do a needs assessment of Brookline's oldest seniors (85 years of age or older). At the September meeting, the co-investigator of this project, Alberta Grossman Lipson will introduce the board to the assessment and discuss the methodology and need for volunteers to help gather information and interview seniors. (If you are wondering who the other "co-investigator" is, it's our own Director, Ruthann Dobek.) Ms. Lipson has impressive credentials as a researcher and will certainly be an interesting speaker.

The schedule for COA board meetings in Fiscal Year (FY) 2009 has been set for the following Wednesdays at the Senior Center at 1:00 pm, so **save these dates**:

September 10, 2008
October 22, 2008*
November 12, 2008
December 10, 2008
January 14, 2009
February, 2009 (no COA meeting)
March 11,2009
April 22, 2009* (volunteer luncheon
May 13, 2009
June 10, 2009
July, 2009 (no COA meeting)
August, 2009 (no COA meeting but Nominating Committee meets)

*Note that the October meeting has been rescheduled to October 22 because of a conflict of the second Wednesday with the Jewish High Holidays and the April meeting has been rescheduled to April 22 because of a conflict with Passover.

CAREERS IN AGING (CIA) PROGRAM REPRISE

The CIA program's fifth year was a giant success. Everything about it glittered. The interns: Bryana Schoen, Lili Welch, Noah Schneider, Victoria Sliwa, and Alicia Jenkins were excited and interested in the activities of the program, and their leadership team (all interns in the CIA programs in past years)—Tiffany Louie, Alison Kantor, and Charlene Fong did a splendid job of directing the activities.

Deidre Waxman, of our social work staff, coordinated the program with help from the rest of our social work staff, from senior volunteers, and from artist Evelyn Berde and Debbie Beck, assistant professor of social work at Wheelock College.

The whole intergenerational experience worked beautifully with the interns visiting Goddard House, the Brookline Health Care Center, and Rogerson in Brookline as well as being involved in Senior Center activities—line dancing, Bingo, beading class, current events discussions, an ice cream social, and a BBQ. The interns also escorted seniors on a visit to the Brookline Farmer's Market. But the crowning activity of this stellar program was the creation of three biographical scrapbooks with interns teamed with seniors to create graphic and textual histories of seniors Carolyn Fullerton, Frank Blatt, and Harry Johnson.

The closing ceremonies were held on Thursday, July 31, a joyous finish to a joyous intergenerational experience.

A special thank you to the Brookline Community Foundation for funding the leadership positions for this year's CIA program.

Photographs courtesy of Charlene Fong

HOLIDAYS

What is a more appropriate way to celebrate the arrival of fall than Labor Day, a day honoring the very principle of work and its importance in the life of the community and the nation. We celebrate it, how else, by not working, so the Senior Center, the Rogerson Adult Day Health Program, and the Rogerson Fitness Center will be closed on Labor Day, **Monday, September 1**.

FOLLEN ANGELS

They're baaaack! Another magical evening cabaret with the Follen Angels performing "Gershwin, Cole Porter, and Friends" will happen on **Wednesday, September 24, at 5:00 pm** at the Senior Center. Come and be entertained and feast on an Italian dinner, including wine. Preregistration is required, and there is an $8.00 fee, little enough for such a wonderful evening

The Follen Angels, a group we have often enjoyed before, "are dynamic cabaret artists who perform music from early European and modern Cabarets, the American Musical Theater, and Jazz Standards. The 'Angels' originated at the Longy School of Music (on Follen Street in Cambridge) where they studied and performed for enthusiastic audiences. Each Angel brings a unique style to the political, serious, and comical music comprising their repertoire. Together, they provide an international perspective rarely seen in this country."

HOLIDAY FAIR PLANNING

We are moving right along with plans for this annual fair that will be held this year on two days—Friday, November 14, and Saturday, November 15, at the Senior Center, from 10:00 am to 3:00 pm each day. There are three planning meetings to come:

- **Friday, September 5, at 1:00 pm**—firming up fair participants and work assignments
- Monday, October 6, at 10:30 am—hearing progress reports
- Monday, November 3, at 10:30 am—finalizing logistic arrangements

If you want to participate as a craftsperson or artisan, to volunteer to help at the event, or to be part of the planning, plan on attending these meetings.

Photos from the 2007 Craft Fair courtesy of Mim Katz.

EASY TRAVEL

On **Thursday, September 4, at 1:30 pm**, lean back and let your spirit wander as Freddi Langenthal takes you to Cambodia. And you will not have to leave the Senior Center to envision the exotic sights.

BOOK DISCUSSION GROUP

The group will meet on **Monday, September 15**, at Temple Emeth at Putterham Circle (enter from the Puddingstone Road entrance) **at 2:00 pm**. The book being discussed at this meeting is *The Proud Tower* by Barbara Tuchman.

FROM OUR DIRECTOR

A special welcome to the people who may be reading this publication for the first time. Our *News and Events* is a great way of being educated about important programs and services and staying informed about all the fabulous programs that happen here in Brookline. Brookline was recently rated as one of the **Ten Brainiest Places to Retire** by *US News and World Reports,* and I agree. Not one senior should ever be bored with the wealth of activities that are available, many relatively free. We are proud to mail this month's copy to a wider audience and encourage you to subscribe (use the form on p. 27) to stay abreast of all the exciting happenings!

I invite you to attend Follen Angel dinner and concert (see p. 4 for details). A delicious Italian meal, including wine, will be served. The group will focus on the music of Cole Porter, Gershwin, and friends. Sign up today!

I remain especially concerned about the high cost of living. The Jewish Family and Children's Service has submitted another great recipe for little cost in this month's edition (see p. 13), and our meal site here at the Senior Center is always a great bargain. Please join us to share a noon time meal with new and old friends alike. Just make sure to be as generous as you can to keep the program running.

Be prepared to spend 17% more in heating costs this winter. We will be talking more about the heating issue in coming months.

The Tax Work-off Program generated a flurry of interest when it was announced in July. We are still seeking qualified applicants to work for 100 hours and receive $750 off their property taxes.

I am pleased to announce that the Brookline Community Foundation has funded a grant to look at Brookline residents who are over the age of 85. Alberta Lipson, PhD, is assisting us as the highly qualified investigator. We will need at least a dozen of volunteers to help do the interviews. Join us at the September meeting of the COA board to hear more (see p. 3).

Our 2008 survey is now being tallied. I thank all who took the time to give us feedback. Watch this space for more answers to comments. One of my favorites reads "Thanks for all that you do."

The Asian community celebrates the Harvest and their gratitude for abundance in September with the August Moon Festival (see p. 15), and our Jewish friends celebrate the new year, Rosh Hashanah, on September. 30. All of us join both communities in warm good wishes. This is a great time of year when the weather is glorious and the trees begin to turn.

Finally, I urge you to donate food items (put donations in the boxes in our lobby) when you visit us to ensure not one of our neighbors goes hungry this winter. —*Ruthann Dobek, Director*

FOURTH ANNUAL AUTUMN BENEFIT—SAVE THE DATE

This year, we shine the spotlight on the Brookline Senior Center's own heroes—our social workers! Their daily impact truly transcends generations. From navigating the maze of the health care systems to offering a listening ear and providing direct services, their help is felt in every aspect of the Senior Center.

The Council on Aging Board of Directors invites you to join us for a cocktail reception as we honor our social workers on Wednesday, October 29 at 6:00 pm at the Senior Center. Tickets are $60.00 for seniors. There are gifts that are given and gifts that are long remembered.

Photo from 2007 Annual Benefit courtesy of Jean Stringham

LET'S TALK POLITICS—COMING IN OCTOBER

The Presidential election of 2008 is scheduled for November 4. It will be the 56th consecutive quadrennial election. In celebration of this historic event, Brookline Adult and Community Education (BA&CE) will present a series of informative lectures and discussions. These are scheduled from **7:00 to 8:30 pm at Brookline High School, 115 Greenough Street.** Preregistration for these three lectures/discussions and payment of a **$5.00 fee** are required.

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

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

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

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

Another lecture/discussion is part of this series, but it will be held here **at the Brookline Senior Center, from 1:00 to 3:00 pm**, and although preregistration for this lecture is also required since space is limited, there is **no fee**.

This event is co-sponsored with the Brookline Council on Aging, Goddard House in Brookline, Center Communities of Brookline-Hebrew Senior Life, and Rogerson Brookline Adult Day Health Program.

Wednesday, October 22 Course X204
Age Well 2008! The Future of Long-Term Care and the Impact of the 2008 Election
W. Scott Plumb, Senior Vice President for the Massachusetts Extended Care Federation (and a widely sought-after presenter because of his range of expertise, great wit, and dedication on elder issues), will give a fascinating talk about the impact of the 2008 election and long-term care issues facing current elders and the soon-to-be elders, the Baby Boomers. This is the perfect opportunity to gather information about the future of long-term care, including who will pay for it, why we are currently in this dilemma, what steps we can take, and what we can expect of the new administration.

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

Our thanks to Claudia Dell'anna and the BA&CE for the information that made this article possible.

LEARNING IS A LIFELONG JOY

Why should going back to school be confined only to the young? Seniors, after all, have the leisure and the life experience to make the most of learning new and interesting subjects and having and enjoying new experiences. Among the many courses offered by BA&CE, here is a sampling of courses offered in the fall that might be fun to delve into.

There are many other interesting and exciting courses listed in the BA&CE Fall 2008 catalog. If you didn't get one in the mail, pick one up at the Senior Center or at other locations around town.

To register for a course (or courses), fill out the form in the back of the BA&CE catalog and mail the form and a check to BA&CE. Or you can register online at www.brooklineadulted.org, or call 617-730-2770.

Telling Your Story: Senior Seminar in Autobiographical Writing
Jean Kramer and Irving Schwartz, instructors
An ever-popular ongoing seminar. Telling your story, or some fragment of it, is a way to order your life by giving meaning to your unique experience. This course is sponsored by the Council on Aging (COA).
Course Code: H065 Fee: $104.00
8 Wednesdays beginning Sept. 24, from 10:15 to 11:45 am, at the Senior Center

E-mail Workshop for Seniors
Bob Roll, Instructor
Everyone who wants to stay in touch with their children, grandchildren, and friends in our fast-paced world will want to take this course in using e-mail. You will learn how to set up an e-mail account and use it to send e-mail messages. You will also learn how to attach documents and pictures to your e-mails. To take this course, you should first have completed an introductory computer course or be familiar with basic computer operations. This course is co-sponsored by the COA. Senior discounts do not apply. The class is limited to six.
Course code: C171 Fee: $67.00
4 Fridays beginning Sept. 26, from 2:00 to 4:00 pm, at the Senior Center

Bridge
Randy Fadem, Instructor
This is a course for all levels of Bridge players. Beginners will learn the fundamentals of the game and should, by the end of the course, be confident enough to play Bridge socially. If you already know beginning Bridge, you will move beyond social Bridge and learn bidding conventions and planning the play of the hand and get a taste of defense. Call to register because the course is limited to 16 members.
Course Code: T013 (Section 3) Fee: $90.00
8 Wednesdays beginning Sept, 24, from 11:00 am to 12:00 noon, at the Senior Center

Introduction to Watercolor
Anthony Riccardi, Instructor
Watercolor is one of the most pleasurable and satisfying media employed by both beginning and experienced artists. In this course, you will explore both representational and abstract methods in an effort to pursue new avenues of creativity. A supply list will be mailed upon registration. The class is limited to 15.
Course Code: A002 Fee: $142.00 plus supplies
9 Mondays beginning September 22, from 10:00 am to 12:30 pm, at the Senior Center

Senior S-T-R-E-T-C-H
Sue Katz, Instructor
In this class, you will improve your range of motion, stamina, and strength and improve your social life as you meet others like yourself. Please wear comfortable clothes and bring a set (2) of 1– or 2-pound hand weights to class. This class is co-sponsored by the COA.
Course Code: D009 Fee: $71.00
Mondays and Wednesdays for 9 weeks beginning September 22, from 10:30 to 11:30 am, at the Senior Center.

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

Ask a Nurse Nurse Practitioner Eileen Currier of St. Elizabeth's Medical Center will be at the Senior Center on **September 24 from 1:00 to 2:00 pm**.

Podiatry Clinic Routine foot care with Dr. John McLoughlin is available by appointment on **Mondays, September 15 and 29, from 9:00 am to 12:00 noon**. Sessions, which last 15 minutes each, cost $25. Appointments are required. To make an appointment, call 617-730-2777.

Low Vision Group This peer-led support group for individuals with limited eyesight meets on **Wednesday, September 17, at 1:00 pm**.

Blood Pressure Screenings

The Brookline Health Care Center will provide a blood pressure screening **at the Senior Center** on **Monday, September 8, from 1:00 to 2:00 pm**. The nurse who will preside at this session is bilingual (English and Chinese).

Blood pressure screenings with a Brookline Health Department Nurse will be held **at the Senior Center**, this month on **Thursday, September 18, from 9:00 to 10:30 am**.

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

The Health Page is sponsored by Beth Israel Deaconess Medical Center

Affiliated with Joslin Clinic

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

Official hospital of the Boston Red Sox

BLOOD PRESSURE SCREENINGS

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

- Wednesday, September 3 at the Brookline Health Department, 11 Pierce Street, from 2:00 to 3:00 pm
- Wednesday, September 10, at Sussman House, 50 Pleasant Street, from 1:00 to 2:00 pm
- Wednesday, September 10, at Temple Emeth, 194 Grove Street in South Brookline, from 3:00 to 4:00 pm
- Thursday, September 18, at the Senior Center from 9:00 to 10:30 am
- Wednesday, September 24, at O'Shea House, 61 Park Street, from 1:00 to 2:00 pm

WEST NILE VIRUS

The Massachusetts Department of Public Health (MDPH) has confirmed the presence of West Nile Virus (WNV) in mosquitoes collected in Brookline. Most people bitten by mosquitoes carrying WNV experience no symptoms or very mild symptoms and recover on their own. However, persons over age 50 have the highest risk of severe WNV disease. Severe symptoms include high fever, muscle weakness, headache, disorientation, neck stiffness, paralysis, coma, tremors, convulsions, and sometimes death. There is currently no vaccine or medical cure for WNV. In severe cases, intensive medical therapy such as intravenous fluids and nutrition and ventilator support can be administered in hospitals.

What is Brookline doing to protect me?

The Brookline Department of Public Health (BDPH) is distributing information to alert the residents in the affected areas where the WNV positive mosquitoes were found regarding the risk of WNV and what residents can do to protect themselves. The BDPH will be involved in active surveillance for mosquito-borne viruses. It is important that reports of all dead bird sightings be called in to the MDPH Dead Bird Hotline at 1-866-MASS-WNV (1-866-627-7968). This information will be recorded and mapped and will aid in directing further bird, mosquito, and human surveillance activities. Brookline also has taken the following steps to address mosquito-borne viruses:

- Larvicide has been applied to all catch basins and some wetland areas to prevent hatching of new mosquitoes.
- Some crows and blue jays are being collected and sent to the State lab for testing.
- Mosquito traps have been established and mosquito pools are being tested for the virus.
- An information line hsd been established at 617-730-2295 and at www.townofbrookline mass.com.
- Mosquito-borne virus information appears on the Town web site with a link to the State Lab, including updated dead bird and mosquito count and test results.
- Inspection and enforcement of standing water areas in parks, fields, etc.
- Spraying to kill adult mosquitoes may be done, only if absolutely necessary and if recommended by the State. Every effort will be made to notify residents of the spraying beforehand.

What can I do to protect myself?

Avoid bites! Follow these steps:

Avoid outdoor activity between dusk and dawn

When you are outside, cover up as much as possible and use mosquito repellant on all uncovered areas of skin. (Repellant containing DEET is the most effective.)

Avoid swampy areas and wetlands and standing pools of water of any kind (even rain puddles).

Fix holes in all windows and screens.

Remove standing or stagnant water on your property.

Call the BDPH (617-730-2300) if you see standing water problems not on your property.

We thank the Brookline Department of Public Health for the information contained in this article.

THANKFUL TO BE HOME WITH THOSE YOU LOVE

Partners Private Care, a subsidiary of Partners Home Care, offers in-home support, such as home health aides for personal care assistance, nursing, and home management, that gives you confidence to live on your own. Our staff are screened, supervised, and insured, providing you with added protection.

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www.partnershomecare.org

SENIOR SERVICES

The Brookline Senior Center and the Council on Aging (COA) are amazing organizations, offering a vast array of programs and activities.

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

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

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

BLAB The Brookline Legal Assistance Bureau (BLAB), will be at the Senior Center from **9:00 am to 12:00 noon** on **Wednesday, September 3.** BLAB is staffed by volunteer local attorneys who offer individuals legal expertise on matters of law as well as information and referrals. This service is offered free of charge, and no appointment is needed.

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

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

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

NEEDS helps seniors stretch food dollars with such aids as food stamps. For more information, leave a message for Riva Berkovitz at 617-730-2777. See also p. 12 for more information about changes to the food stamp program.

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

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

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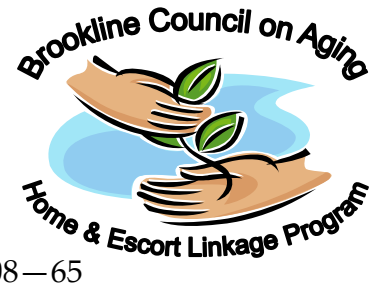
Call and talk to one pharmacists about your MEDICARE D plan!

HELP IS JUST A PHONE CALL AWAY

For more than 20 years, the Home and Escort Linkage Program (HELP) has been assisting Brookline seniors in their homes and in the community. When you sign up with HELP, you can hire a screened worker at a very affordable rate. (The average is just $13 per hour.) Depending on your needs, workers can be hired to assist with household chores like cleaning and laundry or can help with chores in the community like shopping and escorting to medical appointments. You can also use HELP for respite care or companionship for a family member while you go out. For more information on how to register for HELP, call 617-730-2752.

To show the effectiveness of the Brookline HELP program, here are some very impressive statistics culled from the Annual Report for Fiscal Year (FY) 2008 (July 1, 2007, through June 30, 2008):



Participants
New clients—79
Total clients—347
Home care workers
New—14,
Total as of June 30, 2008—65
Estimated total hours of service
13,000 hours
Most requested services
Companionship/respite care
Housekeeping
Errands

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

GETTING READY FOR MEDICARE OPEN ENROLLMENT NOVEMBER 15 – DECEMBER 31

Medicare Prescription Drug Plans (Part D Plans)

If you have prescription drug coverage, the plan you have now may not be the best plan for you in 2009. In October, you will receive information about changes in your plan for next year. You can switch plans during the Medicare Open Enrollment between November 15 and December 31 and begin your new plan in January 2009.

If you don't have a prescription drug plan and you want one, you can join a plan at this time.

If you have limited income and assets, there is federal money to help pay for your Medicare Part D costs. There is also a state prescription assistance program, Prescription Advantage, which has no asset limit. For most people, this program is free and keeps them out of the "gap."

Medicare Advantage Plans

If you are in a Medicare Advantage Plan (e.g., a Medicare HMO/PPO or PFFS) your plan will notify you in October of any changes for next year. If you have been satisfied with your plan and it is not changing much, you probably want to keep it. However, if you have been unhappy or your plan is changing a lot, you may want to think about switching plans. Medicare Advantage Plans are also open between November 15 and December 31, and begin in January 2009.

If you need any help with your health insurance, ***SHINE*** has free Medicare counseling at the Senior Center. Call 617-730-2777 and ask for a SHINE appointment. You can also reach a SHINE counselor by calling 1-800-AGE-INFO and then pressing or saying 3. Once you get the SHINE answering machine, leave your name and number. A volunteer will call you back as soon as possible.

GOOD NEWS FOR SENIORS—HELP IS AVAILABLE TO BEAT THE HIGH COST OF FOOD

If you are a low-income senior (age 60 or over), you may now qualify for food assistance through the Food Stamp Program, even if you own a home or a car, or have savings. Thanks to new changes to the Food Stamp Program, assets are no longer considered for seniors whose income falls within certain income guidelines. Seniors whose incomes fall above the guidelines may still be eligible, but their assets will be counted.

For instance, for a senior living alone, if your monthly gross income is under $1,734, your bank accounts and other assets will not be considered. If there are two people in the home and the total monthly gross income is below $2,334, assets will not be considered in the food stamp calculation. Prior to the criteria changes, you were required to submit information about bank accounts, CDs, and other assets. Assets higher than $3,000 would have disqualified both of the households above, and indeed many low-income seniors with modest assets would have been disqualified. That is no longer the case, and as a result, thousands of seniors who were not previously eligible may now meet the requirements.

Income alone cannot determine eligibility. Food Stamp benefits are primarily determined by a calculation that is based on income and certain expenses. It is important that you keep track of those expenses so that you can maximize your benefits. For instance:

- If you have more than $35 in medical expenses per month, documenting those expenses may increase your food stamp benefits. Medical expenses include health insurance premiums, co-payments, transportation to medical appointments and many other out-of-pocket medical expenses.
- Shelter expenses are also considered in the calculation of benefits. By providing proof of your rent or mortgage and utilities, you are able to benefit from important deductions.

The increases in the price of fuel and food are hurting everyone. Food stamps can make a big difference in your quality of life by helping you purchase the food you need for good health. For more information, call Project Bread's FoodSource Hotline at 1-800-645-8333, Monday through Friday, from 8:00 am to 5:00 pm. It just takes a few minutes to determine if you are eligible to receive food stamps. Counselors will talk you through the medical expense deduction to help you make the most of that deduction. The average food stamp benefit for a senior in Massachusetts is $88 per month. That is $1,056 per year. Some people will get less, some will qualify for more, but isn't it worth a call to see if you can receive some help, particularly now with the rising cost of food?

If you would like to apply for food stamps, the FoodSource Hotline counselors at the phone number given above can also help you start the process. They can fill out the application for you with the information you provide and will mail it to you for your review and signature, with information about how to complete the application process.

Or you can leave a message for Riva Berkovitz at 617-730-2770 at the Senior Center, and she will get back to you with information.

Once you are approved for food stamps, you generally will not have to go through this process again for two years.

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

Brookline Bank
www.BrooklineBank.com | 1-877-668-2265

Arlington | Bedford | Brookline(5 branches) | Lexington | Malden | Medford(3branches) | Needham | Newton(3 branches) | West Roxbury

Member FDIC

MEALS FOR TWO DOLLARS OR LESS

This *Broccoli and Tuna Salad*, is not only healthier and more interesting, but it also costs the same as traditional tuna salad.

Broccoli and Tuna Salad

Yield: 4 servings
Total Preparation Time: 20 minutes
Ingredients:

12 oz frozen broccoli, thawed (approximately 2 cups thawed)
6 oz chunk light tuna, canned in water, drained (*Chunk light tuna* is recommended instead of *white* or *albacore* because it is less expensive and has far less mercury, a contaminant that is a concern for people who eat tuna fish frequently.)
14½ oz can white beans, drained and rinsed
½ cup red onion, chopped
2 tbsp canola oil
3 tbsp lemon juice
¼ tsp salt
¼ tsp black pepper or to taste
4 mini whole wheat pita pockets

Defrost broccoli in microwave or allow it to thaw in refrigerator over night. Chop onion. Drain the tuna and rinse the beans in a colander under running water. Place beans in a bowl and mash them a little. Add lemon juice, onion, tuna, oil, salt, and pepper to the mashed beans, and mix until all is combined. Fill each pita pocket with ¼ of the tuna mixture and enjoy.

This recipe is versatile. You can replace some ingredients listed here for others. For example:

- Replace broccoli with another vegetable, such as celery, bell pepper, or carrot.
- Replace canned tuna with canned salmon.
- Use mayonnaise instead of oil.
- Replace white beans with any other type of bean.

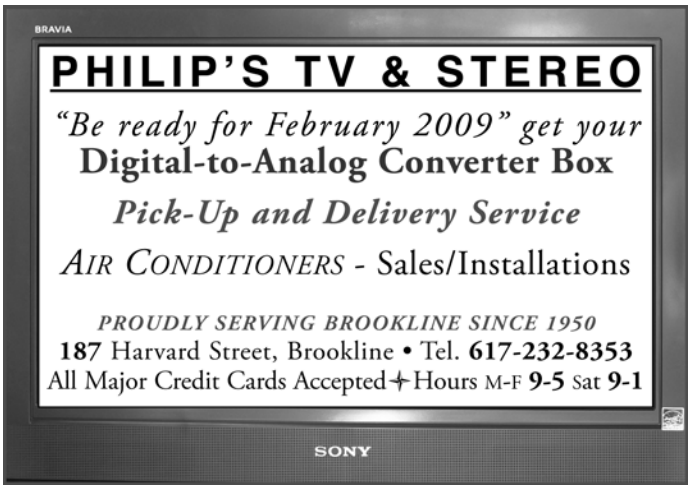
This recipe costs the same per serving as does conventional tuna salad, at only $.95 per serving, including the whole wheat pita, but tuna is the most expensive ingredient, so the amount of tuna was reduced and less expensive white beans were added in its place to provide more protein, fiber, and other plant based nutrients that keep body cells healthy. The broccoli increases volume, satisfaction, and nutrition. Frozen broccoli, in particular, is just as healthy yet less perishable and typically less expensive than fresh broccoli. Always check the *unit price* listed for items such as broccoli at the supermarket and compare to make sure you are getting the best deal for your wallets and your health!

Nutrition analysis per serving: 300 calories; 9g fat (1g sat); 15mg cholesterol; 480mg sodium; 37g carbohydrate (9g dietary fiber; 4g sugar); 21g protein; vitamin A 20 vitamin C 70 calcium 8; iron 20%

by Alison Books, MS, RD, LDN
Director of Nutrition Services at Jewish Family & Children's Service (JF&CS).

JF&CS provides compassionate and comprehensive care to seniors, helping them live healthy, independent and meaningful lives. Visit www.ifcboston.org or call 781-647-JFCS (5327) for more information.

The **Farmer's Market** is still open (through the end of October) from 1:30 pm until dark. Buy fresh, local fruits and veggies there as well as organic meat, plants, and herbs. It costs more but the quality is worth the price.



Restoring your life one step at a time.

Brookline Health Care Center's Stroke Recovery Program is designed to maximize the rehabilitation potential of individuals recovering from a stroke. The program is an interdisciplinary approach with a focus on returning home. Patients will receive comprehensive Nursing and Therapy services to improve their cognitive, physical, communication and emotional strength.

Our program features

- Medical Management
- Physical, Occupational & Speech Therapy
- Skilled Nursing Services
- Intravenous Therapy
- Wound Management
- Specialized Equipment: Lite Gait Ambulation System
- Discharge Teaching

Please call or stop by to see our new and beautiful interior renovations!

Brookline
Health Care Center

HealthBridge
MANAGEMENT
CULTURE OF EXCELLENCE

99 Park Street, Brookline, MA.02446
Ph: 617.731.1050

3380MA-bhcc

THE 40-70 RULE

The Home Instead Senior Center in Newton has published a 40-page booklet aimed at helping seniors and their children bridge the communications gap that often exists between them because of the inability to change the parent-child relationship to a more meaningful peer-to-peer relationship that should occur when the children are about 40 and/or the seniors reach 70.

This booklet can be obtained at no cost to you by simply calling Home Instead at 617-969-8697. (Identify the booklet when you call as the 40/70 Rule booklet.) It is divided into a section guiding seniors on how with talk with their children and a section guiding children on how to talk with their parents.

Many thanks to Home Instead, a national homecare company, for information about this booklet and for making it available to our readers.

NEWCOMER'S CLUB

Calling all newcomers to the Brookline senior community. The Newcomer's Club will meet for five consecutive **Thursdays—September 4 through October 2**—at the Senior Center **from 10:30 am to 12:00 noon**. Learn about the resources and activities available to you at the Senior Center and in Brookline in general, and make new friends. To register and/or for more information, call Charlotte Millman at 617-730-2769. Register early as space is limited.

SING, SING, SING

The Senior Chorus begins again after its summer vacation on **Friday, September 12, at 10:30 am**. Come and participate in the pure joy of singing. Everyone is welcome. There are no try-outs or tests of any sort.

CHESS ANYONE?

If you are looking for chess partners, we are looking for chess players to play at the Senior Center. Call Charlotte Millman at 617-730-2769 and tell her of your interest and your level of experience. This call is for chess players, not people who want to learn to play.

Home Is Still The Best Place

- Appointment Escorts
- Meal Preparation
- Companionship
- Light Housekeeping
- Shopping & Errands

Call for a free, no-obligation appointment or brochure:
Newton 617-969-8697

Home Instead SENIOR CARE

With a little help from a friend.

Each Home Instead Senior Care franchise office is independently owned and operated. homeinstead.com

AUGUST MOON FESTIVAL

中秋節

This year we will celebrate the Chinese August Moon Festival on **Monday, September 8**. A luncheon of delectable Chinese food (and moon cookies, too) will be served at **12:00 noon**, followed by entertainment and an explanation of the holiday and its symbols. All this will cost only $6.00 per person. Because space is limited for this perennially popular event, reservations and advanced ticket purchases are required. Reservations will be accepted beginning on Wednesday, August 27. Call 617-730-2770.

ALZHEIMER'S CAREGIVERS SUPPORT GROUPS

The two Alzheimer's Caregivers Support Groups will meet in September. They are open to Brookline residents and town employees free of charge. The **Daytime** group will meet **Friday, September 12**. Call group leader December Heffernan at 617-730-2753 if you want to attend and for other information.

The **Evening** group will meet **Thursday, September 25**. Call Susan Andriole at 617-730-2754 to attend and for other information.

ROGER R. LIPSON
ATTORNEY-AT-LAW

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

Springwell Nutrition Program SEPTEMBER 2008

617-730-2770

MONDAY	TUESDAY	WEDNESDAY
1) Labor Day Holiday **Closed**	**2) Vegetable Barley Soup/Crackers** Meatloaf/Mushroom Gravy Whipped Potatoes Butternut Squash/Multigrain Bread **OR** ***Ham & American Cheese on Rye Bread Mustard/Roman Blend Salad German Potato Salad **Raspberry Mousse/Topping**	**3) <u>Labor Day Special</u>** **Garden Vegetable Soup/Crackers** Mediterranean Chicken Breast Lemon Olive Rice Vegetable Ratatouille Dinner Roll **Chocolate Fudge Cake**
8) <u>AUGUST MOON FESTIVAL</u> **No Springwell lunch.**	**9) Lentil Soup/Crackers** Stuffed Shells/Meatball Spinach Alfredo Sauce/Parmesan Cheese Zucchini/Scali Bread **OR** Chicken Salad on Multigrain Bread Tossed Garden Salad/Lite French Dressing Pasta Salad **Fresh Fruit**	**10)** BBQ Beef Steak Patty Sweet Potatoes/Green & Golden Beans Mix Oatmeal Bread **OR** Chef Salad w/turkey, egg, cheese, vegetables Italian Dressing/Macaroni Salad Whole Wheat Roll **Frosted Cake**
15) Seafood Chowder/Crackers Breaded Baked Fish/Amandine/Almonds Mashed Potatoes/Herbed Green Beans Orange Cranberry Muffin **OR** Roast Beef & Mozzarella Cheese on Multigrain Bread/Lite Mayo/Lettuce Leaf Lo Mein Pasta Salad/Summer Squash Salad **Pineapple**	**16)** BBQ Chicken/Sauce Oven Roasted Potatoes Broccoli/Oatmeal Bread **OR** Seafood Salad on Lettuce Leaf Cucumber & Tomato Salad Italian Pasta Salad/Whole Wheat Bread **Apple Crisp/Topping**	**17) Minestrone Soup/Crackers** Meatball Sub/Tomato Sauce Parmesan Cheese/Buttered Noodles Italian Style Vegetables/Sub Roll **OR** Turkey & American Cheese on Rye Bread Lite Mayo/Lettuce Leaf German Potato Salad/Beet Salad **Mandarin Oranges**
22 Spinach Mixed Bean Soup/Crackers ***Chicken Kielbasa/Onions & Peppers Potato Salad/Garden Salad/Lite Dressing Mustard/Sub Roll **OR** Tuna Salad on Rye Bread Lo Mein Pasta Salad Spinach Mandarin Orange Salad Lite Italian Dressing **Fresh Fruit**	**23)) <u>Birthday Lunch</u>** Beef Stew w/Vegetables Peas Biscuit **OR** California Chicken Salad on Lettuce Leaf Cole Slaw Orzo Vegetable Salad Multigrain Bread **Ambrosia**	**24) Oriental Vegetable Soup/Crackers** Oriental Chicken Stir Fry Lo Mein Noodles/Whole Wheat Roll Mixed Oriental Vegetables/Fortune Cookie **OR** Roast Beef & Swiss Cheese on Oatmeal Bread/Lite Mayo/Lettuce Leaf Tomato Red Pepper Salad Potato Salad **Pineapple**
29) Turkey a la King White Rice/Carrots Corn Bread **OR** Egg Salad on Whole Wheat Bread/Lettuce Leaf Tri-Color Pasta Salad Roman Blend Salad **Pineapples**	**30) Clam Chowder/Crackers** Broccoli Cheese Fish Lyonnaise Potatoes/Green & Wax Bean Blend Whole Wheat Bread **OR** Peppercorn Turkey & Mozzarella Cheese on Multigrain Bread/Lite Mayo Beet Salad/Potato Salad **Carnival Cookie**	

THURSDAY	FRIDAY
4) ***Reduced Sodium Hot Dog Hot Dog Roll/Barbeque Baked Beans Cole Slaw/Ketchup/Mustard/Relish **OR** Turkey Salad on White Bread Lettuce & Tomato Slices Pasta Vegetable Salad **Pears**	**5) Corn Chowder/Crackers** Baked Fish/Dill Sauce Red Bliss Potatoes/Peas & Carrots Oatmeal Bread **OR** Roast Beef & Swiss Cheese on Wheat Bread/Lite Mayo Riviera Salad/Macaroni Salad **Mandarin Oranges**
11) Cream of Mushroom Soup/Crackers Stuffed Salmon/Lemon Butter Sauce Brown Rice/Spinach Multigrain Bread **OR** Breaded Chicken Patty on a Hamburger Roll Lite Mayo/Lettuce Leaf Potato Salad/Tomato Red Pepper Salad **Mixed Fruit**	**12) Wild Rice Soup/Crackers** Roast Turkey/Gravy/Cranberry Sauce Whipped Potatoes/Glazed Carrots Whole Wheat Dinner Roll **OR** Tuna Salad on a Lettuce Leaf Tricolor Pasta Salad English Pea Salad/ Oatmeal Bread **Cinnamon Baked Apple Slices**
18) ***Baked Sliced Ham/Raisin Sauce Scalloped Potato Lyonnaise Carrots/Rye Bread **OR** Egg Salad on Oatmeal Bread/Lettuce Leaf Carrot Pineapple Salad Balsamic Vinaigrette Pasta **Ice Cream Cup**	**19) Split Pea Soup/Crackers** Baked Crumb Topped Macaroni & Cheese Stewed Tomato & Zucchini Whole Wheat Bread **OR** Chicken Salad on Whole Wheat Bread Lettuce Leaf/Cole Slaw Pasta Vegetable Salad **Fresh Fruit**
25) Pasta e Fagioli Soup/Crackers Eggplant Parmesan/Meatball/Tomato Sauce Parmesan Cheese/Spinach & Mushrooms Cauliflower Whole Wheat Bread **OR** Seafood Salad on Rye Bread/Lettuce Leaf Carrot Raisin Salad Pasta Salad with Cheese **Diced Pears**	**26)** Crumb Topped Baked Tilapia Lemon Butter Sauce/Sweet Potatoes Zucchini/Multigrain Bread **OR** Turkey & American Cheese on Whole Wheat Bread/Lite Mayo Tossed Garden Salad/Lite French Dressing Macaroni Salad **Chef's Choice Dessert**
	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 FOR SEPTEMBER

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

On **Wednesday, September 3**, a **Labor Day Special** lunch will feature garden veggie soup, Mediterranean chicken breast, and chocolate fudge cake.

On **Tuesday, September 8**, celebrate the Chinese harvest festival, the **August Moon Festival**, with a yummie Chinese lunch (including moon cookies) and entertainment. Reservations will be accepted beginning August 27 and space is limited so make your reservations right away. Fee: $6.00.

On **Tuesday, September 23**, say "Happy Birthday" to everyone with a September birthday. If you have a September birthday, please let us know that when you make reservations.

The **Out-to-Lunch** group will not meet in September because of the Rosh Hashanah holiday.

Brookline Senior Center
93 Winchester Street
617-730-2770

SEPTEMBER 2008

Events Calendar

MONDAY	TUESDAY	WEDNESDAY
1 ***Senior Center is closed in celebration of Labor Day Holiday***	2 10:30 am Brookline Bees, Quilters 1:00 pm Bingo 1:30 pm Movie Lovers' Film Series "The Kite Runner"	3 9 am-12 noon BLAB lawyer 9:30 am Retired Men's Club 10 am-12 noon SHINE counselor 12 noon Springwell Labor Day Lunch 12:30 pm Bridge
8 Noon - AUGUST MOON FESTIVAL Preregistration required No Springwell lunch today 1 pm Mah jongg 1-2 pm no Line Dancing this week 1-2 pm Blood pressure screening 2-4 pm Open computer lab	9 10:30 am Brookline Bees, Quilters 12:45 pm French Conversation grp. 1:00 pm Bingo 1:30 pm Movie Lovers' Film Series "Arranged"	10 9:30 am Retired Men's Club 10 am-12 noon SHINE counselor 12:30 pm Bridge 1 pm COA meeting -- speaker Alberta Lipson on "Over 85" study
15 9 am Podiatry Clinic by appt. 12:30 pm Chinese programs 1 pm Mah jongg 1-2 pm Line Dancing 2-4 pm Open computer lab	16 STATE PRIMARY ELECTION Don't forget to vote! 10:30 am Brookline Bees, Quilters not today 1:00 pm Bingo 1:30 pm Movie Lovers' Film Series "Mrs. Pettigrew Lives for a Day"	17 9:30 am Retired Men's Club 10 am-12 noon SHINE counselor 12:30 pm Bridge 1 pm Low Vision Group
22 12:30 pm Chinese programs 1 pm Mah jongg 1--2 pm Line Dancing 2-4 pm Open computer lab	23 10:30 am Brookline Bees, Quilters Noon - September Birthday lunch 12:45 pm French Conversation grp. 1:00 pm Bingo 1:30 pm Movie Lovers' Film Series "In the Land of Women"	24 9:30 am Retired Men's Club 10 am-12 noon SHINE counselor 12:30 Bridge 1-2 Eileen Currier,St.E's NursePrac. 5-7 pm Follen Angels Jazz Supper Preregistration required. $8.00
29 9 am Podiatry Clinic by appt. 12:30 pm Chinese programs 1 pm Mah jongg 1-2 pm Line Dancing 2-4 pm Open computer lab	30 10:30 am Brookline Bees, Quilters 1:00 pm Bingo 1:30 pm Movie Lovers' Film Series The opera "Turandot" Rosh Hashanah Happy New Year!	BETS discount taxi coupons can be purchased at the Senior Center or through the mail. For more information or to apply for the program, please call (617)730-2740

THURSDAY	FRIDAY
4 10 am-12 noon SHINE counselor 10:30 am Knit and Crochet 10:30 am Newcomers' Group 1:30 p.m " Easy Travel" discover Cambodia with Freddi Langenthal 1 pm Knit and Crochet 1:30 pm Russian Tea Room	5 9 am Bridge 9 am Solemates Walking Group 10 am Project Volunteer Group 10:30 am Current Events 10:30 am Cell phone class 10:30 am Senior Chorus on vac.
11 10 am-12 noon SHINE counselor 10:30 am Knit and Crochet 10:30 am Newcomers' Group 1 pm Knit and Crochet 1:30 pm Russian Tea Room	12 9 am Bridge 9 am Solemates Walking Group 10 am Project Volunteer Group 10:30 am Current Events 10:30 am Senior Chorus resumes Alzheimer Support Grp - call for time
18 9-10:30 am Blood pressure screen. 10:30 am Knit and Crochet 10:30 am Newcomers' Group 1 pm Knit and Crochet 1:30 pm Russian Tea Room 1:30 pm Golden Age Club meeting	19 9 am Bridge 9 a.m Solemates Walking Group 10 a.m Project Volunteer Group 10:30 am Current Events 10:30 am Senior Chorus
25 10 am-12 noon SHINE counselor 10:30 am Newcomers' Group 10:30 am Knit and Crochet 1 pm Knit and Crochet 1:30 pm Russian Tea Room Evening Alzheimers' Support Group	26 9 am Bridge 9 a.m Solemates Walking Group 10 a.m Project Volunteer Group 10:30 am Current Events 10:30 am Senior Chorus
SHINE counselors are available to answer your individual health insurance questions. For an appointment please call 617-730-2777	***To reserve a lunch please call 6177-730-2770 by 11 am, a day in advance***

ONGOING SENIOR CENTER EVENTS

MONDAY

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

TUESDAY

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

WEDNESDAY

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

THURSDAY

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

FRIDAY

10:00 am—Solemates, Walking Group
10:30 am—Current Events Discussion Group
10:30 am—Senior Chorus starting Sept.12

SEPTEMBER AT GODDARD HOUSE

Goddard House in Brookline, at 165 Chestnut Street, is pleased to announce some special events in the month of September:

On Friday, September 5, at 2:00 pm, the first in a series of four monthly opera lectures will be held. Vinny Manonne will talk on *Romeo et Juliet* by Charles Gounod. An opera singer herself, Ms. Manonne offers much insight into this dramatic and beautiful musical form.

On Monday, September 8, at 2:00 pm, Dorothy Kelly Gay, Vice President of Government Relations at Hebrew SeniorLife and former mayor of Somerville, will speak about election issues relevant to seniors and also about her experience at the State House.

On Tuesday, September 23, at 9:30 am, fourth-term State Senator for Brookline Cynthia Creem will speak on national election issues of importance for elders.

On Monday, September 29, at 2:00 pm, internationally known operatic soprano Clara Sandler will perform a mix of classical operatic solos, Argentinean songs, and Broadway musicals!

The Florida Alternative

Relax in your own private apartment furnished by Goddard House in Brookline. We'll add warmth to your short term stay with our own special mixture of three meals a day, personal care, 24-hour staffing, reminders for medication, stimulating programs, weekly housekeeping and ....a lively community of friends.

GODDARD HOUSE IN BROOKLINE
The Recipe for Living

For a taste of Goddard House
call Emily Judd 617.731.8500 x105
or take a virtual tour at www.goddardhouse.org
165 Chestnut St., Brookline MA 02445

ASSISTED LIVING SHORT TERM STAYS - THE RECIPE FOR LIVING

HOW SKYPE CAN BRING FAMILIES TOGETHER

Michael (age 65) and I)age 62) are siblings. Michael is more technologically adventurous than I, but I am gradually coming into the computer age. We are very good friends. We live seven hours away from each other by car. We stay in touch by frequent telephone calls and visits when we can.

Videoconferencing intrigued Michael when his first grandchild was born ten years ago. He reviewed different possibilities, but all were "buggy" and hard to use. So, he abandoned the idea. Two years ago, Michael and his sons tried different videoconferencing services and found Skype the best because you can make telephone calls to and from anywhere in the world and you can do videoconferencing among Skype users, all for free.

Now we (all of us, including our sister Janet [age 63]) enjoy frequent video visits and will *never* go back to pure telephoning. It's lots of fun, and it feels like a real visit. It's made a huge, positive difference in our relationships. Geographical distance seems to melt away.

Here's what you do:

First, install Skype on your computer. The computer needs a fast connection (DSL or cable). It's easy to install, but have a child, grandchild, friend, or hired computer whiz (all called "helper" in this article) handy if you need help.

Pick a Skype name. It's easy (for example: GrandmaAdler1931). You also need to buy a web camera (webcam), unless you have one already built into your computer. They cost between $60 and $80. Again your helper can help you attach it.

Expect trouble. It might take two or three visits from your helper to make Skype work reliably. You'll have to figure out what buttons to press on the little Skype window which appears. They are only *logical* to the young and the computer-savvy. Make a clear step-by-step list as to what to do when you get onto Skype. There is even a *free* program called "Log Me In," which allows your helper to take control of your computer from her/his home and get your Skype going.

Make sure there is someone you can *skype* so you can test it out– i.e., someone who has already installed Skype and knows how to use it. (By the way, "to skype" means to contact someone using your computer and establish an audiovideo connection.)

Use the big screen option. Sit comfortably but in a position where the camera is near the line of your eyes. That way you will be looking at camera when you are talking, and the other person(s) will perceive that you are looking directly at him/her or them. Make sure there is enough light on you.

It takes practice, but if you're patient and have a helper to assist you at the beginning, you will prevail and be able to use Skype. It's really wonderful because you can have personal conversations with loved ones who might be very far away, and it will be as if you are all in the same room.

by Laurie Israel, Law Offices of Laurie Israel, and her brother, Michael Gross, MD

Please note that Skype is the videoconferencing program of choice by the authors of this article. The Council on Aging/Senior Center does not endorse products.

617 277 3774

Coolidge Corner
Wills ◆ Probate ◆ Estates
www.laurieisrael.com
lisrael@socialaw.com

Law Offices of Laurie Israel

DTV IS COMING

Because of the almost universal confusion about the switch in February 2009 from analog to digital broadcasting, we are taking specific questions at the Senior Center and trying to answer them. If you are confused or discombobulated about any DTV issues, please call us at 617-730-2777, and give us your name, phone number, and question(s). We will try to get answers for all your questions and will get back to you.

POETRY WORKSHOP

We are still taking names of people interested in attending this workshop, to be held at the Senior Center and led by Anna Higgins. So if you are interested in sharpening your poetry-writing skills, call 617-730-2777 to add your name to the list.

OLD CELL PHONES

Yes, indeed, we are still collecting old cell phones. We get money for them that helps support our programs. So once again we are asking that you scour those secret places where the old discarded cell phones hide and bring them to the Senior Center—to Susan Andriole. We will put the funds they generate to good use.

AT THE GALLERY

This is the last month of this lively exhibit. Don't miss it. Or see it again before it is over.

Paintings and Prints by Evelyn Berde

through Tuesday, September 30
8:30 am to 5:00 pm, Monday through Friday

STATE PRIMARY ELECTIONS

Tuesday, September 16
Don't forget to vote!

DRIVING AND THE OVER-55 SET

Brookline Adult and Community Education (BA&CE) is offering a course this September for the 55-and-over set. It is aimed at those of us who are still driving but who have become nervous behind the wheel and want to rebuild the confidence we had driving when we were younger. This six-hour course includes four hours of classroom discussion and videos and two hours behind the wheel of retraining to help refine our existing driving skills and develop safer, defensive driving techniques. The **course code is N055**, and the course runs for **three consecutive Thursdays from 10:00 to 11:20 am beginning Thursday, September 25.** A fee of **$100.00** applies, and there are no senior discounts. To register, fill out the form on the inside back cover of the Fall 2008 BA&CE catalog and send it in with a check. Or you can register online at www.brooklineadulted.org or by calling BA&CE at 617-730-2700.

SENIOR CINEMA
COOLIDGE CORNER LIBRARY

Every Thursday afternoon, the Coolidge Corner branch of the Brookline Public Library shows free movies. Come at 1:00 pm for refreshments, and stay for the films that start at 1:30 pm. The September schedule is not yet available, but look for a flyer at the Library, or online at the Latest News, Update section on the Council on Aging Department page on the new Brookline web site: www.brooklinema.gov later this month.

MOVIE LOVERS SERIES FOR SEPTEMBER

Every **Tuesday** in September, the place to go for great movies is the Senior Center at 1:30 pm. And it's free!

September 3 **127 minutes**
The Kite Runner
Years after fleeing the Taliban and immigrating to the United States, an Afghan man returns to his war-ravaged homeland to try to repay his debt to a childhood friend whose trust he betrayed. Marc Forster directs this touching story of family, friendship, and bravery based on the best-selling novel by Khaled Hosseini.

September 9 **90 minutes**
Arranged
When Rochel, an Orthodox Jew, and Nasira, a Muslim meet as new teachers at a Brooklyn school, co-workers and students expect friction. But the women discover they have a shared expectation of entering into arranged marriages. As they experience tension between their traditional cultures and life in contemporary America, Rochel and Nasira form a special bond.

September 16 **92 minutes**
Mrs. Pettigrew Lives for a Day
After losing yet another nanny position because of her gruff demeanor, Guinevere Pettigrew mistakenly lands an assignment as the assistant to an American starlet and finds herself swept up in a dizzying world of glamour and high society. This charming 1940s-era tale is based on the novel by Winifred Watson, .

September 23 **97 minutes**
In the Land of Women
Leaving the pain of a high-profile breakup behind in New York, Carter Webb heads to the Detroit home of his ailing, quirky grandmother with plans to nurse her back to health. But he doesn't count on the help of a family of women living across the street, who help him heal by drawing him into their lovely world.

September 30 **90 minutes**
Turandot: At the Forbidden City of Beijing
Renowned conductor Zubin Mehta leads Italy's Maggio Musicale Fiorentino in a lavish performance of Giacomo Puccini's final opera, filmed on location in Beijing, where the story of the icy princess and her many suitors is set. Principals Giovanna Casolla, Barbara Frittoli and Sergej Larin shine against a spectacular backdrop of colorful banners, gleaming armor and fearsome mythological beasts. Staged by award-winning director Yimou Zhang.

SENIOR MATINEES AT THE COOLIDGE CORNER THEATRE

The Coolidge Corner Theatre has established a special matinee price for seniors and disabled persons (the latter with a valid MBTA TAP card) every **Wednesday**! ($3.00 for admission to *any* show *before* 4:00 PM).

And thanks to their new renovations last summer, not only does the Coolidge look better than ever, it's also completely handicap accessible! Plus, all of their theatres are now outfitted with assisted listening devices.

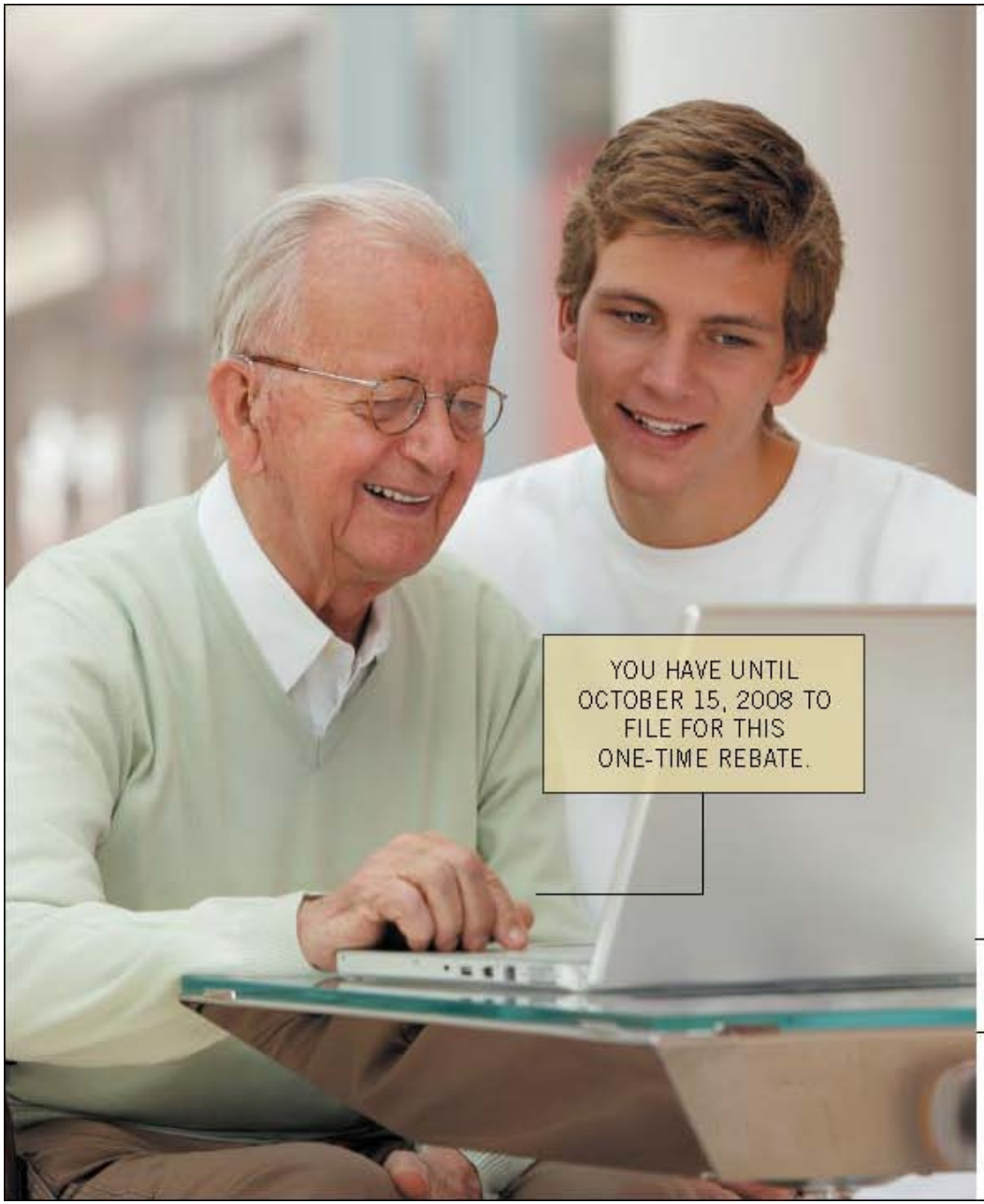
Since schedules are varied and set only a few days in advance, please call the Box Office at the Coolidge Corner Theatre at 617-734-2500 for the movies that will be playing when you want to go to them.

If you have a Senior Member Coolidge Corner Card, you can get a free small popcorn at our concession stand as well. Just show your card. (This popcorn offer is only valid during Senior Matinee screenings.)

This program is co-sponsored by the Senior Services of Jewish Family & Children's Services (JF&CS) and CJP (Combined Jewish Philanthropies) Senior Direct program.

TAX STIMULUS PAYMENT INFORMATION

Having trouble filing for a Stimulus Payment? Or are you still waiting for the Stimulus Payment check? Try calling the IRS hotline at 866-234-2942 or going to the IRS web site at www.irs.gov.



Don't worry. There's still time to file for your economic stimulus payment.

Are you one of the many people who normally do not have to file federal income taxes because your income is quite low? This year it's different.

To receive an Economic Stimulus Payment, you should file Form 1040A with the IRS by October 15, 2008. This includes people who receive at least $3,000 in earnings and/or benefits from Social Security, VA disability or a Retired Railroad Worker's pension.

Visit IRS.gov for details. Or ask a friend or relative for help going online. Don't let a little paperwork keep you from getting your stimulus payment.

IRS

Visit irs.gov for the official word on the STIMULUS PAYMENT

Get free help at an IRS Taxpayer Assistance Center. For a list of local centers, plus hours of operation, visit IRS.gov and click on "Contact IRS." Then click on "Contact your local office."

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FRENCH CONVERSATION

In **September**, the French Conversation group will meet on **Tuesdays**, **September 9 and 23, at 12:45 pm** at the Senior Center, with Agnes Serenyi leading the group.

CELL PHONES FOR SENIORS

AT&T is hosting a free event—Cell Phones for Seniors—on **Friday, September 5, from 10:30 to 11:30 am** at the Senior Center. This free seminar is a unique opportunity for seniors to obtain one-on-one help and ultimately walk away feeling more comfortable with this technology.

Participants are encouraged to bring their mobile phones, regardless of which wireless carrier they currently use. There will also be free *practice* phones onsite. The session will cover everything from mobile phone basics (such as controlling the volume on your phone) to checking voice mail and storing a number in the phone's address book.

Seniors can also learn about AT&T's Hearing Aid Compatible (HAC) options as well as how to send text messages and share pictures on their phones. AT&T representatives will provide hands-on demonstrations and one-on-one instructional support.

INTERGENERATIONAL ACTIVITIES

School will start at the beginning of September, and this year we will be working with several teachers and after-school programs in a variety of intergenerational activities.

So we are looking for people interested in participating in intergenerational activities. These programs should be pure fun if you like interacting with school children. Call Charlotte at 617-730-2769, if you are interest in participating.

ART CLASS

This art class for people with some drawing experience, led by Louise Weinberg, will begin on **Thursday, September 18, from 9:30 to 11:40**. There are limited spaces available for this class because many of the former students are returning, so call 617-730-2770 to register as soon as you can.

This is not a class for beginners.

HOSPITAL SHUTTLES

Partners offers a shuttle bus that picks up passengers in front of Trader Joe's (1309 Beacon Street), Monday through Friday beginning at 7:20 am and drops them off at the Dana Farber Cancer Institute. This shuttle runs every 30 minutes from 7:20 am to 6:20 pm.

There is another Partners shuttle that runs a loop from Brigham and Women's Hospital (BWH) to the Brookline Village T-stop to 850 Boylston Street to the Atrium to the Chestnut Hill parking lot (this stop mid-day only) to 850 Boylston Street to the Brookline Village T-stop to BWH from 5:45 am to 8:30 pm.

There are also shuttle buses that run regularly from from BWH to Massachusetts General Hospital. For more information in general and about the BWH to Massachusetts General Hospital shuttles, log onto the Partners web site at www.partners.org or call 617-726-2250.

GIVING

We thank all the people who gave from their hearts in the month of August:

To Marguerite A. Gustin and Lois Susan Statlender for their gifts **in honor of Frances Silverstein's 90th birthday**.

To Mr. and Mrs. Herman Peterson and Ellen and Samuel Zeltserman for their gifts **in honor of the Brookline Senior Center Respite Program**.

To Lorraine Tobin for her gift **in support of the Van.**

To Holly Middleton and Betty Milhendler for their gifts **in memory of Ruth Abrams**.

To Kathryn Kilpatrick **in memory of Billy Connors**.

To Dorothy Wolfson for her gifts **in memory of A.E. (Buddy) Levine and Mel Shapiro**.

To Ruth Geller, Thelma Shuman, Barbara and John Vanscoyoc, Aileen S. Lampert, and Ginny Mazur for their gifts **to our Annual Appeal.**

FROM THE BOARD PRESIDENT

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

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

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

A special thank you goes to the United Parish in Brookline for a very generous donation to the Annual Appeal.

OUR CONTRIBUTORS

We wish to thank the contributors to the September issue of the *Senior News and Events*: the US Administration on Aging for material for the article on page 1, Charlene Fong for the CIA photographs on page 3, Mimi Katz for the photos from the 2007 Craft Fair on page 4, Jean Stringham for the photo from the 2007 Annual Benefit on page 5, Claudia Dell'anna and the BA&CE for the information for the article on page 6, the Brookline Department of Public Health for the information for the article on page 9, Alison Books and the JF&CS for the recipe and article on page 13, and Laurie Israel and Michael Gross for their article on page 21.

HANDICAPPED ACCESS

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

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93 Winchester Street
Brookline, MA 02446

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