# 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
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**Senior Center** 617 730 2770
**Van** 617 730 2750
www.brooklinema.gov

## HIGHLIGHTS

Get rid of unwanted jewelry at the Jewelry Buy-Back on Sept. 23. See p. 4.

Brush up your driving skills. See p. 8.

See Richard W. Clark resurrect Clarence Darrow on Sept. 2. See p. 9

Hear the poetry of Seasoned Voices on Sept. 16. See p. 9.

Come to the gallery for an exhibit of work by Aida Canchola. See p. 14

Join the Newcomer's Club on Sept. 25. See p. 20.

Celebrate the August Moon on Sept. 21. See p. 22.

### BE A KNOW-IT-ALL!

This September issue of the *Senior News and Events* has been sent to a wider mailing list to give more people a taste of what you get with a subscription. To get the newsletter mailed to you every month, fill out the form on p. 31, and send it, along with $10.00, to the Senior Center.

## SEPTEMBER 2009

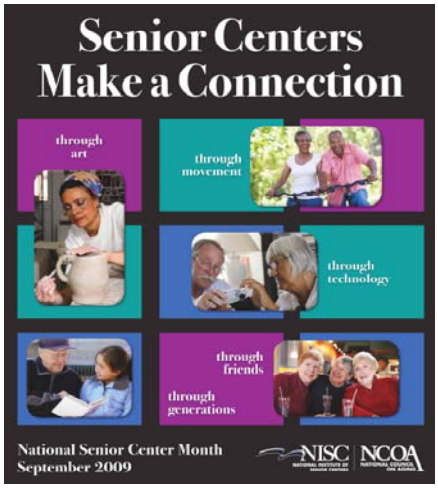
### IT'S SENIOR CENTER MONTH

The first senior center opened 60 years ago in New York City under the city's sponsorship, marking the beginning of the senior center movement. In short order, there were senior centers in San Francisco and Philadelphia. Today there are over 15,000 centers across the country, serving more than 10 million older adults annually.

*(Source: U.S. Administration on Aging)*

As new generations of older adults look to redefining 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.

"The people coming into our center have much to offer us. With their deep ties to this community, they are excited to share their diverse skills and talents." states Ruthann Dobek, Brookline Senior Center director. "Our goal is to keep people active and independent. We strive to provide the tools, resources and opportunities to help Brookline elders stay fit and involved, and to find new ways to contribute."




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

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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 31 for subscription/renewal form.

## COA BOARD MEETINGS

One of our most enduring harbingers of autumn, the monthly Council on Aging (COA) board resumes monthly meetings on **Wednesday, September 9,** meeting **at 1:00 pm** at the Senior Center. At this meeting Patricia Correa, J.D. and Brookline's Associate Town Counsel, will speak to us about the new Conflict of Interest and Open Meetings laws. **See box below** for the notice from the Town of Brookline about this meeting and its importance.

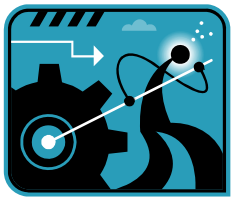
The schedule for COA board meetings in Fiscal Year (FY) 2010 has been set. All meetings will be at the Senior Center at 1:00 pm. **Save these dates**:

Wednesday, September 9, 2009
Wednesday, October 14, 2009
Thursday, November 12, 2009*
Wednesday, December 9, 2009
Wednesday, January 14, 2010
February 2010 (no COA meeting)
Wednesday, March 10, 2010
Wednesday, April 14, 2010* (volunteer appreciation luncheon)
Wednesday, May 12, 2010
Wednesday, June 9, 2010
July, 2010 (no COA meeting)
August, 2010 (no COA meeting but Nominating Committee does meet)

** The COA will meet on Thursday, November 12 in 2009, as Wednesday, November 11 is Veteran's Day.*

If you are a member of a Brookline Board or Commission and you have not yet fulfilled the **Conflict of Interest Meeting Law** Training requirement (refer to Town By-Law Article 3.20), feel free to attend this seminar, and please register your attendance with the Office of Town Counsel at 617-730-2190. Topics covered will include: restrictions on receiving gifts, outside employment, contracting with the municipality, and acting on matters in which family members and business associates have a financial interest.

## HOLIDAYS IN SEPTEMBER



Another harbinger of autumn, Labor Day, falls on **Monday, September 7**. And what is a more appropriate way to celebrate Labor Day, a day honoring the very principle of work and its importance in the life of the community and the nation, than 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 28, is Yom Kippur, but the Senior Center and the Rogerson Adult Day Health Program and Fitness Center will be open However, Brookline Adult and Community Education (BA&CE) classes will not be held.

## 25TH ANNUAL HOLIDAY FAIR —SAVE THE DATE—

The 25th annual Holiday Fair is scheduled for Friday, November 13, and Saturday, November 14, at the Senior Center so mark your calendars and plan to attend the fair. There will be hand crafts, photography, white elephants, food, and fun for young and old.

If you want to help in planning the fair, there are meetings scheduled at the Senior Center for Monday, October 5, and for Monday, November 2, both at 1:00 pm. For more information, call Julie Washburn at 617-730-2760 or Charlotte Millman at 617-730-2769.

*Photos from the 2008 Holiday Fair.*

## 5TH ANNUAL AUTUMN BENEFIT —SAVE THE DATE—

Mark your calendars for Wednesday, October 28, at 6:00 pm at the Senior Center for the Council on Aging (COA)/Senior Center Annual Autumn Benefit for the Van Fund.

This year we honor another of our own heroes, our indomitable Chairman of the COA Board of Directors, Agnes Rogers who will turn 90 in October. She has been a rock for the COA and for the Senior Center. No job is too big or too small for her to tackle. We hope that she will continue to show us all what volunteering is all about for many years.

In this time of deep economic crisis non-profit organizations like the Brookline COA/Senior Center are especially hard-hit as town, state, federal, and private funds are all overstressed by the recession. We hope that you can all contribute more than you usually do to the Annual Benefit, and convince your friends and children to raise their contributions as well to strengthen the COA/Senior Center Van Fund and other programs and services of the Brookline Senior Center.

## $$ BACK BY POPULAR DEMAND: THE JEWELRY BUY-BACK $$

On **Tuesday, September 22, beginning at 10:00 am**, Tony Sharrio from Jewelry Plus on Winter Street in Boston will return to the Senior Center to buy your gold, silver, diamond and costume jewelry, silverware, and watches. Why let the trinkets you don't or can't wear languish in your drawers when they can be turned into cash. Do some fall cleaning, and bring all those old or broken chains, necklaces, earrings, rings, watches, and so forth that you no longer wear because they are out of style or for whatever reason and walk out with cash. No appointment is necessary.

If you are unable to make this event, Mr. Sharrio will be happy to schedule a one-on-one appointment for a more convenient date. Or you are welcome to visit his retail location. Feel free to call 617-482-8952 (Jewelry Plus) for more information or to schedule an appointment.

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## FOOD NEWS AND VIEWS

***VOLUNTEERS NEEDED! By the Brookline Senior Center Food Distribution Site*** The Council on Aging/Brookline Senior Center is establishing a food distribution site for bread and fresh produce, and we need your help to do it. ***We need volunteers*** willing to donate 2 to 4 hours a week to help bag and distribute the food (at the Senior Center), give out information, and clean up and make sure health code mandates are observed. If you are interested in helping out, contact Ruthann Dobek at 617-730-2756 or e-mail her at rdobek@brooklinema.gov.

The Brookline Senior Center will receive unsold food from local supermarkets and bakeries and give it out on a regular basis. This is a wonderful opportunity to volunteer your time to help the Brookline senior community.

***More news*** The much needed repairs to the Brookline Food Pantry's space at St. Paul's Church have been completed and the Pantry has moved back into the newly renovated space. Please come to shop, donate food, volunteer, or even just drop in to see how the pantry operates. The pantry is open on Tuesdays and Thursdays between 10:00 am and 2:00 pm and on Saturdays from 2:00 to 4:00 pm.

***Food stamps*** If you are a low-income senior (age 60 or over), you may qualify for food stamps. The increases in prices 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 the Senior Center at 617-730-2777 and leave your name and phone number and a brief message for Riva Berkowitz, she will get back to you.

You can also call Project Bread's FoodSource Hotline at 1-800-645-8333, Monday through Friday from 8:00 am to 5:00 pm for information about food stamps.

***Springwell Open Meeting*** If you are 60 or older, or caring for an older adult, Springwell would like to hear from you! Express your ideas and concerns about the issues that are important to older adults. Springwell, the Area Agency for residents of Brookline and seven other Boston-area cities and towns, is holding an ***open meeting*** on Tuesday, September 15 at 1:00 pm at the Stephen Palmer Senior Center, 83 Pickering Street, Needham. Residents from all Springwell communities are welcome.

Help us help you tackle the Aging in Place issues in your community! We will present a draft of a four-year plan to address the benefits and obstacles of Aging in Place followed by time to provide your input so we can help ensure that appropriate services are available. Copies of the Plan and other information will be available at the meeting, on our web site—www.springwell.com, or by calling Kathy Siemionko at 617-926-4100.

Comments by any interested party are welcome and can be made at the meeting or submitted in writing to Kathy Siemionko, Springwell, 125 Walnut Street, Watertown, MA 02472, or ksiemionko@springwell.com by September 8.

***Do you prefer lunching out?*** Why not try coming to the Senior Center at 12:00 noon Monday through Friday where you can lunch, socialize, and even stay for one of our many interesting and lively programs. You can have either a hot or cold lunch with a donation of a mere $1.75. A full menu for the month will appear in the *Senior News and Events* for that month.

Call the day before (or on Friday for Monday lunch) by 11:00 am for reservations most days. Sometimes there is a special luncheon that requires earlier registration. This will also be noted in the monthly *Senior News and Events*.

## BA&CE SPECIAL EVENTS

The Boston Center for Adult and Community Education (BA&CE) has some very special doings planned for this fall. The first two—scheduled for September and called *Joseph P. Kennedy: Brookline Resident to King of Hollywood*— are being presented in collaboration with the National Park Service and the Coolidge Corner Theatre in celebration of the 40th anniversary season of the John Fitzgerald Kennedy National Historic Site and the 75th anniversary of the Coolidge Corner Theatre. These events are both free but preregistration is required. Call BA&CE at 617-730-2700 or access it online at www.brooklineadulted.org.

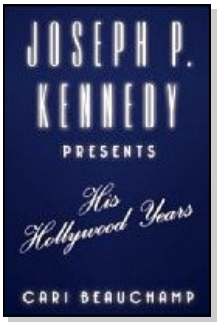
**A Tour of the John Fitzgerald Kennedy National Historic Site (the JFK Birthplace) and the Kennedys' Brookline Neighborhood**

Presented by National Park Service Rangers on Thursday, September 10 from 5:00 to 7:00 pm.

Meet in front of Walgreen's, the former SS Pierce Company Building at the corner of Beacon and Harvard Streets

**Course Code: X225**

**A Talk and Book Signing with Cari Beauchamp, author of *Joseph P. Kennedy Presents His Hollywood Years***




On Monday, September 14, from 7:00 to 8:00 pm at the Coolidge Corner Theatre at 290 Harvard Street. See also the Senior Center Book Discussion Group on p. 14.

**Course Code: X226**

Two other special events are being offered later in the fall, but they are worthy of noting as —SAVE THE DATE—events for Brookline seniors. Both of these events are being cosponsored by The Brookline Aging Collaborative. And both of these events are free but require preregistration. Again call at 617-730-2700 or access it online at www.brooklineadulted.org. Both the following events will be at Brookline High School at 115 Greenough Street.

**You: The Empowered Patient**

Presented by Gail Gazelle, MD, FACP, FAAHPM, and Assistant Clinical Professor of Medicine at Harvard Medical School, a nationally recognized expert in the care of people with serious illness, on Tuesday, October 6, from 7:00 to 8:30 pm.

Do you feel disempowered by the medical system? Whether it is the busy pace of the emergency room, trying to get your doctor to listen, or making sure you have the information you need, the health-care system is often confusing and intimidating. Dr. Gazelle will provide valuable tips to help you understand the mindset of your doctor and to help empower you to become your own best advocate.

**Course Code: X222**

**Healthy Aging Through Lifestyle, Diet, and Nutrition**

Presented by Donald B. Levy, MD, a board-certified Internist and Assistant Clinical Professor of Medicine at Harvard Medical School, and Caitlin Hosmer Kirby, BS in nutrition (Cornell) and MS and RD also in nutrition (Tufts). This event will take place on Thursday, November 5, from 7:00 to 8:30 pm.

What does current scientific evidence, including analysis of dietary practices around the world, suggest as basic components of a healthy diet? And if you are eating a healthy diets, do you also need to take vitamins, minerals, or other dietary supplements? What additional lifestyle recommendations are there for healthy aging?

**Course code: X223**

## 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 are designed to keep mind and body lively and engaged.

There are many other interesting and exciting courses listed in the BA&CE Fall 2009 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. The sampling of courses listed below are all given at the Senior Center. Senior discounts do not apply for these courses.

**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.
**Course Code: H065 Fee: $67.00**
**8 Wednesdays beginning Sept. 23, from 10:15 to 11:45 am.**

**Senior S-T-R-E-T-C-H**
***Sue Katz, Instructor***
In this class, you will improve your range of motion, balance, 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.
**Course Code: D009 Fee: $76.00**
**9 weeks on Mondays and Wednesdays beginning September 21, from 10:30 to 11:30 am.**

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

**Yoga for Older Adults**
***Steffi Shapiro, Instructor***
Yoga is an ancient system of gentle exercise and breathing techniques that enhance physical well being. It is also a philosophy and a medium for creative expression and a system that is well suited to older people because it combines safe, gentle, invigorating stretching exercises with relaxation and introspection, all in a noncompetitive atmosphere. Exercises consist of gentle stretches and simple movements that release tension from the neck, shoulders, back, and other body areas. Most exercises can be done in a chair or in a comfortable standing position.

Section 01 is a chair class (but mat class students are welcome). Section 02 is a mat class (taught on the floor).

Wear comfortable clothing, and bring a yoga mat to the class. Yoga mats can be purchased at any sporting goods store.
**Course Code: W044 Fee: $68.00**
**Section 01 (chair class) 9 Tuesdays from 2:00 to 3:00 pm beginning September 22.**
**Section 02 (mat class) 9 Tuesdays, 3:00 to 4:00 pm beginning September 22.**

*****

***See page 8 for computer courses expressly for seniors and the execellentContinuing to Drive Past 55 course.***

## JOIN THE COMPUTER GENERATION!

A new group of computer classes are being offered for the Fall with sections in September and October. They are specifically geared for seniors and are given at the Senior Center. They are offered by Brookline Adult and Community Education (BA&CE) in cooperation with the Brookline Council on Aging (COA). All who are interested in taking these courses but who are unsure of which classes to enroll in, should call BA&CE at 617-730-2770 or talk with Bob Roll in the Senior Center Computer Lab. The fee for each course is $70. Each of these courses are limited to six students. Senior discounts do not apply .

- **(Beginners) Computer Basics for Seniors** (Course code: **C116**) Section 01: **4 Thursdays from 9:30 to 11:30 am beginning September 24**. Section 02: **4 Thursdays from 9:30 to 11:30 am beginning October 22**
  Instructor: Bob Roll
- **Advanced Computer Basics for Seniors** (Course code: **C157**) Section 01: **4 Fridays from 9:30 to 11:30 am beginning September 23**. Section 02: **4 Fridays from 9:30 to 11:30 am beginning October 23**
  Instructor: Bob Roll
- **e-Mail Workshop for Seniors** (Course code: **C171**) **4 Wednesdays from 11:45 am to 1:45 pm beginning September 23**.
  Instructor: Bob Roll
- **Introduction to the Internet for Seniors** (Course Code: **C103**). Section 01: **4 Wednesdays from 9:30 to 11:30 am beginning September 23.** Section 02: **4 Thursdays from 9:30 to 11:30 am beginning October 22.**
  Instructor: Mimi Katz
- **Organizing Your Budget with Microsoft Excel: A Course for Seniors** (Course Code: **C172**) **4 Fridays from 2:00 to 4:00 pm beginning October 2.**
  Instructor: Michael Toon

Register for these courses by calling BA&CE at 617-730-2700 or online at www.brooklineadulted.org. For further information and for computer courses being taught at locations other than the Brookline Senior Center, consult the BA&CE Fall 2009 catalog.

There are also open computer lab sessions from **2:00 to 4:00 pm**.

- For the community on **Mondays**
  Instructor: Mimi Katz
- For the community and students on **Wednesdays**
  Instructor: Quen Law
- For students only on **Thursdays**
  Instructor: Bob Roll

## CONTINUING TO DRIVE PAST 55

Once more BA&CE is offering this six-hour course for those of us who are over 55 and have become nervous drivers and find the need to rebuild confidence behind the wheel or just hone and sharpen driving skills. The course includes four hours of classroom discussion and videos and two hours of behind-the-wheel retraining to help refine existing driving skills and develop some safer, defensive driving techniques on the road. Classes meet every **Thursday** for 3 weeks from 10:00 to 11:20 am. Two one-hour road lessons in city and highway venues will be arranged at your convenience. Join this course geared toward helping over-55s keep driving independently and safely throughout the golden years.

Course code: **N055**
**Begins September 24 at the Senior Center**
Fee: **$100** (payable to Pleasant Auto). Senior discount does not apply.

## PIATIGORSKY FOUNDATION CONCERT —SAVE THE DATE—

On Thursday, October 1, at 1:30 pm, don't miss Evan Drachman and Mary Au performing at another Piatigorsky Foundation Concert at the Senior Center. This event is sponsored by the Brookline Health Care Center.

Boston-born cellist Evan Drachman studied at the Peabody Conservatory, the New England Conservatory, and the Curtis Institute of Music. He combines artistic talent with great personal compassion and warmth to create a distinctive musical career. Since graduating from the Curtis Institute of Music in 1988, Mr. Drachman has appeared regularly as soloist with orchestras, and in recitals and chamber music performances across the United States and abroad.

Pianist Mary Au is a graduate of the Royal Academy of Music and the University of Southern California. She has been heralded as one of the "Outstanding Young Women of America." Renowned for her impassioned music making, technical brilliance, and superb artistry, Ms. Au has forged a successful career as a collaborative artist and chamber musician in both the performance and recording arenas.

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## CLARENCE DARROW SPEAKS

On **Wednesday, September 2, at 1:30 pm**, let actor Richard W. Clark help you to "keep history alive" when he returns to the Senior Center with a one-man play that "features intense courtroom drama and comic relief as it highlights the life and times of Clarence Darrow, attorney extraordinaire and defender of the downtrodden and the damned. From his youthful innocence in small-town Ohio to the embattled national stage of the 'Scopes Monkey Trial' and Leopold and Loeb courtrooms, it is a roller-coaster ride into the heart and mind of a complex American hero."

Richard W. Clark has performed widely as such famous (sometimes called infamous) characters as Mark Twain, Clarence Darrow, John Barrymore, and William Shakespeare—often at retirement communities, schools, and community groups throughout New England. Audiences fondly remember his wonderful performances.

## SEASONED VOICES

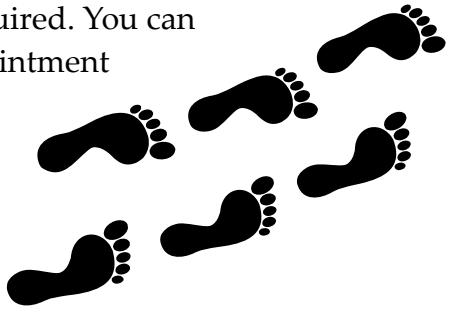
Come and be entertained and inspired by the Senior Center Poetry Group's Seasoned Voices public poetry reading at the Senior Center on **Wednesday, September 16, at 1:00 pm**. This group of seniors has been creating poetry together under the very skilled direction of instructor Anna Higgins in our very midst for some time now. Their poetry is witty, insightful, beautiful, nostalgic, and up-to-the-minute—something for every taste. I guarantee you will not be disappointed, rather that you will be impressed and possibly motivated to write some poetry (or even prose) yourself.

***Needed***: Volunteers to assist with a study being conducted by the COA. Social service. Health care, counseling, education, or research background preferred. Time commitment: approximately four hours a week. Contact Alberta Lipson at 617-730-2333.

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

**Ask a Nurse** St. Elizabeth's Medical Center's Nurse Practitioner Eileen Currier will visit the Senior Center on **Wednesday, September 23, from 1:00 to 2:00 pm**.

**Podiatry Clinic** Routine foot care with Dr. John McLoughlin is available by appointment on **Monday, September 21, from 9:00 am to 12:00 noon**. (September 7 is Labor Day so the Senior Center is closed.) Sessions, which last 15 minutes each, cost $25. Appointments are required. You can make an appointment by calling 617-730-2777.



**Low Vision Group** This peer-led support group for individuals with limited eyesight will meet at the Senior Center on **Wednesday, September 16, at 1:00 pm**.

Call 617-730-2777 for information and to set up a demonstration on how to use the Topaz Desktop Video Magnifier in the Computer Room at the Senior Center.

**Blood Pressure Screenings**

The Brookline Health Care Center will provide a blood pressure screening **at the Senior Center** on **Monday, September 14, from 1:00 to 2:00 pm**. The nurse who will preside at this session is bilingual. (She speaks English and Chinese.)

Come in on **Thursday, September 17, from 9:00 to 10:30 am to the Senior Center** for blood pressure screening with a nurse from the Brookline Health Department.

**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 will be available at the Senior Center on Thursday, September 17, from 9:00 am to 10:30 am, and at other locations around town:

- Wednesday, September 2, at the Brookline Health Department, 11 Pierce Street, from 2:00 to 3:00 pm
- Wednesday, September 9, at Sussman House, 50 Pleasant Street, from 1:00 to 2:00 pm
- Wednesday, September 9, at Temple Emeth, 194 Grove Street in South Brookline (use the Puddingstone Road entrance), from 3:00 to 4:00 pm
- Wednesday, September 23, at O'Shea House, 61 Park Street, from 1:00 to 2:00 pm

## OPEN MEDICARE ENROLLMENT

If you have Medicare, before long you will be getting important information from your Prescription Drug Plan, your Medicare Health Plan, and/or Prescription Advantage (if you are a member). It is very important to read the letters and understand the information in them. ***Do not ignore any letters from your plans!***

During the annual Medicare Open Enrollment (November 15 through December 31), you will have a chance to change your coverage for next year. Our state-certified SHINE (Medicare) Counselors can help you understand your plan changes, as well as other options you may have. ***Save the letters from your plans!*** And bring them with you to your SHINE appointment.

To schedule a free appointment with a SHINE Counselor, call the Senior Center at 617-730-2777. You can also reach a SHINE Counselor by calling 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Leave your name and number on the SHINE answering machine and a SHINE Counselor will call you back as soon as

## ARTHRITIS EXERCISE CLASS

The Arthritis Exercise Class continues at the Senior Center this Fall but is now NEW and IMPROVED! These gentle stretching and muscle-building exercises will benefit people with arthritis and others interested in improving their flexibility, muscle strength and general fitness level. This year, the use of both hand weights and stretch bands will be incorporated. Ilse Leeser, PhD, RN, will instruct the class with guidelines developed by the Arthritis Foundation. Classes will meet on **Thursdays from 10:30 to 11:30 am beginning September 10** and ending November 12. Please call the Senior Center at 617-730-2770 to register and to obtain a health care provider authorization form. (For previous participants, health-care provider information that has been provided within the last year will not need to be updated.) Space will be limited, so be sure to sign up early!

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www.partnershomecare.org


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

## 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:

**BETS**, 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 so that $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 **Monday through Wednesday from 12:00 noon to 4:00 pm** to take applications for, and sell, BETS coupon books. For more information, please call Alicia at 617-730-2740.

If you want to apply or be recertified for the BETS program, please bring your 2008 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.)

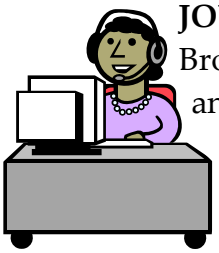
This cab service is available for use in all cabs of all companies that are based in Brookline. **It's the law!** If a cab driver from such a company gives you trouble about using the coupons, please report the incident to the COA at 617-730-2777.

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

**BLAB** The Brookline Legal Assistance Bureau (BLAB) will be at the Senior Center from **9:00 am to 12:00 noon** on **Wednesday, September 2** and on **Wednesday, October 7.** BLAB is staffed by volunteer local attorneys who offer individuals legal expertise on matters of law as well as information and referrals. This service is offered free of charge, and no appointment is needed.

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

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

**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, and she will get back to you.

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

A **SOCIAL SECURITY** Contact Station is no longer available 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.

## PARKINSON SUPPORT GROUP

On **Friday, September 4, from 1:00 to 2:30 pm**, at the Senior Center, Dr. Marie Saint-Hilaire, neurologist, will provide the group with an update on Parkinson's Disease (PD). Please bring questions or concerns you'd like to have discussed. All are welcome to attend, and we look forward to seeing you there!.

The group has been organized by the APDA I&R Center and is being sponsored by that group and The Brookline Aging Collaborative. For more information, call the APDA I&R Center at 617-638-8466.

## ALZHEIMER'S CAREGIVERS SUPPORT GROUPS

In September, this group will have 2 sessions designed to help caregivers cope with the stresses and demands of helping their Alzheimer-stricken family members and friends. These groups are available at no charge and are open to all caregivers.

The **Daytime** group will meet **Friday, September 11**. Call group leader Elaine Yanowitz at 617-730-2751 to register to attend and/or for further information.

The **Evening** group will meet **Thursday, September 24**. Call Susan Andriole at 617-730-2754 to attend and/or for further information.

There are other avenues for help. Among them are the Alzheimer's Association that maintains a 24/7 Helpline to answer questions about Alzheimer's. Call 800-272-3900, or contact the helpline online at communictions@alzmass.org.

And the MA/NH Chapter of the Alzheimer's Association has prepared a comprehensive book that family caregivers can consult for providing later-stage care at home. It is called *Later Stage Alzheimer's Disease: A Caregiver's Guide* and is available free from the www.alzmass.org.

## NATIONAL ADULT DAY SERVICES WEEK—SEPTEMBER 20 TO 26

This special week has been celebrated annually since it was proclaimed on September 27, 1983, by former President Ronald Regan. The third complete week of September is set aside to raise awareness of the availability and accessibility of adult day programs nationwide.

The Rogerson Adult Day Health Program is celebrating this week with "What is Adult Day Health and How Can It Help You"—explaining adult day health care. This presentation will be at the Senior Center on **Thursday, September 24, from 9:30 to 10:30 am**. Come and learn…and find answers to your questions about Adult Day Health Care.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*Say "farewell "to summer and "hello" tp autumn by having a happy and healthy Labor Day!*

## AT THE GALLERY

*You are invited to see*
*Paintings and Drawings by*
***Aida Canchola***

*Tuesday, September 8 to*
*Monday, November 30*
*at the Senior Center Gallery*

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

**Reception for the Artist**
*Friday, September 11,*
*5:00 to 7:00 pm*

## CALL FOR MORE INFORMATION

At press time, the schedules and details for the **French Conversation** group, the **Modern Beading Workshop**, and **Easy Travel** had yet been firmed up. All of these ongoing programs will take place at the Senior Center in September. See the Brookline TAB and call the Senior Center at 617-730-2777 for more information.

## BOOK DISCUSSION GROUP

There will be a special meeting of the book club at the Coolidge Corner Library on **Monday, September 14, at 2:00 pm**. The book to be discussed is *Joseph P. Kennedy Presents His Hollywood Years.* The author, Cari Beauchamp, will attend the meeting and participate in the discussion. This meeting is part of the festivities celebrating the 40th Anniversary Season of the John Fitzgerald Kennedy National Historic Site. Everyone is invited to attend this very special event!

For the details on the Brookline Adult & Community Education (BA&CE) tour of the JFK birthplace and their evening book event, see page 6.

## SENIOR CENTER SWING BAND

If you play an instrument and are looking for a group to play with and if you enjoy playing popular music from the 1920s to the 1950s, this band might be just your cup of tea. Join the Senior Center Swing Band with band leader James Demicco.

Anyone can join, but you should be able to read music or play by ear. Previous band experience is helpful but not necessary. We'll supply the sheet music if you can supply your instrument.

Meetings will be at the Senior Center on **Monday, September 14** afternoon **from 2:30 to 4:30 pm.** For information on a second meeting in September, call the Senior Center at 617-730-2777 for more information.

ROGER R. LIPSON
ATTORNEY-AT-LAW

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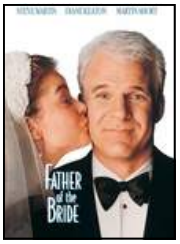
Tel. 617-566-2300

## MOVIE LOVERS SERIES FOR SEPTEMBER

This month the Senior Center has teamed up with the Coolidge Corner branch of the Brookline Public Library's Senior Cinema to present movies with a joint theme: ***weddings***. At press time, we did not have a list of the Coolidge Corner Library's films so we suggest you call them at 617-730-2380 for their list.

The Senior Center movies are shown on Tuesday afternoons at 1:30 pm. Come and enjoy a film!




**September 1 105 minutes**
**Father of the Bride (1991)**
In this hilarious update of the much-loved Hollywood classic, Steve Martin turns in a winning performance as George Banks, the befuddled father who has a hard time letting go of his daughter (Kimberly Williams) when she unexpectedly announces her plans to wed. Diane Keaton co-stars as George's level-headed wife, Nina, and Martin Short steals his scenes as an off-the-wall wedding consultant

**September 8 114 minutes**
**The Heartbreak Kid (2007)**
The Farrelly brothers have loosely adapted the 1972 hit of the same name into this romantic comedy starring Ben Stiller as Eddie Cantrow, a newlywed who marries a dreamy woman (Malin Akerman), only to learn at the honeymoon that she's a total nightmare. As this discovery sets in, Eddie meets the real girl of his dreams (Michelle Monaghan). The charmer also stars funnymen Jerry Stiller, Carlos Mencia, and

**September 15 109 minutes**
**Heartburn (1086)**
New York writer Rachel Samstat (Meryl Streep) falls in love with political columnist Mark Forman (Jack Nicholson), and the two marry despite her reservations. The wedded bliss comes to an end when, among other things, Mark's infidelity becomes an insurmountable problem. The marriage dies, culminating in a nasty divorce. Loosely based on the real-life woes of screenwriter Nora Ephron.

**September 22 94 minutes**
**Betsy's Wedding**
Betsy (Molly Ringwald) is getting married. It's that moment that families, especially fathers, anxiously await—and secretly dread. The wedding plans trigger an outrageous series of battles between the bride's and groom's respective parents (including Alan Alda and Madeline Kahn) over the size and tenor of the affair. In the ensuing chaos, the couple's wishes for a small, intimate service are resolutely trampled into the dust.Betsy (Molly Ringwald) is getting married.

**September 29 107 minutes**
**Polish Wedding (1998)**
This tale about the trials and tribulations of a large Polish-American family living in Detroit stars Claire Danes, Lena Olin, and Gabriel Byrne. Hala Pzoniak is torn between her family's wishes and her heart's desire as she faces marriage to the neighborhood cop—who is the father of her child.

**For more senior movies around Brookline and for more information about the Senior Cinema at the Coolidge Corner branch of the Brookline Public Library, see page 25.**

# Springwell Nutrition Program SEPTEMBER 2009

**617-730-2770**

| MONDAY | TUESDAY | WEDNESDAY |
|---|---|---|
| | **1) LABOR DAY SPECIAL**<br>Crab Cake w/Newberg Sauce<br>Corn Relish<br>Cole Slaw<br>Dinner Roll<br>**Lemon Bar** | **2) Mixed Bean Soup / Crackers**<br>Baked Ziti w/Meatball, Italian Style Vegetables, Rye Bread<br>**OR**<br>Roast Beef & Am Cheese on Wheat Bread, Lite mayo, Spinach Mandarin Orange Salad w/Lite Dressing, Potato Salad<br>**Peaches** |
| **7)**<br> <br>**LABOR DAY**<br>**SENIOR CENTER CLOSED**<br>**NO MEAL SERVICE** | **8)**<br>Stuffed Cabbage w/Tomato Sauce, Buttered Ziti, Country-Style Vegetables, Multigrain Bread<br>**OR**<br>Egg Salad on Oatnut Bread, English Pea Salad Cole Slaw<br>**Chocolate Chip Cookie** | **9) Florentine Soup / Crackers**<br>Breaded Fish w/Lemon Pepper Sauce, Lemon Wedge, Mashed Potatoes, Peas, Oatnut Bread<br>**OR**<br>California Chicken Salad on Lettuce Leaf, Pasta Vegetable Salad, Cucumber Tomato Salad, Wheat Bread<br>**Pears** |
| **14) Mushroom Barley Soup / Crackers**<br>Meatloaf w/Brown Gravy, Mashed Potatoes, Beets, Wheat Bread<br>**OR**<br>Egg Salad on Rye Bread, Lettuce Leaf, Potato Salad, Tomato Red Pepper Salad<br>**Mixed Fruit** | **15) BIRTHDAY LUNCH**<br>Vegetable Cheese Quiche, Ketchup, Zucchini & Tomatoes, Diced Potatoes, Oatnut Bread<br>**OR**<br>Breaded Chicken Patty on Hamburger Roll, Lite Mayo, Cole Slaw, Three Bean Salad<br>**Fresh Fruit** | **16) Vegetable Pasta Soup / Crackers**<br>Chicken Paprika w/Sauce, Red Bliss Potatoes, Broccoli, Multigrain Bread<br>**OR**<br>Roast Beef & Mozzarella on Whole Wheat Bread, Lettuce Leaf, Lite Mayo, Beet Salad, Lemon Rice Salad<br>**Tapioca Pudding / Topping** |
| **21) AUGUST MOON FESTIVAL**<br> <br>**NO SPRINGWELL LUNCH**<br>**See page 22 for details** | **22)**<br>**Minestrone Soup / Crackers**<br>Stuffed Shells w/Alfredo Sauce & Meatball, Spinach, Oatnut Bread<br>**OR**<br>***Ham & Am. Cheese on Rye Bread, Mustard, Lettuce Leaf, Carrot Raisin Salad, Potato Salad<br>**Peaches** | **23)**<br>Beef Stew, Tossed Garden Salad w/Lite Italian Dressing, Green Beans, Whole Wheat Roll<br>**OR**<br>California Chicken Salad on Wheat Bread, Lo Mein Pasta Salad, Spinach Mandarin Orange Salad w/Lite Italian Dressing<br>**Strawberry Cup** |
| **28) Mixed Bean Soup / Crackers**<br>Cheese Lasagna w/Meatball, Tossed Garden Salad w/Lite Italian Dressing, Peas & Carrots, Wheat Bread<br>**OR**<br>Chicken Salad on Hamburger Roll, Lettuce Leaf, Carrot Pineapple Salad, Potato Salad<br>**Pears** | **29)**<br>Pier 17 Fish w/Lemon Sauce, Lemon Wedge, Red Bliss Potatoes, Zucchini, Corn Bread<br>**OR**<br>Roast Beef & Swiss on Rye Bread, Lite Mayo, German Potato Salad, Tomato Red Pepper Salad<br>**Fresh Fruit** | **30) Beef Barley Soup / Crackers**<br>Pot Roast w/Gravy, Sweet Potatoes, Mixed Vegetables, Muffin<br>**OR**<br>Egg Salad on Multigrain Bread, Lettuce Leaf, Beet Salad, Pasta Salad<br>**Applesauce** |

| THURSDAY | FRIDAY |
|---|---|
| **3)**<br>***Reduced Sodium Hot Dog on Hot Dog Roll, Baked Beans, Mixed Vegetables, Ketchup/Mustard/Relish<br>**OR**<br>Chicken Salad on Oatnut Bread, Lettuce Leaf, Macaroni Salad, Garden Salad w/ Lite Dressing<br>**Fresh Fruit** | **4) Cr. of Butternut Squash / Crackers**<br>Roast Turkey, Gravy, Cranberry Sauce, Mashed Potatoes, Peas & Onions, Oatnut Bread<br>**OR**<br>Tuna Salad on White Bread, English Pea Salad, Tomato Zucchini Salad<br>**Pears** |
| **10) Vegetable Soup / Crackers**<br>Greek Chicken, Paprika Potatoes, Broccoli & Red Pepper, Wheat Bread<br>**OR**<br>Turkey & Swiss on Rye Bread, Lite Mayo, Tri-Color Pasta Salad, Tossed Garden Salad w/Lite French Dressing<br>**Hoodsie** | **11)**<br>Baked Macaroni & Cheese, Stewed Tomatoes, Tossed Garden Salad w/Lite Italian Dressing, Dinner Roll<br>**OR**<br>Seafood Salad on Multigrain, Lettuce Leaf, Riviera Salad, Potato Salad<br>**Peaches** |
| **17)**<br>American Chop Suey, Grated Parmesan Cheese, Tossed Garden Salad w/Lite Dressing, Green Beans, Italian Bread<br>**OR**<br>Chicken Salad on Lettuce Leaf, Carrot Pineapple, English Pea Salad, Oatnut Bread<br>**Frosted Cake** | **18) Split Pea Soup / Crackers**<br>Breaded Fiesta Fish, w/Salsa, Spinach, Brown Rice, Rye Bread<br>**OR**<br>Turkey & Cheese on Multigrain Bread, Lite Mayo, Lettuce Leaf, Tomato & Zucchini Salad, German Potato Salad<br>**Mandarin Oranges** |
| **24) Clam Chowder / Crackers**<br>Baked Fish Au Gratin, Sweet Potatoes, Peas, Rye Bread<br>**OR**<br>Roast Beef & Swiss on Oatnut Bread, Lite Mayo, Lettuce Leaf, Pasta Salad w/ Cheese, Cole Slaw<br>**Fresh Fruit** | **25)**<br>***Kielbasa, Onion & Peppers, Potato Salad, Green Beans, Mustard, Sub Roll<br>**OR**<br>Tuna Salad on Multigrain Bread, Lettuce Leaf, Macaroni Salad, Tomato Broccoli Salad<br>**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**
**Meals are served at 12:00 noon unless otherwise noted.**

**For meal reservations on Mondays, please call the previous Friday by 11:00 am. For meal reservations on Tuesdays through Fridays, please call the previous day by 11:00 am.**

## 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.** For reservations for **Monday lunches**, please call the **previous Friday**. Call 617-730-2770 for reservations.

Come to lunch on **Tuesday, September 1**, for **Springwell's Labor Day Special** featuring crab cake with Newberg Sauce and a lemon bar for dessert. Plan on staying on for a movie—Father of the Bride starring Steve Martin in the title role. See p. 15 for more detail on the movie.

On **Tuesday, September 15**, there is a special **Birthday Lunch.** If you have a September birthday, let us know that when you make your reservations for a special surprise in honor of your day.

Attend the **August Moon Festival** on **Monday, September 21**. See p. 22 for details.

And on **Tuesday, September 29**, meet the **Let's Go Out to Lunch group** at **Chef Chow's House** at 230 Harvard Street. Call Charlotte Millman at 617-730-2769 for reservations.

Brookline Senior Center
93 Winchester Street
617-730-2770

# SEPTEMBER 2009

# EVENTS CALENDAR

| MONDAY | TUESDAY | WEDNESDAY |
|---|---|---|
| ***To reserve a lunch please call 617-730-2770 by 11 a.m., a day in advance.*** | 1<br>10:30a.m.Brookline Bees-Quilters<br>Noon - Springwell Labor Day Lunch<br>1 p.m. Bingo<br>1:30 p.m. Movie Lovers' Film Series "Father of the Bride" | 2<br>9a.m. BLAB lawyer<br>9:30 a.m. Retired Men's Club<br>12:30 p.m. Bridge<br>1:30 p.m. Actor Richard Clark, live performance as Clarence Darrow<br>2-4 p.m. Open computer lab |
| 7<br>LABOR DAY HOLIDAY<br><br>Senior Center is closed<br>Rogerson Adult Day Health Program is closed | 8<br>10:30 a.m. Brookline Bees-Quilters<br>12:30 p.m. French Conversation grp. call for schedule<br>1 p.m. Bingo<br>1:30 p.m. Movie Lovers' Film Series "Heartbreak Kid"<br>Aida Canchola art exhibit begins | 9<br>9:30 a.m. Retired Men's Club<br>12:30 p.m. Bridge<br>1 p.m. COA meeting, guest speaker P. Correa,J.D.Assoc.Town Counsel<br>2-4 p.m. Open computer lab |
| 14<br>10:30 a.m. Poetry Workshop-filled<br>12:30 p.m.Chinese programs<br>1 p.m.Mah Jongg<br>1-2 p.m. Blood pressure screening<br>1-2 p.m. Line Dancing<br>2-4 p.m. Open computer lab<br>2:30 p.m. Swing band | 15<br><br>10:30a.m. Brookline Bees-Quilters<br>Noon - August Birthday lunch<br>1:00 p.m. Bingo<br>1:30 p.m. Movie Lovers' Film Series "Heartburn" | 16<br>9:30 a.m. Retired Men's Club<br>12:30 p.m. Bridge<br>1 p.m. Low Vision Group<br>1 p.m. "Seasoned Voices"' poetry reading<br>2-4 p.m. Open computer lab |
| 21<br>9a.m. Podiatry Clinic<br>10:30 a.m. Poetry Workshop-filled<br>Noon - August Moon Festival -$7<br>Pre-registration required<br>12:30 p.m. Chinese programs<br>1:30 p.m. Mah Jongg games<br>1--2 p.m. No Line Dancing<br>2-4 p.m. Open computer lab | 22<br>10 a.m.-2:30 p.m. Jewelry BuyBack<br>10:30a.m.Brookline Bees-Quilters<br>12:30 p.m. French Conversation grp. call for schedule<br>1:00 p.m. Bingo<br>1:30 p.m. Movie Lovers' Film Series "Betsy's Wedding" | 23<br>9:30 a.m. Retired Men's Club<br>11a.m Wit and Witticism group<br>12:30 p.m. Bridge<br>1 -2 p.m. Eileen Currier, Nurse Practitioner from St. E's Med.Center<br>2-4 p.m. Open computer lab |
| 28 - YOM KIPPUR<br>Senior Center is O\open<br>10:30 a.m. Poetry Workshop-filled<br>12:30 p.m. Chinese programs<br>1 p.m. Mah Jongg<br>1--2 p.m. Line Dancing<br>2-4 p.m. Open computer lab<br>Swing band-call for schedule. | 29<br>10:30a.m.Brookline Bees-Quilters<br>Noon - "Let's Go Out to Lunch"grp meets at Chef Chows on Harvard St.<br>1 p.m. Bingo<br>1:30 p.m. Movie Lovers' Film Series "Polish Wedding" | 30<br>9:30 a.m. Retired Men's Club<br>11a.m Wit and Witticism group<br>12:30 p.m. Bridge<br>2-4 p.m. Open computer lab |

| THURSDAY | FRIDAY |
|---|---|
| 3<br>10:30 a.m. Knit and Crochet<br>1:30 p.m. Russian Tea Room<br>1:30 p.m. Knit and Crochet<br>1:30 p.m. "Easy Travel" call for schedule | 4<br>9 a.m. Bridge<br>9:30 a.m. Solemates Walking group<br>10 a.m Project Volunteer Group<br>10:30 a.m. Current Events<br>10:30 a.m. Senior Chorus<br>1 p.m. Parkinson Support Group |
| 10<br>10:30 a.m. Knit and Crochet<br>10:30 a.m. Arthritis Exercise program pre-registration requested<br>1:30 p.m. Knit and Crochet | 11) 9 a.m. Bridge<br>9:30 a.m. Solemates Walking group<br>10 a.m. Project Volunteer Group<br>10:30 a.m. Current Events<br>10:30 a.m. Senior Chorus .<br>Afternoon Alzheimer Support Group<br>5-7 p.m. Reception for the artist, Aida Canchola |
| 17<br>9-10:30 a.m. Blood Pressure screen<br>10:30 a.m Knit and Crochet<br>10:30 a.m. Arthritis Exercise program<br>1:30 p.m. Russian Tea Room<br>1:30 p.m.Knit and Crochet | 18<br>9 a.m .Bridge<br>9:30 a.m. Solemates Walking group<br>10 a.m Project Volunteer Group<br>10:30 a.m. Current Events<br>10:30 a.m. Senior Chorus<br>ROSH HASHANAH BEGINS at sundown -Happy New Year! |
| 24 9:30-10:30 a.m. Adult Day Health Care Information Session<br>9:30 a.m. Drawing for Pleasure pre-registration required<br>10:30 Arthritis Exercise Class<br>10:30 a.m Knit and Crochet<br>1:30 p.m. Russian Tea Room<br>1:30 p.m.Knit and Crochet<br>Evening Alzheimers Support Group | 25<br>9 a.m. Bridge<br>9:30 a.m. Solemates Walking group<br>10 a.m Project Volunteer Group<br>10:30 a.m. Current Events<br>10:30 a.m. Senior Chorus<br>1p.m. Newcomers' Club pre-registration requested |
| 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 | SHINE counselors are available to answer your individual health insurance questions. Please call 617-730-2777 for an appointment. |

# ONGOING SENIOR CENTER EVENTS

**MONDAY**

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

**TUESDAY**

10:30 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
2-4 pm Computer Lab open

**THURSDAY**

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

**FRIDAY**

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

## DRAWING FOR PLEASURE

A new season of this wonderful program with Louise Weinberg and Elizabeth Taylor as instructors will begin at the Senior Center on **Thursday, September 24, at 9:30 am**. This class is for both people who have taken the class before *and* beginners.

Elizabeth and Louise are a winning combination who have been teaching this popular course at the Senior Center for many years. The program is focused on making drawing a pleasurable event, smoothing out the frustration level by learning to look at things as an artist does. In doing so, the class will address such issues as line, value, and composition. These include negative space, contour drawing, and how light and shadow create form. Working from still-life objects, the students will use charcoal, pencils, a kneaded eraser, and a newsprint drawing pad.

Space is limited, so call 617-730-2770 to register for the program as quickly as possible as this class is very popular. There is no fee for the course itself but you might need to purchase drawing supplies.

## WORDS AND WITTICISMS

This light-hearted program of word games and diversions will return in September for your amusement and edification. There will be sessions **on Wednesdays, September 23 and 30 and on October 1** at the Senior Center **from 11:00 am to 12:00 noon**.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## NEWCOMERS' CLUB

We are happy to announce that the Brookline Council on Aging (COA) Newcomers' Club will hold its first meeting on **Friday, September 25, from 1:00 to 3 pm** at the Senior Center.

This group will meet for five Friday afternoons and offers an opportunity for seniors, both newcomers and long-time residents, to learn more about Brookline. Topics include a review of local government and recreational, social, and educational programs that are available to all Brookline's seniors. We will meet local leaders and have time together to share and compare information and ideas.

Not feeling like a stranger in the community depends on having friends. Here is a way for people to meet others with common interests and concerns.

For more information and answers to questions, call Charlotte Millman at 617-730-2769 or Julie Washburn at 617-730-2760.

## BOWLING

All year long, bowlers meet at 10:00 am on Wednesday mornings at 20th Century Bowling Alley (affectionately known as Ron's) at 1231 Hyde Park Avenue next to the Hyde Park police station. The cost is $6.50 for three strings and shoe rental. The group is generally back at the Senior Center by 12:00 noon. For more information, call Charlotte Millman at 617-730-2769.

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## AUGUST MOON FESTIVAL

The August Moon Festival (or Mid-Autumn Festival) is one of the most celebrated Chinese holidays. It is held on the 15th day of the 8th lunar month. Chinese families celebrate the end of the harvest season with a big feast. Unlike the American Thanksgiving dinner, the Chinese have moon cakes instead of grandma's pumpkin pie. Friends and relatives also send moon cakes to each other as a way of giving thanks.

This annual event will be held (inscrutably) on **Monday, September 21, at 12:00 noon** at the Senior Center. Tickets for the festival (including lunch and entertainment) are $7 and will go on sale on Wednesday, September 9. Call as soon as possible thereafter for reservations as this very popular event is booked up fast, and you don't want to miss it


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## JOIN THE "TREMBLE CLEFS"

This new choral group, the first of its kind to be organized east of the Mississippi River is being organized as a therapeutic singing group for people with Parkinson's Disease (PD) and their care partners and is looking for members now. The group will meet to rehearse on Mondays from 10:30 am to 12:00 noon at the Senior Center beginning October 10 and will eventually give performances in the Brookline community.

This is an opportunity to get in on the ground floor of this exciting new singing program to help with PD-related voice and communication problems through breathing, stretching, and posture activities; vocal exercise; and social support. Singing experience is not required, and there are no auditions. All you need to participate in the Tremble Clefs is a good attitude!

The cost to join the group is $40 per semester, and there is a sliding scale available. For more information, contact Nancy Mazonson, MS, OTR/L, at 781-693-5069 or e-mail her at nmazonson@jfcsboston.org.

This program has been made possible by a collaboration between Massachusetts General Hospital (MGH) Department of Speech, Language, and Swallowing Disorders; MGH Partners Parkinson's disease and Movement Disorders Center; and the Jewish Family & Children's Services Family Support Program. It is sponsored by all these organizations plus the National Parkinson Foundation.


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

## JOBS 2009

This is a new program for ***Navigating the New Job Market*** that is sure to be of interest to anyone seeking employment in these troubled economic times. They are free of charge and are being presented by The Public Library of Brookline and co-sponsored by the Brookline Senior Center. There are six workshops scheduled either at the Main Library (**M**) at 361 Washington Street or the Coolidge Corner Branch (**CC**) at 31 Pleasant Street:

**Job Search Strategies for Older Workers** with Wendy Gelberg, Gentle Job Search/Advantage Resumes. Location: **CC**
**Thursday, September 10, from 6:30 to 8:00 pm**
Designed to inform, motivate, and challenge older workers navigating the job search process. We'll explore perceptions that get in the way; advantages older workers bring; the changing job landscape; and industries and sectors that welcome older workers. You'll learn strategies to get interviews as well as effective answers to age-related questions.

**Job Searching for College Students, Recent Graduates, and Young Professionals** with Mitch Bornstein, PhD, Career Treking LLC. Location: **CC**
**Thursday, September 17, from 7:00 to 8:30 pm**
Your grownup grandchildren might want to know about this workshop. College students and young professionals can thrive in this challenging job market. Using a variety of techniques, Mitch Bornstein will provide practical approaches to identifying and landing the right job. You'll find out about creating compelling resumes and cover letters, standing out in interviews, and connecting with employers.

**The Strategic Job Search** with Judy Bottkol, Employment Coach, Career Moves at Jewish Vocational Service. Location: **CC**
**Tuesday, September 22, from 6:30 to 8:00 pm**
Is your job search effort stalled? Do you feel that it is just not working? Learn how to conduct a more effective job search with new strategies and techniques.

**Online Job Hunting: A Hands-On Introduction** with Mary Wasmuth and Erin Williams. Location: **M**
**Wednesday, September 30, from 8:45 to 10:15 am**
Learn about the variety of job resources available online, the best ways to put them to use in your job search, and how to protect your privacy. ***Space for this workshop is limited***. To preregister, e-mail mwasmuth@minlib.net or call the library at 617-730-2360.

AND THERE WILL BE TWO MORE WORKSHOPS FOR THIS PROGRAM IN OCTOBER:

**Ace the Interview** with Gail Birger, Birger & Associates. Location: **CC**
**Thursday, October 1, from 6:30 to 8:00 pm**
Does the thought of interviewing make your heart race and your palms sweat? Preparation and practice are the keys to gaining proficiency. In this workshop you will learn: how to answer basic and behavioral questions, talk about salary, discuss accomplishments, and ask the right questions.

**Resumes That Work** with George Zeller, Senior Employment Specialist, Career Moves at Jewish Vocational Service. Location: **CC**
**Tuesday, October 6, 6:30 to 8:00 pm**
The résumé has only one purpose: to get you an interview. This workshop offers strategies to highlight your career objective, skills, and experience and to present you in the most positive and marketable way. You'll leave with new tips for creating a winning resume. Bring a copy of your resume for a critique.

## GET RID OF THAT STUFF!

Is it hard for you to find an uncluttered, empty surface in your home? Are books or *important* papers piled up on your shelves, desks, and/or floors? Are tabletops filled by mementos and collectibles? Are there stacks of magazines and newspapers? Is your closet full of clothes that you don't wear? If so, you need some ***clutter management***.

To a greater or lesser extent, we all have this problem. We have an accumulation of 50, 60, 70, more year's worth of possessions: things inherited from an older generation, received from a younger generation, or just plain gathered ourselves. We seem to bring more things into our homes than we take out. Our living spaces are full of ***stuff***.

Usually, emotional and psychological attachments prevent us from winnowing our collections. We may never use a particular item, but we can't possibly think of getting rid of it. For instance, I don't think I could ever give up my mother's green plastic cigarette ashtray with the burnt mark on it. It has totem-like meaning for me.

So what can we do about this problem? Here are some helpful hints.

***Keep important papers.*** You should keep all your tax returns and important papers about buying and selling property for at least 10 years. Remember, people can sue your estate for one year after your death, so you'll want your heirs to have back-up documentation just in case. Any papers that you decide not to keep should be shredded.

***Don't think you'll clean up and clear it out tomorrow, because you won't do it.*** Give yourself a deadline. Schedule specific time to clean up and clear out. If you need help, perhaps ask a family member or hire a college student to work with you on the project.

***Give it away!*** Do you think that you're going to sell your stuff and make money? Chances are that you won't. If money were a motivation, you probably would have sold items sooner. Give books away to groups that raise money for charities. Give other items, such as clothing furniture, linens, cookware, and tableware, that you have not used in five years to organizations like those mentioned on pages 35 to 38 of the *Elder Services Guide*, 5th Edition (published by the Brookline Council on Aging/Brookline Senior Center) and available at the Senior Center free of charge).

***If you file taxes and file Schedule A, you can get a deduction for giving tangible property away.*** Keep receipts. If the value of what you give away is $500 a year or less, the deduction is simple on the Schedule A of your tax return. If your donation has value of more than $500, the deduction is more complicated, but still possible. Ask your tax preparer for the details. You will have essentially "sold" the property by having your taxes reduced.

Once you have made this effort, your unused items will have found use elsewhere and you will have a more habitable home. For more information about clutter management, refer to pages 18 to 21 of the *Elder Resource Guide*.

*by Laurie Israel, Esq.*


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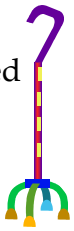
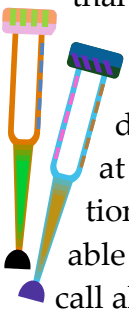


The Council on Aging Equipment Loan Fund (ELF) has a small supply of gently used walkers, canes, crutches, grabbers, commodes, bed transfer handles, and shower benches that are now available for lending thanks to generous donations. If you want to borrow any of these items (or if you have something you would like to donate), please contact Julie Washburn at 617-730-2760. Because of space limitations and other guidelines, we will not be able to accept all items, so please be sure to call ahead and speak to Julie before dropping things off.



## GIVE US YOUR CELL PHONES AND IPODS

We are always on the lookout for retired cell phones and iPods. All donations will be gratefully accepted. Bring them to Susan Andriole at the Senior Center so that we can pass them on to an organization that will rehabilitate them for nonprofit use and give the Senior Center cash that will help pay our services and programs.

## PROJECT VOLUNTEER

Want to find a pleasant way of socializing and meeting new people while doing very useful and necessary projects? Then consider joining Project Volunteer who does stuffing for mailing and other projects (like making decorations and packaging favors) for the Senior Center and other nonprofit groups. Project Volunteer meets every **Friday at 10:00 am**. You do not need to register for this activity, nor do you need to come every week. Simply come to the Senior Center some Friday morning, and try it out. For more information, call 617-730-2777, and leave your name and phone number at the Information and Referral Desk, noting that you are interested in Project Volunteer. Someone from the group will get back to you promptly.

**The 5th Edition of the *Elder Resource Guide*, revised and expanded, is now available for pick-up at the Senior Center. Additions to the *Guide* include sections on clutter management, funeral planning, tax exemptions, and a Partners-in-Care Spotlight on Jewish Family and Children's Services (JF&CS). Pick up your copy today!**

## SENIOR MOVIES AROUND TOWN

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

**Senior Cinema** (at the **Coolidge Corner branch of Brookline Public Library**) has movies every Thursday afternoon. Refreshments are available at 1:00 pm, and the films start at 1:30 pm. Call 617-730-2380 for more information.

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

**Goddard House in Brookline** also offers many movies each month. For more information and to make reservations, call 617-731-8500.

## SENIOR SCENE

This program on Brookline Access Television (BATV), hosted by Betty Joel, addresses different aspect of senior life in Brookline and is aired weekly: Thursdays at 7:00 pm, Fridays at 7:30 pm, and Sundays at 7:30 pm. The program is produced so that each episode airs for about a month.

The studios of BATV are in the process of being redesigned and moved from the old Lincoln School to the Unified Arts Building at Brookline High School. This new and expanded space will make more classes available. However, it will take some time to set up the new facility so regular taping of the Senior Scene will not begin again until mid-September at the earliest. It is quite possible that taping will not begin until as late as the end of October.

When taping does resume, the new program will showcase the Senior Center program—Drawing for Pleasure. Interviewees include instructor Louise Weinberg and former students Sol and Gloria Brenner. This should be a wonderfully informative show as the workshops are very popular and praiseworthy. Look for announcement of the airing of the new program in the *Brookline TAB* and in the October issue of the *Senior News and Events*.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THE ASSISTANCE YOU NEED TO STAY INDEPENDENT

## SUGAR SNAP PEA AND BARLEY SALAD

You get a whole meal in one with this dish. Whole-grain barley along with crisp matchsticks of snap peas makes the meal vitamin- and fiber-rich. The chicken adds a great lean source of protein to keep you fuller for a longer period of time.

Active Time: 30 minutes
Total Time: 30 minutes
Ease of Preparation: Easy
Makes 3 servings

**Ingredients**

1 cups water
½ cup quick-cooking barley
4 ounces sugar snap peas, trimmed and sliced into matchsticks
9 ounces canned chicken, drained and broken up in small pieces
¼ cup chopped fresh flat-leaf parsley
2 tbsp finely chopped red onion
1 tablespoon canola, or extra-virgin olive, oil
1 tablespoon lemon juice
⅛ teaspoon salt
⅛ teaspoon freshly ground pepper

**Preparation Instructions**

1. Bring the water to a boil in a medium saucepan. Add the barley and cook, covered, for 10 to 12 minutes or according to package directions. Remove from the heat and let the barley stand covered for 5 minutes.
2. Rinse the barley under cool water and transfer it to a large bowl. Add snap peas, chicken, parsley, onion, oil, lemon juice, and salt and pepper and toss to combine.

**Nutrition Analysis and Tips** Per serving: 320 calories; 10g fat (2g sat, 0g trans); 70mg cholesterol; 340mg sodium; 30g carbohydrate (6g fiber, 2g sugar); 28g protein. Vitamin A 10%, Vitamin C 20%, Calcium 4%, Iron 15% Daily Value.

***Tip***: If desired, use leftover cooked, chopped chicken instead of canned.

**Cost** $1.98 per serving

*From Jewish Family & Childrens Services, Modified from: www.eatingwell.com*

## SPANISH IMMERSION

The Brookline Spanish Immersion program provides Spanish-speaking Brookline Seniors with the opportunity to earn some money and gain social interaction by speaking Spanish (in one-on-one sessions) with people who want to improve their Spanish conversation skills. Sessions are held at the Senior Center. Interested people should call (617)-730-2644 or (617) 953-7016 or e-mail to brookline.spanish.immersion @gmail.com. The program is supported by the Brookline Senior Center and the Jamaica Plain Coalition: Tree of Life/Arbol de Vida.

## CAREERS IN AGING REPRISE

Our sixth annual Careers in Aging (CIA) program was held in July and was an enormous success. Seven enthusiastic, smart and motivated high school students brought their youthful energy to all aspects of the program. They spent time doing activities with elders at the Senior Center, Rogerson Communities, Goddard House Assisted Living, Center Communities, and the Brookline Health Care Center. The students were warmly received at all venues, and they have even expressed interest in coming back for Bingo at the Senior Center.

This year's theme was ***Giving Back***. At the beginning of the program, Harry Johnson read them Shel Silverstein's *The Giving Tree*. And the culmination of this theme showed itself most perfectly in the bake sale on the last day of the program. All of the proceeds of the bake sale, over $75, were donated by the program to the Senior Center. Thanks to much-appreciated additional cash gifts from Rhona Hirschowitz and from Muriel Stark, the bake sale made a total of over $110.

Alison Kanter, an alumna of the program and this year's coordinator, did a bang up job and wants to acknowledge warmly the help of the Council on Aging (COA) social workers and all the Senior Center staff. And thanks also go to the seniors themselves, especially those who contributed to discussions, sharing of oral histories, book group sessions, baking, and arts and crafts.

The students have much more interest in social work thanks to all of their experiences this summer. Wheelock Professor of Social Work, Debby Beck, was once again an asset to the program, giving the students a wonderful base knowledge of social work and serving as a terrific resource and higher learning representative.

See the October issue of the Senior News and Events for pictures taken during the CIA program. *Adapted from the report by Ali Kanter*

## SONGWRITING WORKS™ —THE POEM—

At press time for the August *Senior News and Events*, we didn't yet have the poem that the seniors wrote and put to music. Now we have it, and lovingly make a gift of it to the Brookline Senior community:

***May the Words Go Across the Harbor (Boston Peace Song)***

Let the words go across the harbor
Let the song of freedom rise
Let those who live in Boston
Know their precious prize
Let those who come here marvel
At the richness of our lives
We will meet on Boston Common
For peace to organize
We will meet on Boston Common
For peace to harmonize

## BELLY DANCE WORKSHOP REPRISE

The weather was not the only thing that was hot in August. The Belly Dance Workshop was about as hot as we get at the Senior Center. Everyone who attended really enjoyed themselves.

## FLU CLINIC—SAVE THE DATE

On Tuesday, October 6, from 10:00 am to 1:00 pm there will be a Flu Clinic at the Senior Center. We don't have the full schedule yet, but we do know about this first one of the season. We also know that this first clinic will give regular flu shots, *not* shots for the H1N1 virus. As usual it is open for Brookline residents and town employees only. We will pass on more information for you as we receive it so look for information about Senior Center clinics on the COA web page on the town web site and in the October *Senior News and Events*.

## FROM THE DIRECTOR

I want to give a special welcome to people who may be reading this publication for the first time. Reading our *Senior News and Events* is a great way of being educated about important programs and services and of staying informed about all the fabulous programs that happen here in Brookline. No senior should ever be bored with the wealth of activities that are available, many free or virtually free. We are proud to mail this month's copy to a wider audience and encourage you to subscribe (use the form on p. 31) to stay abreast of all the exciting happenings!

September is Senior Center Month and I invite you to attend a program this month. We offer an exciting variety of classes and programs. All the different activities will help keep you feeling healthy and involved. Try chair yoga, a literary discussion class, or join the chorus. You can even offer to teach a new class yourself.

I remain especially concerned about the high cost of living. The Jewish Family and Children's Service (JF&CS) has submitted another great recipe for little cost in this month's issue (see p, 27), and our meal site here at the Senior Center is always a great bargain (see p.5 and September's menus on pp. 16-17. Please join us to share a noontime meal with new and old friends alike. Just make sure to be as generous as you can to keep the program running.

I am pleased to announce that the Brookline Community Foundation has funded a grant to assist in food outreach activities. We are planning to start a food distribution site and are still recruiting volunteers to help (see p. 5). Other food related events will occur during the year.

The Asian community celebrates the harvest and their gratitude for abundance in September with the August Moon Festival (see p. 22), and our Jewish friends celebrate the New Year, Rosh Hashanah, on September 19 and 20 and Yom Kippur on September 28. All of us join both communities in warm good wishes.

This is a great time of year. The weather is glorious, and the trees begin to wear their fabulous fall colors.

Finally, I urge you to make plans to attend our annual benefit next month—on October 28. Not only are we honoring my hero Agnes Rogers, but it is also the time for the community to show its financial support for the senior center. The event is sure to be a phenomenal evening of scrumptious food and lively dancing

## WE GET LETTERS…

From our wonderful 2009 CIA program coordinator, Ali Kanter:

*Ruthann,*
*Thank you so much for everything you have done for me these past years. Thank you for giving me a job, support, and a place I can call home. I love my family here* [at the Senior Center] *and always feel warm and welcome. Thank you for being so wonderful to me. There are no words.*

*All the best. Ali*

## OUR ADVERTISERS

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

## SEPTEMBER THANK YOUS

To Kathryn **Kilpatrick supporting the Van Fund in honor of** Frank DiMaria

To Miriam Alpert **in honor of** December Heffernan

To Mr. & Mrs. Robert DeSimone **in honor of** Rose DeSimone's birthday

To Miriam Sokoloff **in honor of** Clair Yung

To Karen Cacace & Michael Jeffrey Flynn, the Cardenas family, Robert & Cheryl Ferris, Jane Gilman & friends and neighbors at Marshall Place Condominium Association, Naomi & Melvin Gordon, Kristin Gross & Somerville-Cambridge Elder Services, Laura & William Lebow, Sharryn Ross & John Truslow, Laura Stanley, Eileen & Allan Sussman, and Ruth & Louis Zinn **in memory of** Sy Yesner

To Naomi Podhorzer and Rae Teret **in memory of** Lynn Blalock

To Miriam Sokoloff in memory of Roberta Winitzer's sister

To **Van Fund Donors** Larraine Tobin and Mary Regan

To **Annual Appeal Donor** Thelma Shuman

## OUR CONTRIBUTORS

We wish to thank all the sources that contributed information and/or articles to this September issue of the *Senior News and Events:* to the U.S. Administration on Aging for information about Senior Centers on p. 1, to the Town of Brookline for the box about the training on p. 3, to SHINE for the article on open Medicare enrollment article on p. 11; to Aida Canchola for the artwork on p. 14, to Laurie Israel for the article on stuff on p. 24, to the Jewish Family & Children's Services for the recipe on adapted from www.eatingwell.com on p. 27, and to Ali Kanter for the report from which the article on CIA 2009 on p. 28.

## IN MEMORIAM

Sy Yesner, former Brookline teacher and administrator, died in his home on July 6 at the age of 83. Tributes to his memory have been pouring into the Senior Center in the form of donations much appreciated donations.

Sy was coordinator of the Brookline Public Schools English curricula. He evaluated teacher performance and taught in the system.

As an enlistee at age 18 in the Infantry because he felt strongly his duty and an American and a Jew to fight against Hitler and what he stood for.

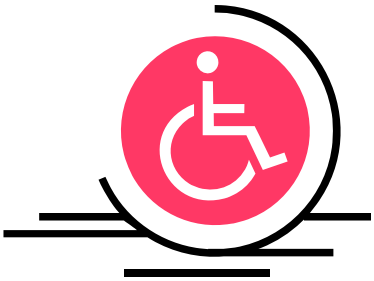
Angela Nielson, a contemporary teacher-colleague said of Sy, "I think he was valued by his colleagues very much—not just because he was smart and funny, but because he got it. He understood what was going on. He was just a really decent guy. He knew who he was. He didn't have to prove anything to anybody.''

"He was absolutely able to engage the students in any type of classroom that he was in,'' his wife, Joan, said. "He saw something in every student. He brought something out in them.''

Sy will be missed by his many friends and associates and by the community he served.

## 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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