TOWN OF BROOKLINE
SENIOR NEWS AND EVENTS

Council on Aging

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

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HIGHLIGHTS

Enjoy Jack Craig's "Best of Broadway" at the Quilt drawing festivities, p. 3.

Celebrate Chinese Thanksgiving at the August Moon Festival, p. 6.

Sign up for some Healthy Exercise, pp. 12-13.

Be "with it" with ZUMBA!, p. 13.

Go to a play with the Theater Club, p. 15.

Envision Your Future: Your House as Your Biggest Asset, p. 24.

Brookline Recreation fall trips, p. 25.

Jewelry Buy-Back is back, p. 26.

Improve your job-hunting techniques at Wisdom Works, p. 27

Want to be in the loop about events at the Senior Center and in the Brookline senior community? Subscribe to the *Senior News and Events*. See renewal/subscription form on p. 3.

SEPTEMBER 2010

IT'S SENIOR CENTER MONTH!

This year's theme is "Your Place to Connect," and that certainly describes our Senior Center in Brookline. This is ***the*** place to "build new skills, join a community, and stay healthy and active!" From the moment the Brookline Council on Aging (COA) was appointed in 1955 "as a sort of desultory adjunct to the town departments that served older residents, most notably Health, Recreation, and the Housing Authority," our COA has been a statewide leader in providing services and programs for its Senior Community.

At first, all members of the COA were volunteers until in 1968 Evelyn Greenman, a housewife who had been running a free information and referral service for elders from her own home, was appointed Executive Director. Evelyn and COA Chairman Louise Castle worked together to offer specific services to Brookline seniors specific services starting with information and referral.

Services were added: a hot lunch program offered by Brookline Schools (and for a time by the West Suburban Elder Services agency) in community rooms at the Pierce and Devotion schools (that also provided drop-in space for classes, meetings, lectures, and so forth).

Then in 2001, our Senior Center finally opened on Winchester Street after many years of tireless work by many—COA directors, board members (like Agnes Rogers), staff (like Ruthann Dobek), volunteers (like Cippy MacDougall), and others. Programs and activities proliferated. We invite you to come into the Senior Center and see for yourselves all the programs and activities that are now offered.

TABLE OF CONTENTS

Advertisers, Our 29
Alzheimer's Caregivers Support Groups 9
Arthritis Exercise Class—SAVE THE DATE 13
August Moon Festival 6
BA&CE Classes, Other 28
Beading Workshop, Modern 6
Beginners' Achievements 11
Blood Pressure Screenings 4
Book Discussion Group 9
Board President, From the 29
Bowling 21
Brookline Aging Collaborative, The 9
Brookline Recreation—It's What We Do! 25
Cantonese, Conversational 14
Careers in Aging Reprise 30
Cell Phones, iPods, Glasses 14
Computer Generation, Join the 28
Contributors, Our 29
Council on Aging Meeting 3
Craft Decorating Group, Jean's 14
Critter Proofing Your Home and Yard 7
Director, From the 20
Drawing for Pleasure 11
Drive Past 55, Continuing to 28
Easy Travel 11
Envision Your Future: Your House as Your Biggest Asset 24
EVENTS CALENDAR 18-19
Exercise, Healthy 12-13
Fall Benefit, 6th Annual 21
Falling…, Reduce the Risk of 5
Farmer's Market, The 14
French Conversation 6
Food Distribution Site, Senior Center 27
Gallery, At the 6
Geriatrician, Ask a 14
Green Expo Brookline 7
Handicapped Access 29
Health Care Reform Change Medicare?, How Will 5
Health Page, The 4
Holiday Craft Fair—SAVE THE DATES 21
Holidays, September 3
Jewelry Buy-back 26
Luncheon Specials for September 17
MBTA Senior Card Renewals 11
Movie Lovers Series for September 10
Newcomers' Club 3
Ongoing Senior Center Events 19
Pacemaker Can Destroy Goal of Living Will Directive, A 23
Parkinson's Disease Support Group 9
Power Outage Tip from E. Roll 27
Quilt Raffle and Jack Craig's "Best of Broadway" ... 3
Senior Center Month, It's 1
Senior Chorus 11
Senior Scene 24
Senior Services 8
Spanish Immersion 14
Springwell Nutrition Program 16-17
Subscribe to the *Senior News and Events* 1
Subscription/renewal form 31
Swing Band, Senior Center 9
Tax Abatement Program 26
Thank You 29
Theater Club, Brookline Senior Center—SAVE THE DATES 15
Wisdom Works 27
Zumba! 13

Primary elections are Tuesday, September 14. Mark your datebooks and vote!!

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

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

QUILT RAFFLE

Would you like to own this spectacular quilt? Then by all means buy a raffle ticket, or several tickets at the Senior Center. Raffle tickets are $1.00 each or six tickets for $5.00. You need not be at the drawing to win. Proceeds benefit the Senior Center and its varied programs and services. The drawing will be on **Wednesday, September 1**, at the Senior Center after Jack Craig's performance (at approximately 2:30 pm).

Singer and pianist Jack Craig will entertain with this "Best of Broadway" from 1:30 to 2:30 pm. He always manages to make the entertainment exciting and interactive. We thank Goddard House in Brookline for sponsoring his performance.

COUNCIL ON AGING MEETING

The Council on Aging (COA) board will resume its meetings on **Wednesday, September 8 at 1:00 pm** at the Senior Center.

Kathy Burnes, MEd, Project Manager at the Jewish Family and Children's Services (JF&CS) Geriatric Institute will address "The Aging at Home Project—Three Years Later: The Past(we did it), Present (what we learned), and Future (where we want to go)." Ample time will be allowed for audience questions and discussion.

Additional COA board meetings have been scheduled for the second Wednesday of the month at 1:00 pm at the Senior Center for Fiscal Year 2011. Mark your calendars for:

- Meetings for 2010—scheduled for October 13, November 10, and December 8.
- Meetings for 2011—scheduled for Janaury 12, February 9 (orientation for new members), March 9, April 13 (combined with the Annual Volunteer Appreciation Luncheon), May 11, and June 8.

NEWCOMERS' CLUB

The Brookline COA Newcomers' Club will hold its first meeting on **Thursday, September 16, from 10:00 to 11:30 am** at the Senior Center.

This group will meet for four Thursdays and offers an opportunity for seniors, both newcomers and long-time residents, to learn more about Brookline. Topics include local government and recreational, social, and educational programs that are available to all Brookline 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 and learn about the community they live in.

If you have any questions, please call Charlotte Millman at 617-730-2769.

SEPTEMBER HOLIDAYS

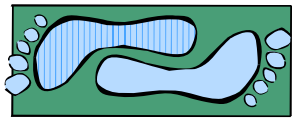
The Senior Center and the Rogerson Day Health and Fitness First programs will be closed on **Monday, September 6**, for Labor Day. This holiday, traditionally the end of summer, is often celebrated today with parades, BBQs, and other outdoor events.

On September 5, 1882, some 10,000 workers assembled in New York City to participate in America's first Labor Day parade. After marching from City Hall, past reviewing stands in Union Square, and then uptown to 42nd Street, the workers and their families gathered in Wendel's Elm Park for a picnic, concert, and speeches. This first Labor Day celebration was organized and executed by New York's Central Labor Union, an umbrella group made up of representatives from many local unions.

Debate still continues about who originated the idea of a workers' holiday, but it definitely emerged from the ranks of organized labor at a time when they wanted to demonstrate the strength of their burgeoning movement and inspire improvements in working conditions.

Ask a Nurse On **Wednesday, September 22, at 1:00 pm** St. Elizabeth's Medical Center's Nurse Practitioner Eileen Currier will visit the Senior Center to consult with individuals.

Podiatry Clinic Routine foot care with Dr. John McLaughlin is available on **Mondays, September 13 and 20, from 9:00 am to 12:00 noon**. Sessions, which last 15 minutes each, cost **$30** (note new cost per session as of September 1, 2010). Appointments are required. Make one by calling 617-730-2777.



Low Vision Group This peer-led support group for individuals with limited eyesight will meet on **Wednesday, September 15, from 1:00 to 2:30 pm** at the Senior Center.

Blood Pressure Screenings
The Brookline Health Care Center will provide blood pressure screening **at the Senior Center** on **Monday, September 13, from 1:00 to 2:00 pm**. The nurse who presides at this session is bilingual. (She speaks English and several Chinese dialects.)

There will also be blood pressure screening **at the Senior Center** with a nurse from the Brookline Health Department on **Thursday, September 16, from 9:00 to 10:30 am**.

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

The Health Page is sponsored by Beth Israel Deaconess Medical Center

Affiliated with Joslin Clinic

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

Official hospital of the Boston Red Sox

BLOOD PRESSURE SCREENINGS

There will be blood pressure screenings with a Brookline Health Department Nurse on Thursday, September 16, at the Senior Center from 9:00 to 10:30 am and:

- On Wednesday, September 1, at the Brookline Health Department, 11 Pierce Street, from 2:00 to 3:00 pm
- On Wednesday, September 8, at Susman House, 50 Pleasant Street, from 1:00 to 2:00 pm

- On Wednesday, September 22, at O'Shea House, 61 Park Street, from 1:00 to 2:00 pm.

HOW WILL HEALTH CARE REFORM CHANGE MEDICARE?

The newly enacted Health Care Reform (also called the Affordable Care Act) includes a number of changes to Medicare:

Lower prescription drug costs
In 2010, anyone who reaches the donut hole will automatically receive in the mail a one-time payment of $250. Beginning in 2011, those in the donut hole will receive a 50% discount on brand-name drugs and discounts on generic drugs. Discounts will increase every year until the "donut hole" is closed in 2020.

Improved preventive care
Starting in 2011, there will be free annual check-ups and no co-pays or deductibles for most Medicare-covered preventive benefits, such as cancer and diabetes screenings.

Reduced Medicare payments to Medicare Advantage Plans
Extra payments, which have been made to Medicare Advantage Plans for many years, will be gradually eliminated. Medicare Advantage Plans will not be allowed to cut any benefits guaranteed by Medicare.

It is very important that you ***open, read, and save*** all letters from your Medicare Health Plan, your Prescription Drug Plan, Social Security, and Prescription Advantage (if you are a member).

During the annual Medicare Open Enrollment (November 15 through December 31), you will be able to CHANGE next year's coverage, effective January 1, 2011. Certified SHINE (Medicare) Counselors can help you understand your plan changes, as well as other options you may have.

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 telephone at 1-800-AGE-INFO (1-800-243-4636). At the prompt. press or say 3. Once you get the SHINE answering machine, leave your name and telephone number and a SHINE Counselor will call you back as soon as possible.

REDUCE THE RISK OF FALLING…

Outside of your home by:

- Painting the edges of outdoor steps and any steps that are especially narrow or are higher or lower than the rest
- Painting outside stairs with a mixture of sand and paint for better traction
- Keeping outdoor walkways clear and well lit

Inside your home by:

- Removing all extraneous clutter
- Keeping telephone and electrical cords out of pathways
- Tacking rugs and gluing vinyl flooring so they lie flat
- Removing or replacing rugs or runners that tend to slip or by attaching nonslip backing
- Ensuring that carpets are firmly attached to stairs
- Not standing on a chair to reach things
- Storing frequently used objects where you can easily reach them

Keep your home well lit by:

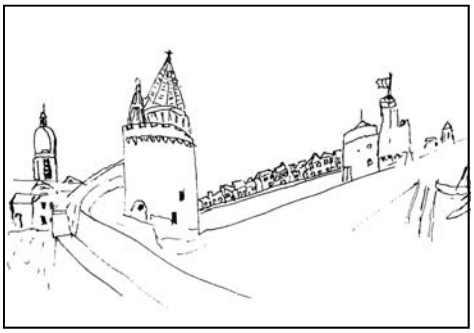
- Having a lamp or light switch that is easily reached without getting out of bed
- Using night lights in bedrooms, bathrooms, and hallways
- Keeping a flashlight handy in case of power outages
- Having light switches at both ends of stairways, and having handrails on both sides

MODERN BEADING WORKSHOP

This workshop for beginners and experienced beaders alike will meet on **Wednesday, September 22, at 1:00** pm, at the Senior Center with Marge Harvey on hand to instruct and help. Learn modern techniques of beading using thin Soft Flex and crimps. Combine old beads and broken strands for new and interesting designs. Make earrings, necklaces, and bracelets for yourself and as gifts for family and friends.

In order to participate in this workshop, it is essential that you bring materials with you—beads, earring backs, crimps, and one yard of Soft Flex—all of which are available at local craft stores. The workshop is free, and no registration is required.

AT THE GALLERY



The Brookline Senior Center invites you to an inspiring exhibit

Artists Making Art: Overcoming Obstacles

Paintings and drawings by Barbara Cohen, Phil Fullerton, Shlomit Mintz, and Elizabeth Ryles

Curated by Louise Weinberg and Marsha Helmstadter

Through Thursday, September 30
Hours: 8:30 am to 5:00 pm
Monday through Friday

AUGUST MOON FESTIVAL

The August Moon (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.

There are many stories that are told about the August Moon Festival. I like this one, set in approximately 2170 BC. The earth once had 10 suns circling over it, each took its turn to illuminate to the earth. But one day all the suns appeared together, scorching the earth with their heat. The earth was saved by a strong and tyrannical archer, Hou Yi. He succeeded in shooting down nine of the suns. One day, Hou Yi stole the elixir of life from a goddess. However, his beautiful wife Chang Er drank the elixir of life in order to save the people from her husband's tyrannical rule. After drinking it, she found herself floating and flew to the moon. Hou Yi loved his divinely beautiful wife so much, he didn't shoot down the moon.

This annual event will be held (inscrutably) on **Monday, September 13, at 12:00 noon** at the Senior Center. Cosponsored by the Greater Boston Chinese Golden Age Center and the Brookline Senior Center. Tickets for the festival (including lunch and the entertainment that follows) are $7**.** Reservations (which are required) can be made starting Wednesday, September 1. There will be no Springwell lunch on this day.

FRENCH CONVERSATION

Agnes Serenyi and her French conversation group will meet every Tuesday in September from 12:30 to 1:30 pm at the Senior Center. New members are always welcomed.

CRITTER PROOFING YOUR HOME AND YARD

The Brookline Department of Public Health (BDPH) has issued these guidelines designed to keep wild creatures (such as raccoons and bats) that might spread diseases like rabies out of your home.

Securing Your Home

Go over the entire home, and check all openings where wildlife may find it possible to enter to see that they are secured.

Chimneys: Make sure, for instance, that your chimneys are securely capped with hardware cloth that has been bolted down. Remember, raccoons have cleaver little hands that can easily dislodge loose screens or covers. If your chimney is not capped, get an area chimney sweep or roofing company to do this.

If an animal is already living in your chimney, DO NOT TRY TO SMOKE IT OUT! Lighting a fire in your fireplace may overcome the animal and cause it to drop into the fire. Instead, place a dish of ammonia inside the base of the chimney and open the damper ½". The ammonia vapors will force the occupants of your chimney to leave.

Attics: Check vents, gables, and eaves to be sure screens have not been torn away. Repair holes in walls or torn screens with mortar or metal hardware cloth at least 26-gauge thick. Tack down hardware cloth securely.

If the animal has gained entry into your attic, repair the opening the animal used. Make sure all young animals are out of your attic before you close the entry way. Ammonia will induce the animals to leave but is not a permanent solution to the problem.

Dryer vents and exhaust fans: Again make sure screening is securely fastened around these areas. Use heavy screen or metal hardware cloth at least 26-gauge thick. Clear out any nests prior to screening to prevent fires.

Pipes entering homes: Check areas where pipes enter homes. If there is any space between the pipe and wall, stuff it with coarse copper wool.

Securing Your Yard

Eliminate access to your home by *pruning* tree branches that overhang roofs. Tacking sheet metal around areas where animals tend to climb will prevent the animals from getting the footing they need to go up walls and trees.

Garbage cans: Never place plastic bags in your yard. They can easily be shredded by dogs, cats, raccoons, skunks, and opossums. Town of Brookline By Laws require that garbage must be placed in watertight, rodent- and insect-proof containers with tight fitting lids. It is strongly recommended that garbage not be placed on the curb until the day of pickup. To further discourage animals such as raccoons and opossums from entering garbage cans, try:

- Adding a rag soaked with ammonia to the garbage each time you add a load of trash to the can
- Sprinkling the contents of the can with cayenne pepper

Gardens: For serious gardeners who have invested a lot of time, money, and energy in their gardens, the BDPH suggests an electrified fence. If electrified fencing is not an option for you, try:

- Sprinkling your plants with Epsom salts. Animals find it distasteful as it causes them to have a stomach ache or diarrhea. It also adds magnesium to the soil and will make your plants greener.
- Placing a rag soaked in ammonia on posts placed at intervals around the garden. The odor is enough to deter most unwanted visitors to the garden.

Green Expo Brookline! *Sunday, September 26 at Brookline High School, 11:00 am to 3:00 pm*

SENIOR SERVICES

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

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

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

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

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

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

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

BLAB The Brookline Legal Assistance Bureau will be at the Senior Center from **9:00 am to 12:00 noon** on **Wednesday, September 1**, and on Wednesday, October 6. BLAB is staffed by volunteer local attorneys who offer individuals legal expertise on matters of law as well as information and referrals. This service is offered free of charge, and no appointment is needed.

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

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

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

SNAP The Supplemental Nutrition Assistance Program helps seniors stretch food dollars with food stamps. If you need assistance at any time during the process, call Sonia Wong at the Senior Center. Leave a message for her at 617-730-2777, and she will get back to you promptly.

SHINE counselors Sonia Wong and Ed Levin will be on hand 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.

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

ALZHEIMER'S CAREGIVERS SUPPORT GROUPS

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

However, due to scheduling difficulties, the **Afternoon** group will not meet in September. Call group leader Elaine Yanowitz at 617-730-2751 to register to attend and/or for further information about this group in general and also about future meetings.

The **Evening** group will meet **Thursday, September 30.** Call group leader Susan Andriole at 617-730-2754 to register to attend and/or for further information and for time of meeting..

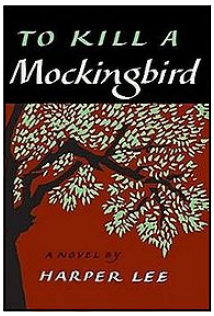
PARKINSON'S DISEASE SUPPORT GROUP

The Parkinson's Disease (PD) Support Group resume monthly meetings on **Friday, September 3, at 1:00 pm** at the Senior Center. For more information about this month's meeting and the speaker and about this group in general, contact the Information & Referral Center at the Boston University Medical campus at 617-638-8466.

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

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.

BOOK DISCUSSION GROUP



Dust jacket of the 1st edition.

The group will meet on **Monday, September 20**, at the Putterham Public Library in Putterham Circle at 2:00 pm. The book under discussion will be *To Kill A Mockingbird* by Harper Lee.

This classic novel, first published in 1960, is still as vital and alive today as it was 50 years ago. Times may have changed, and indeed we have progressed in many ways since 1960, but hate and prejudice still abound, and those who defend the oppressed and fight for human rights and dignity still find this novel relevant. This promises to be a lively meeting of the book discussion group.

SENIOR CENTER SWING BAND

Join the Senior Center Swing Band, led by James Demicco. If you enjoy playing popular music from the 20s, 30s, 40s, and 50s and can read music or play by ear, this is the group for you. Previous band experience is helpful but not necessary. You bring the instrument. We'll supply the sheet music. Call Charlotte at 617-730-2769 for more information.

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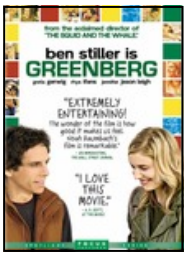
MOVIE LOVERS SERIES FOR SEPTEMBER

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

September 7
Becoming Jane (2007) 120 min.
A passionate romance with roguish barrister Tom Lefroy (James McAvoy) serves as the inspiration for the works of budding novelist Jane Austen (Anne Hathaway) in director Julian Jarrold's prismatic drama set in late 18th century England. After rejecting a proposal from a neighbor's rich but stolid nephew, Austen becomes increasingly drawn to impoverished young lawyer Lefroy—even as relatives and circumstances conspire to separate the couple.

September 14
Together (2002) 119 min.
(He Ni Zai Yi Qi/Together with You)
In Mandarin with English subtitles
A young boy, Xiao Chun (Tang Yun), proves to be a massive talent when it comes to the violin, so his father (Liu Peigi) helps him find the best teacher in Beijing, far away from their hometown. There Xiao Chun meets a nightclub worker with a heart of gold and finds true friendship.



September 21
Greenberg (2009) 108 min.
At a crossroads in his life in New York City, Roger Greenberg (Ben Stiller) takes some time to figure things out and travels to Los Angeles, where he house-sits for his brother and forges an unlikely bond with his brother's assistant, Florence (Greta Gerwig). Acclaimed director Noah Baumbach's finely observed relationship comedy also stars Jennifer Jason Leigh and Rhys Ifans.

September 28
Sylvia (2003) 110 min.
A whirlwind courtship kick-starts the tempestuous marriage between American poet and novelist Sylvia Plath (Gwyneth Paltrow) and English poet Ted Hughes (Daniel Craig), an intense and stormy union that quickly dissolves due to Hughes's philandering and Plath's insecurity. Her husband's infidelity exacerbates Plath's already fragile state of mind, and after the couple separates, she produces her darkest work, which augers her tragic outcome.

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Over 26 years of experience in Estate Planning, Wills and Trusts, Long-Term Care and Special Needs Planning, Guardianship, and Probate of Estates.

Original member of Brookline Senior Center Committee and Brookline Legal Assistance Bureau.

EASY TRAVEL

Come to the Senior Center on **Thursday, September 2, at 1:30 pm** when Alice Fastov shares her slide show "What I Did on My Summer Vacation: Travels with Alice" with everyone, and it was indeed an event-filled summer. Alice went to Cape Cod (Dennis, Hyannis, beaches), the Museum of Fine Arts (the Van Gogh exhibit and the museum's extensive Asian art collections), and Tanglewood (a concert and a backstage trip including meeting and talking with PBS staff).

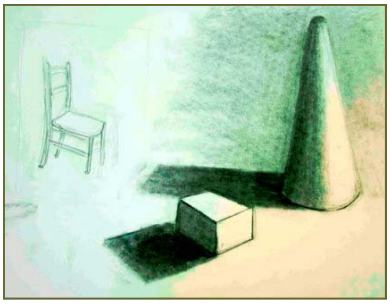
DRAWING FOR PLEASURE

The ever-popular Drawing for Pleasure" class resumes on **Thursday, September 16, at 9:30 am** at the Senior Center and will run for 12 weeks. Louise Weinberg will instruct live model figure drawing, and Elizabeth Taylor will lead the still-life drawing section. A few slots are open for people with some drawing experience.

There is a model fee for the figure drawing section. Call 617-730-2770 for more information and to register.

BEGINNERS' ACHIEVEMENTS

This summer some beginners joined the Drawing for Pleasure class. Using the thesis developed by instructors Louise Weinberg and Elizabeth Taylor that "drawing can be an extremely pleasurable activity" and the premise that learning to see differently is what enables one to learn to draw, these beginning students produced some extraordinary work.



SENIOR CHORUS

The chorus resumes after its summer vacation on Friday, September 3, from 10:30 to 11:45 am with Zohra Shaw as director and Joe Reid as accompanist. Everyone is invited to join in and sing out—there are no auditions—just a wonderful opportunity to have fun singing with friends. The group will continue to meet weekly on Friday mornings. Enjoy all this for only $15 for 10 sessions.

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

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HEALTHY EXERCISE

Brookline Adult & Community Education (BA&CE) offers courses designed expressly for seniors and given at the Senior Center. Since these courses are designed and priced especially for seniors, the senior discounts for BA&CE do not apply for these courses. To register, call BA&CE at 617-730-2700, or access them online at www.brooklineadulted.org. Among the courses being offered are:

Introduction to Tai Chi Chuan
Vincent Chu, Instructor
7 Fridays from 2:00 to 3:30 pm beginning September 21. Cost: $70. **Course Code: W011.**
One of the original ancient Chinese martial arts, *tai chi chuan* is practiced today as a form of exercise. The slowness and evenness of its continuous movement makes it an ideal form of exercise for people of all ages. This exercise increases strength and resiliency, promotes cardiovascular and respiratory endurance, improves coordination and balance, and builds confidence. Wear comfortable clothing and soft, flat-bottomed shoes.

Nia for Seniors: Health Through Movement
Mary Stevenson, Instructor
Section 01: Tuesday, September 21, from 8:30 to 9:30 am. This session is free, but preregistration is required.
Section 02: 6 Tuesdays from 8:30 to 9:30 am beginning September 28. Cost: $50. **Course code: D130.**
A full-body workout that is easy on the joints, promoting flexibility, agility, mobility, and strength. Combining movements and concepts from yoga, *tai chi, tae kwon do, aikido,* jazz, modern dance, and other movement forms, Nia offers traditional fitness benefits, relaxation, and more esoteric benefits such as concentration, self-discovery, and healing. Classes begin with warm-up exercise and cardiovascular movement practice, and move on to dance techniques that teach how to move with grace and fluidity; martial arts; and meditative techniques that teach mindfulness. Movements will be modified to accommodate physical limitations, and those who wish to participate by sitting in chairs for some or all of the class are welcome to do so. Wear comfortable clothing.

Strength Training for Seniors
Sue Katz, Instructor
Cosponsored by the Council on Aging (COA)
Mondays and Wednesdays (2 times a week for 9 weeks) at 8:45 to 10:15 am beginning September 20. Cost: $89. **Course Code: D077.**
A vigorous, overall workout, this lively 90-minute workout is recommended for those who have been exercising regularly. It includes stretch, rhythmic movement, and use of hand weights (or not) while sitting, doing mat work, and balance exercises.

Work out to the music of the 30s, 40s, and 50s. Wear comfortable clothes and footwear and bring a mat or towel and a set (2) of one-, two-, or three-pound weights.

Senior S-T-R-E-T-C-H
Sue Katz, Instructor
Cosponsored by the Council on Aging (COA)
Mondays and Wednesdays (2 times a week for 9 weeks) at 10:30 to 11:30 am beginning September 20. Cost: $80. **Course Code: D009.**
Improve your range of motion, balance, stamina, strength, even your social life. This 60-minute workout includes all the elements in Strength Training (see above), but it is designed for those who may not have been exercising regularly but who want to get into better shape. Again you will workout to the music of the 30s, 40s, and 50s. Participants will be able to move at their own pace. Wear comfortable clothes and bring a set (2) of one-, two-, or three-point weights.

And one more →

ARTHRITIS EXERCISE CLASS
—SAVE THE DATE—

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

These gentle stretching and muscle-building exercises will benefit people with arthritis and others interested in improving their flexibility, muscle strength, and general fitness level. The use of both hand weights and stretch bands will be incorporated into the classes. Ilse Leeser, PhD, RN, will instruct the class with guidelines developed by the Arthritis Foundation.

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

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

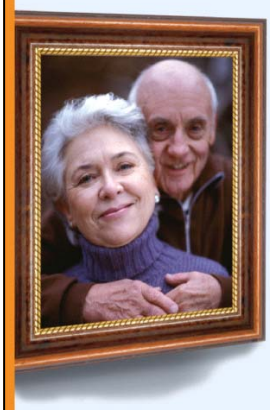
Yoga for Older Adults
Steffi Shapiro, Instructor
Sec. 01 (Chair class): 9 Tuesdays from 2:00 to 3:00 pm beginning September 21.
Sec. 02 (Mat Class): 9 Tuesdays from 3:00 to 4:00 pm beginning September 21.
Cost (for either class): $72. **Course Code: W044.**
Yoga is well suited to older people because it combines safe, gentle, invigorating stretching exercises with relaxation and introspection, all in a noncompetitive atmosphere. Most exercises can be done on a chair or in a comfortable standing position. Wear comfortable clothing.

ZUMBA!

If you liked the demo classes in August, or even if you missed the demo classes but want to join the fun, come to the Senior Center for Zumba classes at the Senior Center for **9 Thursdays at 2:00 pm beginning on September 2 and continuing to October 28**. Alicia Ebrat, certified Zumba instructor will introduce you to this combination of Latin salsa, cardio workout, and interval moves. It is the hottest dance fitness craze and the most fun workout program around. Get in shape and have fun doing so with this dynamic and effective fitness system. So dress comfortably and wear sneakers and join in the fun.

The classes cost only $45 for all 9 sessions. Make checks payable to the Brookline Senior Center. Call 617-730-2770 to register and for more information.

free advice
on caring for older adults



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ASK A GERIATRICIAN

On **Monday, September 27 at 2:00 pm**, we kick off an exciting new series of lectures. Beth Israel Deaconess Medical Center (BIDMC) presents Dr. Suzanne Salamon, MD, Associate Chief for Clinical Programs at BIDMC Gerontology Division. Dr. Salamon's topic is "What Can a Geriatrician Do for Me?"

In answering this question and in the lively discussion that will surely follow, we hope to enlighten our audience on the need for geriatricians to be part of their personal medical teams as they age.

Dr. Salamon and BIDMC are also partnering with the Senior Center on a new service scheduled to appear in the *Senior News and Events*. It is called "Ask a Geriatrician." Anyone will be able to ask questions related to aging. (For general education only please. For advice about your own medical care, consult your doctor.)

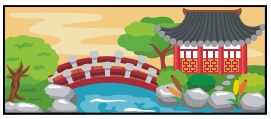
If you have questions, send them to the newsletter editor at jgimple@brooklinema.gov or put them in Judith Gimple's mailbox on the 2nd floor of the Senior Center. Dr. Salamon will respond in subsequent issues of the *Senior News and Events*.

JEAN'S CRAFT DECORATING GROUP

There will be no meetings of this group in September. Look in the *TAB* and the October *Senior News and Events* for the latest information on the group.

CONVERSATIONAL CANTONESE

These classes will run on **Mondays from 1:30 to 3:30 pm** at the Senior Center **through October 25**(excluding Labor Day—September 6, August Moon Festival—September 13, and Columbus Day—October 11). If you are interested in this class, check with Charlotte at 617-730-2769 for more information and about whether it is still possible to join the class.



THE FARMERS' MARKET

Don't forget that this outdoor market is open **every Thursday through October 28 from 1:30 pm until dusk** on Centre Street just off Beacon and that all manner of fresh, local fruits, vegetables, and many other goodies are on sale every week.

SPANISH IMMERSION

The Spanish Immersion program has expanded and now offers Spanish classes for beginners on **Thursday afternoons from 1:00 to 2:00 pm**. There is a fee of $25.00 for this 6-week course. The instructor is now-Brookline resident Lourdes Murray, originally from Columbia. She has lived in the United States for many years.

Spanish conversation skills improvement by talking one-on-one with Spanish-speaking elder teachers (for a fee of $11/hour or $90/10 hour-long conversations and a registration fee of $8) is also still very much available.

For more information about all programs, making matches, and to register, contact coordinator Jane Cohen at 617-953-7016.

These programs are cosponsored by the Brookline Senior Center and JPC: Tree of Life/ Arbol de Vida.

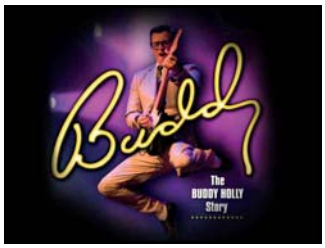
CELL PHONES, IPODS, GLASSES

Any cell phones or iPods that are aimlessly lounging around in your home, your children's homes, your friends' homes can be given new homes and new purpose by donating them to the Senior Center. We will, in turn, give them to organizations that revitalize them and put them to use in other nonprofit organizations. In return, the Senior Center gets funds that help support our services, programs, and equipment.

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

BROOKLINE SENIOR CENTER THEATER CLUB—SAVE THE DATES

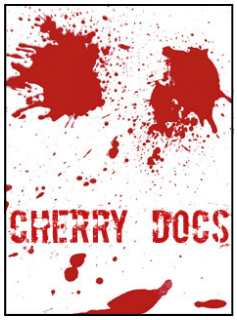
The club has been meeting and has come up with blockbuster Sunday performances for the fall. So get your datebooks out and start planning to attend these performances.



September 12
Buddy! The Buddy Holly Story
at the Turtle Lane Playhouse in Auburndale.
Cost: $30.
Directed by James Tallach with music direction by Sarah Hirsch. "Buddy!" is a musical celebration of the legendary singer/songwriter Buddy Holly who shot to stardom in 1957 only to die in a plane crash two years later alongside 17-year-old Ritchie Valens and J.P. Richardson, the Big Bopper.

September 26
Boston Marriage
at the Charles Moesian Theater of the New Repertory Theatre in Watertown.
Cost: $35.
In this biting comedy by David Mamet, Anna and Claire, two *women of fashion* who have long resided together scheme to obtain the objects of their desire. Anna maintains their upper-middle class Victorian lifestyle as the mistress of a wealthy man who provides her with a healthy income and a distinctive emerald necklace for her companionship. When Claire's attentions stray from Anna, Anna devises the *perfect plan* that grows in outlandishness, even as it backfires and the innocent parlor maid gets caught in the crossfire.

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



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

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

Springwell Nutrition Program SEPTEMBER 2010

617-730-2770

MONDAY	TUESDAY	WEDNESDAY
ALL MEALS INCLUDE 8 OZ. OF 1% MILK AND MARGARINE. **Low sugar desserts are available, and need to be ordered with the site manager.** *****Higher Sodium Content** **Menu subject to change. $1.75 donation.** **Soup is always served with crackers.** **Meals are served at 12:00 noon unless otherwise noted.** **For meal reservations on Mondays, call the previous Friday by 11:00 am.** **For meal reservations on Tuesdays through Fridays, call the previous day by 11:00 am.**		1) **Seafood Chowder** Breaded Fish w/Broccoli Cheese Sauce, Red Bliss Potatoes, Zucchini, Dinner Roll **OR** Chicken Patty on Hamburger Roll, Lite Mayo, Lettuce Leaf, Potato Salad, Cucumber/Carrot/Onion Salad **Fresh Fruit**
6) <u>Labor Day Holiday</u> **Senior Center closed. No Meal Service**	7) **Vegetable Florentine Soup** Baked Ziti w/White Beans, Parmesan Cheese, Spinach, Carrots, Whole Wheat Roll **OR** Breaded Chicken Patty w/BBQ Sauce on a Hamburger Roll, Sliced Mozzarella Cheese, Sliced Red Onion, Cole Slaw, Three Bean Salad **Tropical Mixed Fruit**	8) **Oriental Vegetable Soup** Beef Stir Fry, Brown Rice, Broccoli, Mushrooms & Onions, Multigrain Bread **OR** ***Seafood Salad on Dark Rye, Tossed Garden Salad w/Red Onions, Lite Italian Dressing, Corn Salad **Chocolate Cake/Vanilla Frosting**
13) **<u>August Moon Festival</u>** Chinese Lunch and Entertainment Reservations required. Cost: $7 No Springwell meal service today.	14) **<u>Birthday Lunch</u>** **Split Peas Soup** BBQ Grilled Chicken w/Cheddar Cheese, Sweet Potatoes, Mixed Vegetables, Corn Bread **OR** Roast Beef & American Cheese on Rye Bread, Sliced Tomato, Mustard, Riviera Salad, Potato Salad **Pistachio Pudding/Topping**	15) Hawaiian Chicken w/Pineapple, Brown Rice, Ginger Carrots, Orange Cranberry Muffin **OR** Egg Salad on a Bulkie Roll, Lettuce Leaf, Greek Pasta Salad, Roman Blend **Mandarin Oranges**
20) **Vegetable Barley Soup** Ratatouille w/Beef, White Rice, Rye Bread **OR** ***Ham & American Cheese on White Bread, Mustard, Spinach Mandarin Orange Salad w/Lite Dressing, Red Potato Salad **Mandarin Oranges**	21) Meatball Sub, Parmesan Cheese Hot Three Beans, Summer Squash, Soft Sub Roll **OR** Tuna Salad on Oatnut Bread, Lettuce Leaf, Macaroni Salad, Beet Salad **Chef's Choice Dessert**	22) **Spinach Florentine Soup** Creamy Italian Chicken, Mashed Potatoes, Brussels Sprouts, Oatnut Bread **OR** Roast Beef & Swiss Cheese on Wheat Bread, Lite Mayo, English Pea Salad **Fresh Fruit**
27) BBQ Pulled Pork Sandwich, Sweet Potatoes, Lima Beans & Carrots, Bulkie Roll **OR** Breaded Chicken Patty on a Hamburger Roll, Lite Mayo, Lettuce Leaf, Cole Slaw, Corn Salad **Pumpkin Pudding/Topping**	28) **Lentil Soup** Double Stuffed Crust Pizza, Broccoli & Cauliflower Mix **OR** Sliced Turkey & American Cheese on Multigrain Bread, Lite Mayo, Lettuce Leaf, Pasta Vegetable Salad, Roman Blend Salad **Fresh Fruit**	29) Beef Stew, Peas , Multigrain Bread **OR** Orange Juice, Cottage Cheese Fruit Plate, Greek Pasta Salad, ½ Pita Pocket **Pineapple**

THURSDAY	FRIDAY
2) **Labor Day Special** Shrimp & Chicken Kielbasa Jambalaya Black Beans & Rice Tossed Garden Salad w/Lite Italian Dressing Corn Bread **Banana Bread Pudding/Topping**	3) **Vegetable Soup** Turkey Broccoli Penne Casserole, Mixed Roasted Vegetables, Oatnut Bread **OR** Tuna Salad on Multigrain Bread, Macaroni Salad, Spinach Mandarin Orange Salad **Chocolate Pudding/Topping**
9) **Cream of Pumpkin Soup** Roast Turkey w/Gravy, Peas & Pearl Onions, Butternut Squash, Cranberry Sauce **OR** Roast Beef & American Cheese on Oatnut Bread, Mayo Packet, Lettuce Leaf, Balsamic Vinaigrette Pasta Salad, Broccoli Tomato Salad **Vanilla Nutmeg Pudding/Topping**	10) Sweet & Sour Chicken, Rice Pilaf, Green Beans Almandine, Apple Cinnamon Muffin **OR** Turkey & Cheese on Multigrain Bread, Lite Mayo, Lettuce Leaf, Tomato & Zucchini Salad, English Peas Salad **Fresh Fruit**
16) **Clam Chowder** Pier 17 Fish w/Florentine Sauce, Corn, Spinach, Multigrain Bread **OR** Peppercorn Turkey & Mozzarella Cheese on Whole Wheat Bread, Lite Mayo, Carrot Pineapple Salad **Oatmeal Raisin Cookie**	17) **Vegetable Soup** Meatloaf w/Brown Gravy, Mashed Potatoes, Peas & Mushrooms, Whole Wheat Roll **OR** Tuna Salad on Multigrain Bread, Lo Mein Pasta Salad, Tossed Garden Salad w/Red Onions, Lite Italian Dressing **Baked Cinnamon Apple Slices/Whipped Topping**
23 ***Reduced Sodium All Beef Hot Dog Cole Slaw, Baked Beans, Ketchup/Mustard/Relish, Hot Dog Roll **OR** Egg Salad on Multigrain Bread, Lettuce Leaf, Purple Cabbage Cole Slaw, Orzo Vegetable Salad **Fruit Cocktail**	24) **Minestrone Soup** Creole Fish, Lemon White Rice, Spinach, Multigrain Bread **OR** Chicken Salad on Lettuce Leaf, Fruity Rice Salad, Tossed Garden Salad w/Red Onions, Lite Italian Dressing, Rye Bread **Butterscotch Pudding/Whipped Topping**
30) **Vegetable Noodle Soup** Open Faced Chicken & Swiss Cheese Sandwich, Mashed Potatoes, Spinach, Rye Bread **OR** Tuna Salad on Oatnut Bread, Lettuce Leaf, Potato Salad, Riviera Salad **Pears**	

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**, please call the **previous Friday**. Call 617-730-2770 for reservations.

Join us on **Thursday, September 2**, for the **Labor Day Special** lunch featuring Shrimp and Chicken Kielbasa Jambalaya and Black Beans and Rice.

On **Monday, September 13**, don't miss the **August Moon Festival** with yummy food and exotic entertainment. ***See p. 6 for details***.

On **Tuesday, September 14,** cheer all the September birthdays with our special **Birthday Lunch**. Don't forget to call for reservations and to mention when you call that you or someone in your party has a September Birthday.

The **Let's Go Out to Lunch** group will meet on **Tuesday, September 21,** at 12:00 noon at the Corrib Pub at 201 Harvard Street. Call Charlotte at 617-730-2790 for more details.

Brookline Senior Center
93 Winchester Street
617-730-2770

SEPTEMBER 2010

EVENTS CALENDAR

MONDAY	TUESDAY	WEDNESDAY
To reserve a lunch please call 617-730-2770 by 11 am, a day in advance.	SHINE counselors are available to answer your individual health insurance questions. Please call 617-730-2777 for an appointment.	1 9 am BLAB lawyer 10:30 am Retired Men's Club 12:30 pm Bridge 1:30 pm Entertainer Jack Craig in "Best of Broadway" followed by ***Raffle Drawing for Quilt*** 2-4 pm Open computer lab
6 Labor Day Holiday Senior Center is closed. Rogerson Adult Day Health and Fitness First is closed.	7 10:30 am Brookline Bees-Quilters 12:30 pm French Conversation grp. 1-3:30 pm Food distribution 1:00 pm Bingo 1:30 pm Movie Lovers' Film Series "Becoming Jane"	8 10:30 am Retired Men's Club 12:30 pm Bridge 1 pm COA meeting. The speaker is Kathy Barnes from JF&CS 2-4 pm Open computer lab Rosh Hashanah begins at sundown
13) 9 am Podiatry Clinic 12 noon August Moon Festival—lunch followed by entertainment —reservations required.$7/ticket No Springwell lunch today 1 pm Mah Jongg/Scrabble 1-2 pm Line Dancing - vacation 2-4 pm Open computer lab	14 STATE PRIMARY TODAY **VOTE**!!! 10:30 am Brookline Bees on vacation 12:30 pm French Conversation grp. 1-3:30 pm Food distribution 1:00 pm Bingo 1:30 pm Movie Lovers' Film Series "Together"	15 10:30 am Retired Men's Club 12:30 pm Bridge 1 pm Low Vision Group meeting 2 pm Wisdom Works 2-4 pm Open computer lab
20 9 am Podiatry Clinic 12:30 pm Chinese programs 1 pm Mah Jongg/Scrabble 1-2 pm Line Dancing 1:30 Conversational Cantonese class 2-4 pm Open computer lab	21 10:30 am Brookline Bees-Quilters 12 noon September Birthday Lunch 12:30 pm French Conversation grp. 1-3:30 pm Food distribution 1:00 pm Bingo 1:30 pm Movie Lovers' Film Series "Greenberg"	22 10:30 am Retired Men's Club 12:30 pm Bridge 1 pm Eileen Currier, Nurse Practitioner from St. E's Medical Center 2-4 pm Open computer lab
27 12:30 pm Chinese programs 1 pm Mah Jongg/Scrabble 1-2 pm Line Dancing 1:30 Conversational Cantonese class 2-4 pm Open computer lab 2 pm Talk by geriatrician, Suzanne Solomon, MD	28 10:30 am Brookline Bees-Quilters 12 noon Let's Go Out to Lunch group meets at Corrib Pub on Harvard St. 12:30 pm French Conversation grp. 1-3:30 pm Food distribution 1:00 pm Bingo 1:30 pm Movie Lovers' Film Series "Sylvia"	29 10:30 am Retired Men's Club 12:30 pm Bridge 2 pm Wisdom Works 2-4 pm Open computer lab

THURSDAY	FRIDAY
2 10:30 am Knit and Crochet 12 noon Springwell Labor Day Special 1:30 pm Knit and Crochet 1:30 pm Russian Tea Room 1:30 pm Easy Travel Alice Fastov shares what she did on vacation 2 pm Zumba classes begins	3 9 am Bridge 9:30 am Solemates Walking Group 10 am Project Volunteer Group 10:30 am Current Events 10:30 am Senior Chorus resumes 1 -2:30 pm Parkinson's Support Group 1 pm Holiday Fair planning meeting
9 10:30 am Knit and Crochet 1:30 pm Russian Tea Room 1:30 pm Knit and Crochet 2 pm Zumba	10 9 am Bridge 9:30 am Solemates Walking Group 10 am Project Volunteer Group 10:30 am Current Events 10:30 am Senior Chorus Afternoon Alzheimer's group not meeting this month
16 9 am Blood Pressure Screening 9:30am"Learning to Draw" begins registration required 10:30 am Newcomers group starts Today—registration requested 10:30 am& 1:30 p.m Knit&Crochet 1:30 pm Russian Tea Room 2 pm Zumba class	17 9 am Bridge 9:30 am Solemates Walking Group 10 am Project Volunteer Group 10:30 am Current Events 10:30 am Senior Chorus Yom Kippur begins at sundown
23 10:30 amKnit and Crochet 10:30 am Newcomers group pre-registration requested 1:30 pmKnit and Crochet 1:30 pm Russian Tea Room 2 pm Zumba class	24 9 am Bridge 9:30 am Solemates Walking Group 10 am Project Volunteer Group 10:30 am Current Events 10:30 am Senior Chorus—on vacation
30 10:30 am Knit and Crochet 10:30 am Newcomers group preregistration requested 1:30 pm Knit and Crochet 1:30 pm Russian Tea Room 2 pm Zumba class Evening Alzheimers group. Call for time.	For information about BETS discounted taxi tickets, please call 617-730-2740, Mon-Wed., 12 noon-4 pm

ONGOING SENIOR CENTER EVENTS

MONDAY

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

TUESDAY

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

WEDNESDAY

10:30 am—Retired Men's Club
12 noon-4 pm—BETS
12:30 pm—Bridge
2-4 pm Computer Lab open

THURSDAY

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

FRIDAY

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

FROM THE DIRECTOR

I want to extend a special welcome to people who are reading this publication for the first time. Our *Senior News and Events* is a great way being educated about important programs and services and staying informed about all the fabulous programs that happen here in Brookline. Not one senior should ever be bored with the wealth of activities available, and many activities remain free due to the commitment of our nonprofit arm to keep program costs low. We are proud to mail this month's copy to a wider audience and encourage you to subscribe (using the form on p. 31) to stay abreast of all our 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 our new ZUMBA (see p. 13), tai chi chuan (see p. 12), chair yoga (see p, 13), and literary discussion (see p. 28) classes, or join the chorus (see p. 11). You can even offer to teach a new class yourself.

We are also offering our annual newcomer's club (see p. 3) for those who are new to Brookline or to our services. And, if that is not enough to keep you involved, join our Theater Club (see p. 15) for some great shows on Sunday afternoons.

The Asian community celebrates the harvest and their gratitude for abundance in September with the August Moon Festival (see p. 6), and our Jewish friends celebrate Rosh Hashanah (New Year) on September 9. 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. Enjoy the month.

Finally, I urge you to make plans to attend our annual benefit next month on October 27 (see p. 21). This annual event is our biggest fundraiser of the year. The evening is sure to be great fun. I guarantee a phenomenal time—celebrating our community with scrumptious food, lively dancing and a game of benefit BINGO. Buy your tickets early!

—Ruthann Dobek, Director

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6TH ANNUAL FALL BENEFIT

It's scheduled for the evening of **October 27, starting at 6 pm**. Our 6th annual evening fund-raising event. The Senior Center is transformed that evening into a grand ballroom with hors d'oeuvres, wine, and a sumptuous buffet in addition to a dance band and even a special Bingo benefit game.

This year we have chosen to celebrate a theme—*Sustaining and Growing*—rather than an individual. The proceeds of this annual event help support and expand the Senior Van and other Senior Center programs. Tickets are $100 per person ($60 for seniors [over 65]). Make reservations by October 13. For more information, call Ruthann at 617-730-2756.

BOWLING

Bowling is an activity that can continue all year-round. The Senior Center bowlers meet at 9:30 am on Wednesday mornings at the 20th Century Bowling Alley (affectionately known as Ron's) at 1231 Hyde Park Avenue (next door to the Hyde Park police station). For a mere $7, you can purchase three strings and shoe rental. The group is generally back at the Senior Center by 12:00 noon. To sign up or for more information, call Charlotte Millman at 617-730-2769.

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HOLIDAY CRAFT FAIR

—SAVE THE DATES—

Pets for the young-at heart. Photo by Mimi Katz

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

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

- Friday, September 3, at 1:00 pm (for distribution of solicitation packets, discussion of room layout, and distribution of work assignment forms)
- Friday, October 8, at 1:00 pm (to work on publicity, finalize work assignments, and check in)
- Monday, November 1, at 10:30 am (for final logistics)

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

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A PACEMAKER CAN DESTROY GOAL OF LIVING WILL DIRECTIVE

An article appeared in The New York Times Magazine on June 20, 2010, entitled "What Broke My Father's Heart" by Katy Butler. It chronicled the life and death of her father, a retired college professor, who had a pacemaker installed shortly after dementia set in. Both of her parents had signed living wills and, in fact, were adamantly opposed to extending their lives beyond the point of usefulness and capacity to enjoy life. This memoir attracted 442 reader comments and 5 letters from readers.

Several years later, after her father's dementia had progressed, a surgeon refused to operate on a painful hernia without installing a pacemaker. Butler's mother was anxious to relieve her husband's pain and being exhausted with care giving gave her consent to the implant. The pacemaker's battery was expected to last 10 years. This medical decision took a minute, but resulted in devastating and long-lasting consequences for Butler's father and the family. (The option of using a temporary external pacemaker was not given by the surgeon and therefore not discussed. A temporary external pacemaker to handle the hernia operation could have been disconnected after the surgery.)

Several years later, with her father still alive and in a persistent demented state, Butler learned that pacemakers could be deactivated without surgery. Her father's heart would have returned to its previous slow rhythm, and he would eventually die, perhaps in his sleep. Butler's mother asked the family physician to deactivate the pacemaker. The doctor refused, even though under her husband's health care proxy she had the right to request withdrawal of any treatment, including a pacemaker.

Two years later (9 years after the onset of his dementia), Butler's father finally died of pneumonia in a hospital. His pacemaker continued until his death. Butler's mother died a short time later. She had declined open-heart surgery after the surgeon said he would refuse to honor her do-not-resuscitate order. "It would not be fair to [my] team," the doctor had said.

Since then, the American Heart Association has issued guidelines saying that patients or their legal surrogates have the moral and legal right to request the removal or deactivation of a pacemaker, which is now defined neither as euthanasia nor as assisted suicide. This guideline came too late for Butler and her family.

You can benefit from the sad experience of Kathy Butler's family during the last years of her father's life and her generosity in sharing it with us. When executing a living will, make sure that life support can be terminated if you suffer from dementia, not just if you are comatose or dying, and that the directive specifically permits the turning off or removal of a pacemaker.

by Laurie Israel, Esq. *© Laurie Israel. 2010. All rights reserved.*

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SENIOR SCENE

Back by popular demand, in September *Senior Scene* will rerun the March 23 taping of the interview with Ruthann Dobek and Julie Washburn in which they discussed all the programs available for the senior community at the Brookline Senior Center.

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

Are you interested in learning the technology of television production? If your answer is "yes," volunteer to help out at BATV. Lawrence Hollis, at 617-731-8566, will be happy to hear from you.

Or if you want to learn in a classroom environment, see the courses being offered on p. 28 of the Fall 2010 Brookline Adult & Community Education (BA&CE) catalog.

ENVISION YOUR FUTURE: YOUR HOUSE AS YOUR BIGGEST ASSET

On **Tuesday, September 28, at 6:30 pm** at the main branch of the Brookline Public Library (Hunneman Hall), attend a discussion of this hot issue. The session will be led by an impressive panel that includes: Lee Cooke-Childs (associate from the real estate group Chobee Hoy Associates), Laura E. Days (real estate lawyer from the law firm Israel, Van Kooy, & Days, LLC), and Gary McCabe (Tax Assessor for the Town of Brookline).

We tend to think (and rightly) of our house as our living place—lovingly nurtured to make it a haven and a center of family life. As we age we should investigate its value to us as part of our economic stability in our senior years. This session is designed to do just that. Come to this session to open new ways of thinking and to explore the value to you of your home as an economic haven.

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SENIOR CENTER FOOD DISTRIBUTION SITE

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

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

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BROOKLINE RECREATION —IT'S WHAT WE DO!

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

Tuesday, September 28
Tour of the Clay Center Observatory

The Observatory is open in the fall for public astronomy viewing. Come look at the stars, planets, moon, and more. Tour the Stars, the Moon, and the Sun Courts. Weigh yourself on the Moon and Mars with the Planetary Scales, and if it is a clear night, view the skies through the Observatory's telescope. This is a walking tour so wear comfortable shoes.

The van will pick up passengers at the Soule Recreation Center, 652 Hammond Street, Chestnut Hill, at 5:00 pm and at the Senior Center, at 5:15 pm, and will return at approximately 8:00 pm. Fee: $5.00 per person.

Friday, October 1
Hall's Pond Walking Tour

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

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

Wednesday, October 13
Fall Foliage Trip—Hobo Train

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

The bus will pick up passengers at the Soule Recreation Center, 652 Hammond St. at 7:00 am and at the Senior Center at 7:15 am, and will return at approximately 5:00 pm.

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

There is a new **Brookline Recreation Corner** on the 2nd floor of the Senior Center. The corner will have all current trip and Brookline Recreation info and a mailbox for registrations and payments for upcoming trips or events. A representative from Brookline Recreation will be at the Senior Center on alternate Wednesdays from 12:00 noon to 1:00 pm, to answer your questions.

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JEWELRY BUY-BACK

On **Tuesday, September 28, starting at 10:00 am** and running into the afternoon, Tony Sharrio from Jewelry Plus on Winter Street in Boston will return to the Senior Center to buy your gold and silver.

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 cannot come to this event, Mr. Sharrio will be happy to sched-ule a one-on-one appointment for a more convenient date. Or visit his retail location. Feel free to call 617-482-8952 (Jewelry Plus) for more information or to schedule an appointment.

TAX ABATEMENT PROGRAM

There are still some spots available in the Town's Tax Abatement Program. In this program, income-eligible senior homeowners (this includes condo owners) can earn a $1000 property-tax abatement for donating 125 hours of their time to work for Brookline departments. If you are interested, call Deidre Waxman at 617-730-2767, and she will be able to give more information and help you through the application process.

WISDOM WORKS

Even before the current economic turmoil the Council on Aging (COA) saw signs that seniors would need to work longer, retire later, and require more financial resources to fund additional retirement years that were caused by increases in longevity. To meet this need, the COA is offering a program called "Wisdom Works" for job seekers 55 or older who are, or will be, looking for work. This series of four employment workshops will be facilitated by professionals who have volunteered their time and have been trained to lead these workshops developed by Keystone Associates, a premier outplacement firm in Burlington.

The four workshops will be at the Senior Center **at 2:00 pm, on Wednesdays, September 15 and 29 and October 6 and 13**. Topics will include skills assessment, résumés/cover letters, job search strategies, interviewing, and research and technology (learning how to navigate the internet).

There is a materials fee of $5. For more information and to register, call JOBS Coordinator Deidre Waxman at 617-730-2767.

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THE ASSISTANCE YOU NEED TO STAY INDEPENDENT

From Evelyn Roll's grandfather comes this tip! The best emergency candles to use during an electric **power outage** are the memorial candles (in a glass) to be found in the Jewish section of any supermarket. And if you attach a book of matches to the glass with a rubber band, you can always find a match in the dark.

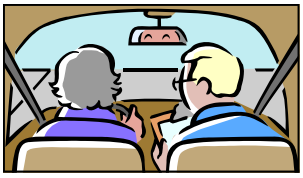
JOIN THE COMPUTER GENERATION

A new group of computer classes beginning in September are being offered. 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 617-730-2700 or talk with Bob Roll in the Senior Center Computer Lab. The fee for each course is $70. Each of these courses is limited to six students. Senior discounts do not apply. Register for these courses by calling BA&CE at 617-730-2700 or online at www.brooklineadulted.org. Each of these courses cost $70. For further information and for computer courses being taught at locations other than the Brookline Senior Center, consult the BA&CE Fall 2010 catalog.

- **Introduction to Computer Basics for Seniors** Instructor: Bob Roll (**Course code: C116**)
  4 Thursdays from 9:30 to 11:30 am beginning September 23.

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 23 at the Senior Center
Fee: **$100** (payable to Pleasant Auto). Senior discount does not apply.

- **Intermediate Computer Basics for Seniors** Instructor: Bob Roll (**Course code: C157**)
  4 Fridays from 9:30 to 11:30 am beginning September 24.
- **e-Mail Workshop for Seniors** Instructor: Bob Roll (**Course code: C171**)
  4 Wednesdays from 11:45 am to 1:45 pm beginning September 22.
- **Introduction to the Internet for Seniors** Instructor: Mimi Katz (**Course code: C103**).
  Section 01: 4 Wednesdays from 9:30 to 11:30

OTHER BA&CE CLASSES

Literary Discussion This Fall
Instructor: Susan Gorman Grey (**Course code: HU85**) Fee: $120.
9 Tuesdays from 10:30 am to 12:30 pm beginning September 28.
All books for the course are available at Brookline Booksmith.

Telling Your Story: Senior Seminar in Autobiographical Writing
Instructors: Jean Kramer and Irving Schwartz (co-sponsored by the Council on Aging [COA]) (**Course code: H065**) Fee $75.
8 Wednesdays from 10:15 to 11:45 am beginning September 22.

The Art of the First Novel
Instructor: Sorel Faith Berman (**Course code: HU84**) Fee $120
8 Wednesdays from 1:00 to 3:00 pm beginning September 29.

THANK YOU

We wish to thank the people who contributed to the Senior Center in September:

Annual Appeal Donors The Chinese Mahjong Group, Beatrice Telegen, and Ethel A. Weiss

Van Fund Donor Katheryn Kilpatrick

Janet & Robert DeSimone **for their gift in honor of** Rose DeSimone's birthday

Rhoda & Herbert Goodwin and Mary O'Brien **for their gifts in honor of** Doreen Gordon's 85th birthday

June Carter **for her gift in thanks to the ELF program**

And to an anonymous source **for the gift in support of Brookline CAN**

Laurie Israel **for her gift in honor of** Judith Gimple

HANDICAPPED ACCESS

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

OUR ADVERTISERS

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

OUR CONTRIBUTORS

Many thanks to the contributors to this issue of the Senior News and Events: to Jean Kramer for historical info on p. 1; to SHINE for the article on health care reform on p. 5, to the Brookline Department of Public Health for information on critter proofing your home on p.7, to Netflix for the brief summaries of the films on p. 10, to Louise Weinberg for the beginner's achievement photos on p. 11, to Mimi Katz for the 2009 holiday craft fair photo on p. 21, to Laurie Israel for the living will directive article on p. 23, and to Charlene Fong for the photos on the Careers in Aging reprise on p. 30.

FROM THE BOARD PRESIDENT

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

We welcome your gifts in honor of special occasions, as thanks for services you have received, or to recognize friends, family, or staff, and we thank all who have thought of the Senior Center and helped support us through the years. *Thank you, Elizabeth (Betsy) Pollock*
President, Brookline Senior Center Board

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CAREERS IN AGING REPRISE

The 7th Annual Careers in Aging (CIA) program wound up on **Thursday, August 5**, with a review of this year's program and presentations **at 1:00 pm** at the Senior Center.
The ceremonies were followed by a student bake sale.
This year's coordinators—Charlene Fong and Maya Ribot—did yeoman's service leading the Brookline High School participants through a wide variety of events/activities—all designed to introduce the young people to the senior world and to senior services as a career choice.

A very special feature of this summer's CIA program was the students' interrelating with the senior veterans. Lively discussions took place among the students and the vets with a resultant increased understanding by the students of the experiences and consequences of war on the soldiers who fight them.

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

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

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