TOWN OF BROOKLINE SENIOR NEWS AND EVENTS

Council on Aging

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

Brookline Senior Center
93 Winchester Street
Brookline, Massachusetts 02446

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HIGHLIGHTS

Step out for some or all of the **Holiday Season Happenings**—see **pages 8 and 25**.

Find out about the **Fuel Assistance Program**—see **page 11**.

Get **Tips for Beating the High Cost of Groceries**—see **page 19**.

Celebrate at the **Morning Musicale and Check Presentation Party**—see **page 20**.

Go Green by attending the **Introduction to the Low Carbon Diet**—see **page 26**.

Don't let your subscription to the Senior News and Events lapse! Stay informed!
Unfortunately, rising costs and tightened belts have forced us to mail the newsletter only to current subscribers. Keep your subscription current. See page 27 for a renewal form and more information.

DECEMBER 2008

ANOTHER ANNUAL AUTUMN BENEFIT—REPRISE

On October 29, the Senior Center was transformed once more into an elegant ballroom for the fourth Annual Autumn Benefit. It was a glittering success with over 180 people in attendance. We honored our 10 dedicated social workers as we shared scrumptious food, and even danced to a few classic Beatles tunes.

Our every-day heroes—our social workers.
From left to right: Back row: Susan Karian-Andriole (HELP Program), Freddi Langenthal (Clinical Social Worker), Elaine Yanowitz (Clinical Social Worker), Charlotte Millman (Program Manager), Sue Welpton (Supervisor of Services), Ruthann Dobek (Director), and Betsy Pollock (President, Senior Center Board).
Front row: Olga Silwa (Clinical Social Worker), December Heffernan (HELP Program), Julie Washburn (Clinical Social Worker).
Deidre Waxman (JOBS Coordinator) is also very much our every-day hero too, but was not able to attend the benefit.
Photo courtesy of Jean Stringham.

Michael Merrill, former selectman and Senior Center board member, issued a challenge: "Everyone in attendance and those who support the Senior Center must donate more. One check is not enough in this tight fiscal climate. Every individual, foundation, and business needs to write one more check."

Funds will be used to support the van and increase our hours as well as to buy supplies.

Please support this challenge by being as generous as you can. Make your donation before the end of the year.

See page 6 for a list of donors.

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Happy Holidays

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 27 for subscription/renewal form.

COUNCIL ON AGING BOARD MEETING

These meetings only get better and better. In October, the future of long-term care insurance and the impact of the 2008 election was examined by E. Scott Plumb. In November, Doreen Nemeth of SHINE gave us an eye-opening preview of what Medicare insurance changes are in store for us in 2009.

At the COA meeting on Wednesday, December 10, at 1:00 pm, the speaker will be Brian Tilley, MBA, CLU, ChFC, CFP, and CLTC, licensed in Massachusetts for Life and Health. Brian has over 28 years of experience in the insurance industry. He will talk to us about his own personal experiences in primary care and the role of the primary care giver. He will also share with us how long-term care insurance plans are put together and why these plans are important in dealing with the stress and financial burden of caring for yourself and/or loved ones. Plan on coming to this meeting for more enlightenment about long-term care policies.

HOLIDAYS

The Senior Center, Rogerson Adult Day Care, and Rogerson Fitness will all be closed on **Thursday, December 25**, Christmas Day. We also wish everyone a very happy Hanukah, a joyous Kwanzaa, a good Eid al-Adha, and a merry Winter Solstice (after which the days begin to get longer—hurrah! flourish of trumpets!).

Note: During the course of a year the Brookline Senior Center celebrates many diverse holiday traditions. We cordially invite everyone to attend the celebrations of their choice for joyful holiday times. We do not endorse any particular tradition, but rather embrace all of them.

NEED HELP UNDERSTANDING 2009 MEDICARE PLANS?

We are in the middle of the Medicare Annual Open Enrollment period, which lasts until December 31. During this time, all Medicare beneficiaries can change their Medicare health coverage as well as their Medicare Prescription Drug plans (Part D plans).

Check that your drugs will continue to be covered and what the co-payments will be in 2009. Most plans have increased monthly premiums, but some have significantly increased co-payments as well.

Although you have until December 31 to make changes, we recommend making any changes as early as possible, so you will have paperwork from your new plan showing you are covered on January 1, 2009.

While the SHINE counselors at the Senior Center are now completely booked for December, you can still get some help by calling SHINE at 1-800-AGE-INFO (1-800-243-4636). When you reach this number then press or say "3." When SHINE answers, leave your name and phone number. A SHINE volunteer will call you back as soon as possible. Please be patient. Due to the large volume of calls, you may not hear from this source for a couple of days.

Or you can call Medicare at 1-800-MEDICARE (1-800-633-4227), MassMedLine at (866) 633-1617, or Medicare online at www.medicare.gov. See pages 5 and 26 for more information.

Source: SHINE

PART D COVERAGE IN 2009

Initial coverage	Up to $2700 in total retail cost of drugs	You make co-pays (after meeting annual deductible)
Coverage Gap (donut hole)	Until catastrophic coverage begins	You pay full cost of drugs
Catastrophic Coverage	After yearly out-of-pocket cost reaches $4350	You pay 5% co-pays

SENIOR SERVICES

The Brookline Senior Center and the Council on Aging (COA) offer a wide variety of programs and activities designed to help the Brookline senior community in every-day ways. Among the services offered:

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

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

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

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

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

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

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

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.

SHINE counselors Deborah Brass, Sonny Saslaw, 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.

SHOPping News

There are still a few students available who would be happy to help seniors with their shopping. They are ready to spring into action as soon as there are seniors who need help.

If you want help, call our Volunteer Coordinator, Vivian Freeman, at 617-730-2743, and she will set you up with help.

MEDICARE PRESCRIPTION DRUG PLAN OPEN SEASON HAS BEGUN

Open season for enrollment in the Medicare Part D prescription drug program is here again. Newly eligible Medicare beneficiaries and current beneficiaries who are considering changes to their Medicare Part D plan, should mark their calendars for open season that runs from November 15 through December 31.

The Medicare Part D prescription drug program is available to all Medicare beneficiaries to help with the costs of medications. Joining a Medicare prescription drug plan is voluntary, and participants pay an additional monthly premium for the coverage.

While all Medicare beneficiaries can participate in the prescription drug program, some people with limited income and resources also are eligible for *extra help* to pay for monthly premiums, annual deductibles, and prescription co-payments. In 2008, the *extra help* was worth an average of $3600; in 2009, it's worth will average of $3900.

To figure out whether you are eligible for the extra help, Social Security needs to know your income and the value of any savings, investments, and real estate (other than the home you live in). To qualify you must be receiving Medicare and also have:

- Income limited to $15,600 per year for an individual or $21,000 for a married couple living together. Even if your annual income is higher, you still may be able to get some help with monthly premiums, annual deductibles, and prescription co-payments. Some examples of where your income may be higher include if you or your spouse:
  - —Support other family members who live with you;
  - —Have earnings from work; or
  - —Live in Alaska or Hawaii.
- Resources limited to $11,990 for an individual or $23,970 for a married couple living together. Resources include such things as bank accounts, stocks, and bonds. We do not count your house or car as resources.

You can complete an easy-to-use online application for yourself or someone you care about at www.socialsecurity.gov. Click on "Medicare" on the top right-hand side of the page. Then click on "Apply for help with prescription drug costs." To apply for the extra help by phone or have an application mailed to you, call Social Security at 1-800-772-1213 (TTY 1-800-325-0778) and ask for the *Application for Help with Medicare Prescription Drug Plan Costs* (SSA-1020). Or go to your nearest Social Security office.

And if you would like more information about the Medicare Part D Prescription Drug Program itself, visit www.medicare.gov or call 1-800-MEDICARE (1-800-633-4227; TTY 1-877-486-2048). See pp. 3 and 26 for more information.

by Judy Bernstein
Social Security District Manager in Boston

ALZHEIMER'S CAREGIVERS SUPPORT GROUPS

Caring for a loved one with Alzheimer's is charged with physical and emotional stress beyond the ordinary. Caregivers often find the need to be with their fellow caregivers and to draw strength from a group experience. To this end the Senior Center has two Alzheimer's Caregivers Support Groups that meet monthly. In December these two groups' schedule is:

- The **Daytime** group will meet **Friday, December 12**. Call group leader December Heffernan at 617-730-2753 if you want to attend and/or want further information.
- The **Evening** group will meet **Thursday, December 18**. Call Susan Andriole at 617-730-2754 if you want to attend and/or want further information.

ANNUAL AUTUMN BENEFIT REPRISE, TOO

The Brookline Council on Aging and the Senior Center want to thank all the donors who showed support for our van program at our Annual Autumn Benefit in November by giving so generously. The donors and the many, many others who showed support for the Senior Van have outdone last year's giving already, despite the massive economic crises we are now undergoing. The Annual Benefit Donors for 2008 are:

Platinum Donors ($2500): the Bank of Canton, The Bay State Federal Savings Charitable Foundation, the Harold and Maura Brown Charitable Foundation, Chobee Hoy Associates, Seth A. and Beth S. Klarman, and Sue B. Reamer.

Gold Donors ($1500): Beth Israel Deaconess Medical Center, Arthur and Gertrude Golden of the Golden Family Fund at The Boston Foundation, Chou Chou and Michael Merrill, and Dr. Michael and Mrs. Susan Rees.

Silver Donors ($750): The Brookline Health Care Center, Robert and Kenna Allen, Goddard House in Brookline, J.E. Pierce Apothecary, Shulamit Kahn and Kevin Lang, and Rabbi Don and Mrs. Betsy Pollock.

Thanks also go to our **Business Friends** ($500): Brookline Bank, Commercial Cleaning Service, Coolidge House, and Wade & Horowitz, LLC, (Elder Law Attorneys).

And to our **Bronze Donors** ($300): Anonymous, Elias and Laurde Audy (Cypress Automart), Mrs. William Batchelor, Dick and Carla Benka, the Brookline Municipal Credit Union, Frank and Carol Caro, Nancy Daly and Kevin Cavanaugh, Rev. George and Mrs. Margie Chapman, John and Lesley Christian, Trudy Cohen, Dennis and Betsy DeWitt, Ruthann Dobek, Emile Drooker, Doris Feldman, Marcia and Robert Heist, Holly and Jerry Kampler (Classic Realty), Christine Altieri and Charles Kane (Altieri Events), Donna and Marty Kalikow, Mildred K. Lehman, Levine Chapel, V. Celia Lascarides and William F. Manley, Jesse Mermell, Nordblom Management Company, Inc., Robert O'Brein, Karen and Harold Petersen, Winnie and Richard Rubino, Yemema Seligson, Senior Home Care Solution, Dr. Robert I. & Mrs. Edith W. Sperber, Mrs. Walter St. Goar, Arlene Stern, Jean and Peter Stringham, Roberta and Al Winitzer, Deborah Goldberg and Michael Winter, and Sonia and William Wong.

Business Card ($100): Coolidge Corner Gym, Greater Boston Chinese Golden Age Center, Irving's Toy & Card Shop, Home Instead Senior Care, and VNA Private Care.

GIVING

We would also like to thank Evelyn Berde for the donation of an **art print, "Bellagio Gelato**."

And the Edward F. Sennott Insurance Agency, Inc. for its gift **in memory of** Sarah Gold

Annual Fund Donors Eleanor Coslow, Waneta Louise West, Irene Allard, and Gudrun Wolpow

And Sheila Hanlon, Nina Lebel, Milesa Panich, and Doris Axelrod for their gifts **supporting the Van**

These gifts from the heart in December, and others throughout the year, in support of Council on Aging/Senior Center programs and services are deeply appreciated.

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Interior renovations will be completed in winter 2008

FROM THE COA BOARD PRESIDENT

Donations to the nonprofit arm and the Brookline Senior Center are always greatly appreciated. They help keep the van running and fund furnishings, physical improvements, and innovative programs for our Senior Center.

Thank you, Betsy Pollock, President
Brookline Senior Center Board

HOLIDAY SEASON HAPPENINGS

ELKS HOLIDAY DINNER

The annual Elks Holiday Dinner will be held at the Senior Center on **Saturday, December 13, at 1:00 pm**. Don't miss out on this free festive meal. Make reservations by calling 617-730-2770 no later than Friday, December 5. Call early as this event is very popular, and space is limited.

FIRST LIGHT FESTIVAL

Brookline will officially usher in the holiday season on **Thursday, December 4, from 5:00 to 8:00 pm**. Join in the fun! Enjoy live performances (a Senior Center Chorus performance will be one of them), free food, activities for everyone, and more. Share this night with your family, friends, and community. Shop, eat, and discover Brookline's best! Events will occur in Brookline Village, Coolidge Corner, JFK Crossing, Putterham Circle, St. Mary's Station, and Washington Square. Check the Town web site for the full schedule of events at all locations.

BOOK DISCUSSION GROUP

The Book Discussion Group will meet on **Monday, December 15, at 2:00 pm** at Temple Emeth in Putterham Circle (use the Puddingstone Road entrance). The book that will be discussed is *Eating My Words: An Appetite for Life* by Mimi Sheraton.

We particularly want to thank Temple Emeth for generously providing us with a meeting place for this group throughout the year.

See pages 20, 22, 24, and 25 for more holiday season happenings.

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 the Brookline Public Library**) has movies every Thursday afternoon. Refreshments are available at 1:00 pm, and the film *du jour* starts 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 information, call 617-734-2500.

The **Coolidge Corner Theatre** also has two very special films coming up in December. On Sunday, December 7, from their *Europe's Grand Operas* series, see the 2008 Salzburg Festival performance of Mozart's magical opera **Don Giovanni**. Tickets for seniors are $17.00.

And from their *Divas in the Dark* series on Sunday, December 14, comes Franz Lehar's operetta, **The Merry Widow.** Tickets are available at the Box Office for only $3.00 for seniors (over 62 with ID).

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

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

MOVIE LOVERS SERIES FOR DECEMBER

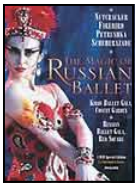
For the holidays, we have some very special films for movie goers. Come to the Movie Lovers Series at the Senior Center on Tuesday afternoons at 1:30 pm for these treats.

December 2 104 minutes 2006
The Year My Parents Went on Vacation **English subtitles**
When his parents' political leanings force them to flee Brazil in haste, 12-year-old Mauro is left behind with his grandfather on the outskirts of São Paulo in the city's Jewish community. But what his parents didn't realize is that Mauro's grandfather has recently died, and the only person left to care for the boy is his grandfather's next-door neighbor, Shlomo.

December 9 110 minutes 2006
Paris, je t'aime **English subtitles**
A collection of five-minute films about Paris brings the city to life with a unique patchwork of 20 stories. Numerous writers, directors, and actors lend their distinctive vision to the project, employing a wide variety of styles and subject matter. Participants include Gérard Depardieu, Gus Van Sant, Ethan Coen, Joel Coen, Wes Craven, Marianne Faithfull, Steve Buscemi, Juliette Binoche, Maggie Gyllenhaal, and Gena Rowlands.

December 16 108 minutes 2007
Young@Heart
Coldplay, the Clash, and Jimi Hendrix will never sound the same once you've heard the Young@Heart chorus, a group of Massachusetts senior citizens who thrill audiences worldwide with their unusual -- and unusually poignant -- versions of rock songs. Stephen Walker's humane and heart-warming documentary, which premiered at Sundance in 2008, follows the elderly ensemble as they prepare their new show.

December 23 94 minutes 2008
Man on Wire **English subtitles**
Philippe Petit captured the world's attention in 1974 when he successfully walked across a high wire between New York's Twin Towers. This documentary explores the preparations that went into the stunt as well as the event and its aftermath. Obsessed with the towers even before they were fully constructed, Petit snuck into the buildings several times to determine the equipment he needed to accomplish his daring feat.



December 30 approx. 120 minutes 2004
Kirov Ballet: The Magic of Russian Ballet **English subtitiles**
A superb compilation of performances from one of the world's greatest ballet companies, this program is packed with four complete ballets and unforgettable moments from other classic performances. Ballets included in this performance are Stravinsky's "Firebird" and "Petrushka;" Tchaikovsky's "The Nutcracker" and Rimsky-Korsakov's "Scheherazade."

FLU CLINIC IN DECEMBER

If you haven't yet gotten your flu shot, the Town has one scheduled for **Tuesday, December 2, from 3:00 to 6:00 pm** at the **Devotion School** at 345 Harvard Street. If you haven't had a pneumonia or a recent tetanus shot, they will be available as well. Don't forget to bring your Medicare and other health insurance cards with you and to wear loose-sleeved clothing.

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

Ask a Nurse Nurse Practitioner Eileen Currier of St. Elizabeth's Medical Center will not be at the Senior Center in December or January. Check the January newsletter for information about her February visit.

Podiatry Clinic Routine foot care with Dr. John McLoughlin is available by appointment on **Mondays, December 1, 15, and 29, from 9:00 am to 12:00 noon**. Sessions, which last 15 minutes each, cost $25. Appointments are required. To make an appointment, call 617-730-2777.

Low Vision Group This peer-led support group for individuals with limited eyesight will not meet in December or January.

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

Blood pressure screenings with a Brookline Health Department Nurse will be held **at the Senior Center**, this month on **Thursday, December 18, from 9:00 to 10:30 am**. Please check with the Health Department on December 17 if you are planning to attend this screening to see if it is still scheduled to happen.

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 the third Thursday of each month and at other locations around town:

- Wednesday, December 3, at the Brookline Health Department, 11 Pierce Street, from 2:00 to 3:00 pm
- Wednesday, December 10, at Sussman House, 50 Pleasant Street, from 1:00 to 2:00 pm
- Wednesday, December 10, at Temple Emeth, 194 Grove Street in South Brookline, from 3:00 to 4:00 pm
- Thursday, December 18, at the Senior Center from 9:00 to 10:30 am. Please check with the Brookline Health Department on December 17 if you are planning to attend this screening to see if it is still scheduled to happen.

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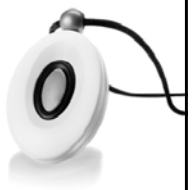

Call for more information:
Home Instead Senior Care Lifeline
617-969-8715

PHILIPS Lifeline

UTILITIES WORKSHOP REPRISE

In November, the Metropolitan Boston Housing Partnership presented workshops aimed at helping individuals save energy and avoid being shut off because of ever-higher energy costs. The workshops dealt with:

- Energy discounts available from the utilities themselves for both gas and electricity. These add up to 20% off the monthly delivery charge for income-eligible households.
- Fuel assistance programs such as the ABCD Fuel Program 2008-2009 (see the article in the column to the right of this one).
- Shutoff Protection, which you can get directly from your utilities companies (NSTAR, National Grid, etc.) if (1) you have a financial hardship and someone in your household has a serious illness, (2) you have an infant in your household under 12 months of age, (3) everyone in your household is over 65 years of age, or (4) it is between November 15 and March 15, and you need service to heat your home.

- Payments plans that enable you to spread your payments out over several months.
- Other resources available to you.

ABCD Fuel Assistance Program Offices

Brookline:
Brookline Senior Center, 93 Winchester Street, 617-730-2777
By appointment only: Mondays 9:00 am to 12:00 noon and Tuesdays 1:00 to 4:00 pm.

Boston:
ABCD Inc. (central office), 178 Tremont Street, 4th floor. 617-357-6012
Chinese, Polish, Spanish, Vietnamese, Burmese, Mandarin, and Taiwanese assistance available.

Allston/Brighton:
Allston/Brighton APAC, 143 Harvard Avenue, 617-783-1485
Italian, Russian, Spanish, Cambodian, and Chinese assistance available.

FUEL ASSISTANCE PROGRAM

Despite the black clouds of economic disaster looming over us, there are some bright spots on the horizon. Among these are that there is assistance available in obtaining, and paying for, heating fuel this winter and that the income-eligibility guidelines have been raised this year.

Among the programs that are providing fuel assistance this winter are:

ABCD Fuel Assistance provides up to $1165.00 per year toward heating costs open to both homeowners and renters (oil, gas, or electric) to households that are at or below total yearly gross incomes of:

Size of household	Total yearly gross of income
1	$27,876.00
2	$36,454.00
3	$45,087.00
4	$53,080.00
5	$62,186.00
6	$70,768.00
7	$72,371.00
8	$73,979.00
9	$75,587.00

Appointments are required and are available **Mondays from 9:00 am to 12:00 noon and Tuesdays from 1:00 to 4:00 pm**. Make an appointment by calling the Senior Center at 617-730-2777.

If you have any questions, feel free to call Emma Banks, Rebecca Porter, or Amanda Perry at 617-730-2772. If you get the voice mail, leave your name and phone number and one of them will get back to you.

Good Neighbor Energy Fund—Contact the Salvation Army at 800-334-3047.

Citizens Energy Corporation—Contact them at 877-563-4645.

National Grid Discount Rate for Gas and Electric—Contact Customer Service at 617-469-2300 (for gas) and 800-322-3223 (for electric).

OUR ADVERTISERS

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

ROGER R. LIPSON
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The Recipe for Living

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

THE ASSISTANCE YOU NEED TO STAY INDEPENDENT

ABOUT GODDARD HOUSE EVENTS

All events listed here are free of charge. Refreshments are served. Goddard House in Brookline is located at 165 Chestnut. There is parking on site. For more information about Goddard House programs and to make reservations, call 617-731-8500. Directions to get to Goddard House are available online at www.goddardhouse.org.

DECEMBER EVENTS AT GODDARD HOUSE

On Friday, December 5, at 2:00 pm, Goddard House presents the third in a series of opera lectures featuring Vinny Mannone, this month discussing *L'elisir d'amore* (The Elixir of Love) by Gaetano Donizetti.

Wednesday, December 10, at 2:00 pm. In our History of Medicare Lecture, KR Kaffenberger, (PhD in Gerontology, University of Massachusetts, Boston) will discuss the history of social security, Medicare, and Medicaid. How will the Obama administration deal with the challenges of an aging population and falling government revenue? This will be an open discussion forum.

Monday, December 15, at 2:00 pm, get out of the winter cold with a narrated slide show tour of the West Indies and Southern Caribbean led by the Reverend George Moseley, member of the Photographic Society of America.

Springwell Nutrition Program DECEMBER 2008

MONDAY	TUESDAY	WEDNESDAY
1) Pot Roast/Brown Gravy Au Gratin Potatoes Peas & Onions/Dinner Roll **OR** Breaded Chicken Patty on a Hamburger Roll Lite Mayo/Lettuce Leaf Macaroni Salad/Cucumber Tomato Salad **Chocolate Chip Pumpkin Bread Pudding**	**2) Clam Chowder/Crackers** Pier 17 Fish/Lemon Butter Sauce O'Brien Potatoes/Lemon Wedge Butternut Squash/Rye Bread **OR** Peppercorn Turkey & Mozzarella Cheese on Multigrain Bread/Lite Mayo Beet Salad/Potato Salad **Raspberry Filled Cookie**	**3)** American Chop Suey/Parmesan Cheese Tossed Garden Salad/Lite Dressing Italian Bread **OR** Egg Salad on Whole Wheat Bread/Lettuce Leaf Tric-olor Pasta Salad Roman Blend Salad **Peaches**
8) Hawaiian Ham Red Bliss Potatoes Green Beans/Rye Bread **OR** Seafood Salad on Whole Wheat Bread Lettuce Leaf Potato Salad Riviera Blend Salad **Mandarin Oranges**	**9)** Turkey Stew w/vegetables Tossed Garden Salad Lite Dressing/Biscuit **OR** Roast Beef & Cheese on Rye Bread Lite Mayo/Lettuce Leaf Pasta Salad Cole Slaw **Fresh Fruit**	**10) Vegetable Barley Soup/Crackers** Chicken Fajita Spanish Rice & Beans Fiesta Mixed Vegetable/Soft Tortilla **OR** Sliced Turkey & American Cheese on Whole Wheat Bread/Lite Mayo/Lettuce Leaf Carrot Raisin Salad German Potato Salad **Frosted Sprinkle Cake**
15) Tomato Rice Soup/Crackers Baked Fish au Gratin Chuckwagon Corn/Broccoli/Rye Bread **OR** ***Ham & American Cheese on Whole Wheat Bread Mustard/Tomato Green Pepper Salad/ Lo Mein Salad **Butterscotch Pudding/Topping**	**16) Holiday Special & Birthday Luncheon** Stuffed Chicken White Sauce Baked Potato & Sour Cream Peas & Mushrooms Snowflake Dinner Roll **Candy Cane Mousse**	**17)** Penne Pasta/Meatballs/Tomato Sauce Parmesan Cheese/Tossed Garden Salad Lite Italian Dressing Broccoli & Cauliflower/Oatmeal Bread **OR** Tuna Salad on a Lettuce Leaf English Pea Salad/Cole Slaw/Oatmeal Bread **Pears**
22) Minestrone Soup/Crackers Stuffed Pepper/Tomato Sauce White Rice/Green Beans Rye Bread **OR** Seafood Salad on Multigrain Bread/ Lettuce Leaf Cucumber Tomato Salad Orzo Vegetable Salad **Mixed Fruit**	**23) Vegetable Soup/Crackers** Cranberry Chicken Whipped Potatoes Brussel Sprouts/Wheat Bread **OR** Egg Salad on Oatmeal Bread Lettuce Leaf/Tricolor Pasta Salad Cauliflower Carrot Salad **Gingerbread/Topping**	**24) Manhattan Clam Chowder/Crackers** Lemon Pepper Fish Roasted Red Bliss Potatoes Zucchini/Whole Wheat Roll **OR** Roast Beef & American Cheese on Whole Wheat Bread Lite Mayo/Lettuce Leaf Summer Squash Salad/English Pea Salad **Vanilla Pudding/Topping**
29) Spanish Style Chicken w/Salsa Sauce White Rice Peas/Oatmeal Bread **OR** Roast Beef & Swiss Cheese on Rye Bread Lite Mayo/Lo Mein Pasta Salad Beet Salad **Rice Pudding/Topping**	**30) Tomato Florentine Soup/Crackers** Breaded Fish & Cheese Sandwich Tartar Sauce/Chuckwagon Corn Green Beans **OR** Chicken Patty on a Hamburger Roll Lite Mayo/Lettuce Leaf Carrot Pineapple Salad/English Pea Salad **Mixed Fruit**	**31) Mushroom Barley Soup/Crackers** Meatloaf/Brown Gravy Whipped Potatoes Beets/Rye Bread **OR** Chef Salad w/Turkey, Egg, Cheese Strips, Vegetables Italian Dressing Macaroni Salad/Whole Wheat Roll **Frosted Lemon Cake**

THURSDAY	FRIDAY
4) Minestrone Soup/Crackers Creamy Country Chicken Brown Rice Pilaf Parsley Carrots/Oatmeal Bread **OR** Roast Beef & Swiss Cheese on Rye Bread Lite Mayo/German Potato Salad Tomato Red Pepper Salad **Fresh Fruit**	**5) Potato Chowder/Crackers** Vegetable Cheese Quiche Orzo Vegetables Medley Wheat Bread **OR** Tuna Salad over Mixed Greens Lite Dressing/Three Bean Salad Oatmeal Bread **Pineapple**
11) Florentine Soup/Crackers Salisbury Steak/Roasted Onion Gravy Whipped Potatoes Beets/Whole Wheat Roll **OR** Chicken Salad on Lettuce Leaf/Oatmeal Bread Rice, Tomato, Black Olive Salad Tossed Salad Lite Thousand Island Dressing **Tapioca Pudding/Topping**	**12) Corn Chowder/Crackers** Broccoli Cheese Fish/Lemon Wedge Green & Wax Bean Blend Lyonnaise Potatoes Multigrain Bread **OR** Egg Salad on White Bread/Lettuce Leaf Pasta Vegetable Salad Cauliflower Carrot Salad **Mixed Fruit**
18) Cream of Cauliflower Soup/ Crackers ***Reduced Sodium Hot Dog Hot Dog Roll/Baked Beans/Cole Slaw Ketchup/Mustard/Relish **OR** Turkey Salad on Lettuce Leaf/Wheat Bread Roman Blend Salad German Potato Salad **Peaches**	**19) Vegetable Noodle Soup/Crackers** Roast Turkey/Gravy/Cranberry Sauce Whipped Potatoes/Green Beans Whole Wheat Bread **OR** California Chicken Salad on Lettuce Leaf Tomato & Broccoli Salad Potato Salad/Rye Bread **Fresh Fruit**
25) **Christmas Day** **CLOSED**	**26)** ***Chicken Kielbasa/Onions & Peppers Rice Pilaf/Stewed Tomatoes Mustard/Sub Roll **OR** Sliced Turkey & Swiss Cheese on Rye Bread/Lite Mayo/Lettuce Leaf Pineapple Slaw/Potato Salad **Mandarin Oranges**

All meals include 8 oz. of 1% milk and margarine.

Low sugar desserts are available, and need to be ordered with the site manager

*****Higher Sodium Content**

Menu subject to change. $1.75 donation

LUNCHEON SPECIALS FOR DECEMBER

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

Come to the annual **Elks Holiday Dinner** at the Senior Center on **Saturday, December 13, at 1:00 pm**. Call 617-730-2770 early to make your reservations for this popular dinner, no later than Friday, December 5.

And don't forget the **Holiday Special and Birthday Luncheon** on **Tuesday, December 16**. If you have a December birthday, please let us know that when you call for reservations. Following the lunch, the film *Young@Heart* will be shown.

The **Let's Go Out to Lunch group** will meet on Tuesday, December 30 at 12:00 noon at the

CORRIB PUB

at 201 Harvard Street. This is a classic pub with lots of good, hearty choices on its menu.

Brookline Senior Center
93 Winchester Street
617-730-2770

DECEMBER 2008

Events Calendar

MONDAY	TUESDAY	WEDNESDAY
1) 9 am Podiatry Clinic by appt. 10:30-noon Poetry Workshop (program has filled.) 12:30 pm Chinese programs 1-2 pm Blood Pressure screening 1 pm Mah jongg 1-2 pm Line Dancing 2-4 pm Open computer lab	2 10:30 am Brookline Bee Quilters 1 pm Bingo 1:30 pm Movie Lovers' Film Series "The Year My Parents Went on Vacation"	9 am- noon BLAB lawyer 9:30 am Retired Men's Club 10 am-noon SHINE counselor 10:30 am BlueCross/BlueShield talk on Medicare Insurance prgms 12:30 pm Bridge 1 pm Amy Bowles, jazz pianist, sponsored by Brookine Music Schl
8 10:30-noon Poetry Workshop (program has filled.) 12:30 pm Chinese programs 1 pm Mah jongg 1-2 pm Line Dancing 2-4 pm Open computer lab	9) 10:30a.m Brookline Bee Quilters 11 am Springwell Nutrition program "Beating High Cost of Groceries" 12:30 pm French Conversation grp. 1 pm Bingo 1:30 pm Movie Lovers' Film Series "Paris, je t'aime"	10 9:30 am Retired Men's Club 10 am-noon SHINE counselor 12:30 pm Bridge 1 pm COA meeting, speaker: Brian Tilley on Long-Term Care Insurance
15 15)9 am Podiatry Clinic by appt. 10:30-noon Poetry Workshop (program has filled.) 12:30 pm Chinese programs 1 pm Mah jongg 1-2 pm Line Dancing 2-4 pm Open computer lab	16 10:30 am Brookline Bees-Quilters Noon-December Birthday lunch & Springwell Holiday Lunch 1:00 pm Bingo 1:30 pm Movie Lovers' Film Series "Young@Heart"	17 9:30 am Retired Men's Club 10 am-noon SHINE counselor 10-11:30 am Introduction to "Low-Carbon Diet" program 12:30 pm Bridge 1 pm Low Vision Group - not meeting in December or January.
22 10:30-noon Poetry Workshop (program has filled.) 12:30 pm Chinese programs 1 pm Mah jongg 1-2 pm Line Dancing 2-4 pm Open computer lab	23 10:30 am Brookline Bees-Quilters 12:30 pm French Conversation grp. 1:00 pm Bingo 1:30 pm Movie Lovers' Film Series "Man on Wire"	24 9:30 am Retired Men's Club 10 am - noon SHINE counselor 12:30 Bridge
29 9 am Podiatry Clinic by appt. 10:30-noon Poetry Workshop (program has filled.) 12:30 pm Chinese programs 1 pm Mah jongg 1-2 pm Line Dancing 2-4 pm Open computer lab	30 10:30am Brookline Bees-Quilters Noon -"Let's Go Out to Lunch Group meets at Corrib Pub, 201 Harvard St. 1:00 pm Bingo 1:30 pm Movie Lovers' Film Series "Kirov Ballet: The Magic of Russian Ballet"	***31*** 9:30 am Retired Men's Club 10 am - noon SHINE counselor 12:30 Bridge 2 -4 pm John O'Neill, cabaret performance to welcome the HAPPY NEW YEAR!

THURSDAY	FRIDAY
4 10 am-noon SHINE counselor 10:30 am & 1 pm Knit and Crochet 1:30 pm " Easy Travel" goes to Allandale Farm with John Lees 1:30 pm Russian Tea Room	5 9 am Bridge 10 am Solemates Walking Group 10 am Project Volunteer Group 10:30 am Current Events 10:30 am Senior Chorus
11 10 am-noon SHINE counselor 10:30 am Knit and Crochet 1 pm Knit and Crochet 1 pm Beading Workshop with Marge Harvey 1:30 pm Russian Tea Room	12 9 am Bridge 10 am Solemates Walking Group 10 a.m Project Volunteer Group 10:30 am Current Events 10:30 am Senior Chorus 1 pm Alzheimers Support Group
18 9-10:30 am Blood pressure screen. 10 am - noon SHINE counselor 10:30 am Knit and Crochet 1 pm Knit and Crochet 1:30 pm Russian Tea Room 1:30 pm Active Adults meeting Evening Alzheimers' Support Group	19) 9 am Bridge 10 am Solemates Walking Group 10 am Project Volunteer Group 10:30 am Current Events 10:30 am Holiday Fair Check Presentation and Chorus performs 1 pm Duane Sullivan, entertainer sponsored by Rogerson ADHP
25 Merry Christmas!!! Senior Center is closed Rogerson Adult Day Health program is closed	26 9 am Bridge 10 am Solemates Walking Group 10 a.m Project Volunteer Group 10:30 am Current Events 10:30 am Senior Chorus
SHINE counselors are available to answer your individual health insurance questions. Please call 617-730-2777 for an appointment. ***To reserve a lunch please call 617-730-2770 by 11 am, a day*** in advance	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

ONGOING SENIOR CENTER EVENTS

MONDAY

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

TUESDAY

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

WEDNESDAY

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

THURSDAY

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

FRIDAY

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

CAULIFLOWER AND COUSCOUS PILAF

This one-dish meal for $2.00 or less from the Jewish Family & Children's Service (JF&CS) Nutrition Services makes a delicious, balanced and inexpensive one-pot meal, providing nutritious energy from whole wheat couscous, filling power from cauliflower, and protein from pecans—plus great flavor from orange zest, raisins, and scallions—keeping sodium to a minimum.

Ingredients

1 teaspoon canola oil or olive oil
1 cup frozen cauliflower florets (measure after defrosting)
¼ teaspoon salt
⅓ cup reduced-sodium chicken broth
⅔ cup water
½ teaspoon grated orange zest*
⅛ cup orange juice
⅛ cup raisins
⅔ cup whole-wheat couscous
¼ cup sliced scallion greens

Kitchen equipment needed

Cutting Board
Knife
Measuring Cups and Spoons
Liquid Measure
Grater or Zester
Can Opener

Yield: 2 servings, 1 ½ cups each
Total time: 25 minutes
Ease of preparation: Easy

Note *Zest a fresh orange by rubbing a pre-washed, fresh orange in one direction against the blades of a grater or zester. Keep turning the orange so you only zest the orange skin, not the bitter white rind.

Preparation Premeasure, defrost, and precut all ingredients. Heat the oil in a large saucepan over medium heat. Add cauliflower and salt; cook, stirring constantly, until softened, about 3 minutes. Into the saucepan, add broth, orange zest, juice, and raisins; bring all to a boil over high heat. Stir in the couscous and scallions. Remove from the heat and let mixture stand, covered, until the liquid is absorbed, about 5 minutes. Fluff with a fork and stir in nuts.

Nutrition analysis *Per serving*: 420 calories; 23g fat (2g sat, 0g transfats); 0mg cholesterol; 49g carbohydrate (9g fiber); 10g protein; 330mg sodium; 284mg potassium. *Percent daily values*: Vitamin A 4%; Calcium 4%; Vitamin C 50%; Iron 15%.

Here's how we did it: We substituted water for some of the chicken broth, and used low-sodium broth to save 140mg of sodium per serving. We also substituted unsalted pecans for salted pecans to save another 110mg sodium per serving and used orange zest, orange juice, and raisins to add sweetness. In addition, we used scallions to add a bit of a bite. At only $1.44 per serving, the end result is a low-cost dish with delicious flavors that is certain to satisfy anyone's palate.

by JF&CS Nutrition Services.
Recipe adapted from: www.eatingwell.com

WATCHING YOUR SODIUM?

The recipe above includes many ingredients that give flavor, while keeping the sodium to a minimum. At only 330mg of sodium per serving, it is definitely low in sodium. For the average female over 60 years of age, this dish provides almost 30% of daily calories needs and only uses 14% of the daily sodium limit. In comparison, the typical bowl of commercial soup provides only 10% of daily calorie needs and 30% (or more) of the sodium limit. By eating this healthy meal, you are getting a lot more than just sodium. *by JF&CS Nutrition Services*

OCTOBER NEIGHBORHOOD FALL FAIR—REPRISE II

In November, we promised you the winning apple pie recipe from the October Neighborhood Fair. Well, we got it. Here it is—Carol Fullerton's Best Tasting entry!

Harvest Festival Apple Pie

Crust

2¼ cups flour
1 tsp salt
1 tbsp shortening
4 to 6 tbsp ice water

Mix flour and salt with a pastry blender. Cut the shortening into mixture until it resembles course meal. While stirring the mixture briskly with a fort, gradually add water until the dough holds together. Form the dough into a ball, and put it in the refrigerator.

Filling

6 cups of apples (Carol used Granny Smith, Cortland, and Red Washingtons)
½ cup white sugar
3 tbsp flour
¼ cup brown sugar
½ tsp cinnamon
¼ tsp nutmeg
½ tsp lemon peel
1 to 2 tsp lemon juice
2 cups apple cider
1 tbsp butter

Stir together the white sugar, flour, brown sugar, cinnamon and nutmeg. Mix the apple cider with a little white sugar and cinnamon to taste. Slice the apples into this mixture, and stir until all is covered. Drain. Pour sugars, flour, and spice mixture over the apple mixture, add lemon peel and juice. Mix thoroughly, and let stand for 30 minutes.

Meanwhile, remove the pastry dough from the refrigerator, roll out half of the dough between two sheets of waxed paper. Place the rolled dough in the pie plate. Using a slotted spoon, carefully remove the apples and place them in the pie shell, packing them tightly and mounding the mixture in the center of the pie shell. Add 2 to 3 tbsp of the juice from the apple mixture, reserving the rest. Dot the apple mixture in the pie shell with butter.

Roll out the remaining dough, and carefully cover the pie. Crimp the edges. Then place the pie plate on a cookie sheet.

Bake in a preheated 425°F oven on the lower rack for 15 minutes. Reduce oven temperature to 350° F, and place the pie on the middle rack. Cover the pie lightly with aluminum foil. Bake for 30 minutes more, then remove the pie and the aluminum foil, and slowly pour some or all of the remaining juices over the pie. Return the pie to the over, and bake it for another 15 minutes or until it is brown.

TIPS FOR BEATING THE HIGH COST OF GROCERY SHOPPING

On **Tuesday, December 9, at 11:00 am**, at the Senior Center there will be a Springwell Nutrition Talk by Nancy Keith, offering tips on beating the high cost of grocery shopping, very apropos for these difficult times of economic crisis. This is definitely a "do not miss" program.

MORNING MUSICALE AND CHECK PRESENTATION PARTY

Everyone is invited to join the celebration as the Senior Chorus performs their annual holiday concert on **Wednesday, December 17, from 10:00 to 11:30 am at the Senior Center** at the Check Presentation Party for this year's very successful Holiday Craft Fair. The Senior Center will receive the money raised at the fair (over $3200.00!) to be used for Council on Aging services and programs. There will be holiday treats, joyous music, and a general celebration of the season.

The Holiday Craft Fair was a great success. Staff member Julie Washburn was here, there, everywhere making things go right and generally doing a bang-up job of conducting the whole craft fair symphony. Many, many others helped to make the Holiday Craft Fair a success. See the January 2009 issue of the *Senior News and Events* for a fuller list and pictures.

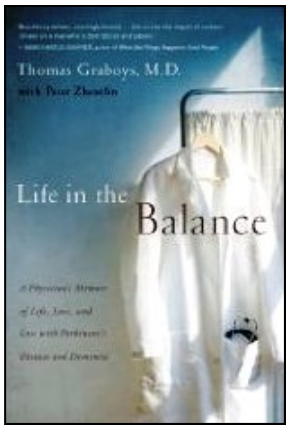
STEPS TO SUCCESS DINNER PARTIES

Students from the Devotion School Steps to Success after-school program cordially invite Brookline seniors to one of the two dinner parties that the students will prepare and serve at the Senior Center. These luscious events will take place on two consecutive **Tuesdays, December 2 and 9 from 5:00 to 6:00 pm**. If you would like to meet some of Brookline's fabulous youngsters and have a free, delicious dinner on one of these evenings, call 617-730-2770 to reserve your place at the table. Seating is limited, and advance reservations are required.

Reminder: These bulbs are good for the environment and for your pocket book as they save energy and are very long lasting.

LIFE IN THE BALANCE —SAVE THE DATE—

Brookline Adult and Community Education (BA&CE) has planned a very special event on Thursday, January 29, from 7:00 to 8:30 pm at Brookline High School at 115 Greenough Street. It is an evening with Dr. Thomas Graboys, a nationally known cardiologist renowned for his attention to the hearts and souls of his patients.



Today, he is battling a particularly aggressive form of Parkinson's disease and progressive dementia and can no longer see patients or give rounds. He is stooped and shuffles when he walks with the gait of a man much older than his 63 years. Despite the physical, mental, and emotional toll he battles daily, Dr. Graboys continues his life-long mission of caring for the world one human being at a time by telling his story so that others may find comfort, inspiration, or validation in their own struggles.

His book, *Life in the Balance*, is an unflinching memoir of a devastating illness as only a consummate physician could write it. One can't help but image what Dr. Graboys, the healer, would say to Tom Graboys, the patient—a face-to-face scene imagined in this inspiring book.

Don't miss this evening as Thomas Graboys conveys hope, optimism, and appreciation of what it means to be truly alive.

This event is co-sponsored by the Brookline Aging Collaborative (see page 22 for more about this collaborative).

The event is free of charge but preregistration is recommended. To register, call 617-730-2700 or access www.brooklineadulted.org. The event code is **X213**.

ANALOG TO DIGITAL BROADCASTING AND YOUR TELEVISION SET

If you have been watching the television at all, you will have seen announcements of the February 17, 2009, major change in the way that television signals will be sent to your television set. That change will not be noticeable for people who have digital television sets or to people whose television sets (whether digital or not) are connected to cable television (in Brookline Comcast or RCN) or satellite TV.

People who need to be concerned are those persons who have (generally older) analog television sets and do not have cable or satellite television, but rather use outdoor or indoor antennas (the latter affectionately known as "rabbit ears") to receive free broadcast signals (in Brookline primarily channels 2, 4, 5, 7, 25, 38, 44, 56, and 68).

Local television stations have traditionally broadcast programming in analog format. Since analog television sets are capable only of receiving analog broadcast signals, in February 2009 your analog television set with your outdoor or indoor antenna will not work unless you have purchased a digital tuner (a converter box that connects to a television set and that will allow an analog television set to receive over-the-air digital broadcast signals).

Digital tuners cost in the range of $50.00 to $80.00 and may be purchased at many stores that sell television sets. Because the move from analog to digital broadcasting was mandated by the federal government, it is providing free of charge two coupons to analog television owners to subsidize the purchase of digital tuners. Each coupon is worth $40, so no one should have to pay full price for a digital tuner.

Request coupons by calling 1-888-388-2009. People who are hearing-impaired should call 1-877-530-2634 TTY. Or you may access http://www.dtv2009.gov/Apply Coupon.aspx. If you do not want to submit your application online, you can fax it to 1-877-388-4632 or mail it to PO Box 2000, Portland, OR 97208-2000. Expect to receive your coupon(s) in the mail up to two weeks after you make your request. You will not be able to download the coupon(s) even if you request them online. You will then have up to three months to use the coupon(s) before they become invalid when these federal government coupons expire on March 31, 2009.

You may want to jot down the make and model of your analog television set when you pick up your digital tuner, because if your television set is particularly old, you might need additional attachments to enable you to connect the digital tuner to your television set.

Although most television retailers have stopped selling analog television sets, some are still on the market and may be offered at sale prices. If you purchase a new television set, be sure to determine whether it is digital or analog. Remember, if it is analog, and you use an outdoor or indoor antenna and do not have cable or satellite television, you will need a digital tuner to keep it working after February 17, 2009.

If you have an analog television set and use Comcast, RCN, or a satellite television service, you will not need to purchase a digital tuner.

The Broadcast Basic tier of service will not need a converter box. All RCN subscribers will be required to use a RCN converter box.

If you have any questions, feel free to contact Stephen Bressler, Ombudsman for CATV for the Town of Brookline at steve_bressler@town.brookline.ma.us or at 617-730-2330 or 617-730-2327 TTY for the hearing impaired.

by Stephen Bressler, Ombudsman for Cable Television, and Fran Berger, Chair of the Brookline Broadband Monitoring Committee

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THE BROOKLINE AGING COLLABORATIVE

As the poster to the right indicates, The Brookline Aging Collaborative is a collaborative of the Brookline Council on Aging, Goddard House in Brookline, Center Communities of Brookline—Hebrew Senior Life, and Rogerson Brookline Adult Day Health Program. This group has been formed recently. Its mission:

The Brookline Aging Collaborative is a group of nonprofit, Brookline-based eldercare organizations. We believe wholeheartedly in enhancing growth, dignity, and a sense of belonging for seniors through exploration, education, and advocacy. We work together with, and on behalf of, older adults to foster a PRO AGING community. We develop interdisciplinary programs that draw upon the expertise, strengths, and resources of our organizations to educate and enhance the lives of older adults and increase awareness of aging issues to all in our community. The Collaborative welcomes the ideas and involvement of individuals and other organizations to enhance our mission.

Look in the *Senior News and Events* and the *TAB* for announcements of the many and varies programs that will be sponsored from now on by this collaborative.

PRO AGING

The Brookline Aging Collaborative

Brookline Council on Aging

Goddard House in Brookline

Center Communities of Brookline-Hebrew SeniorLife

Rogerson Brookline Adult Day Health Program

Tee shirts generously donated by
Harold & Maura Brown Charitable Foundation.

"Your Aging Professionals Promoting Positive Aging for All."

EASY TRAVEL

The Easy Travel group is not going far in distance this month. Instead, on **Thursday, December 4, at 1:30 pm**, we will travel to a rural setting inside our urban metropolis. John Lees, president, general manager, (and farmer) of Allandale Farm will show us a life-style that is fast disappearing—the story of a working farm, but one in Brookline. Learn about this local treasure, its history, and its current status. This program is free and light refreshments will follow the presentation.

FRENCH CONVERSATION

The group will meet at the Senior Center to enjoy conversation in French lead by Agnes Serenyi on two **Tuesdays, December 9 and 23 at 12:30 pm**. Keep your French language skills honed!

MODERN BEADING WORKSHIP

Get help stringing and restringing beads in this workshop at the Senior Center led by Marge Harvey on **Thursday, December 11, at 1:00 pm**.

SOCIAL SECURITY FOR 2009
—THE GOOD NEWS—

There was one piece of good news for seniors announced in October that went practically unnoticed in the midst of economic crises and the election hullabaloo: the Social Security Administration announced a cost-of-living adjustment (COLA) of 5.8 percent for 2009. the largest increase since 1982.

Social Security COLAs are based on increases in the Consumer Price Index (CPI) for Urban Wage Earners and Clerical Workers (CPI-W) over the past year. In January, the COLA will be applied to the social Security benefits of over 50 million Americans. The increase for for Supplemental Security Income (SSI), which goes to more than 7 million beneficiaries, will begin on December 31.

The average Social Security benefit will increase $63.00 per month, campared with an average $24.00 per month increase in 2008. However, some advocates say the increase still isn't enough to help seniors keep pace with inflation. A recent study by the Senior Citizens League found that people aged 65+ have lost 51% of their buying power since 2000 due to increases in expenses such as home heating oil, gasoline, food, and health care. (Note that the price of gasoline, in fact, has decreased significantly since this announcement in October. However, prices for other commodities have not yet decreased...and...and this is a biggie… income for many seniors has severely decreased because of the plummeting stock market.)

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STATE BUDGET CUTS AND
AGING WELL AT HOME
—THE BAD NEWS—

On October 15, Governor Deval Patrick announced over $1 billion in cuts to the state budget. Unfortunately, the *Aging Well at Home* program was one of many programs that were cut. And its budget was cut by 50%, retroactive to the beginning of fiscal year 2009 on July 1, 2008.

This means that Jewish Family & Children's Services (JF&CS) will have to cut spending on the program immediately while it searches for new financial support.

It is good news that Donna Tarutz will be able to continue her work as Program Manager so she will continue working with residents and developing activities and programs. However, as of November 1, JF&CS suspended their in-house exercise program. Programs and activities that will continue are JF&CS's nutrition/healthy eating programs, vision checks and programs offered by the New England Eye Institute and MAB, mammograms through the American Cancer Society, hearing check-ups by DEAF, Inc., pharmacy house calls and education programs through JE Pierce Apothecary, friendly visitors through JF&CS, the SHOP program with Brookline High School through the Brookline Council on Aging, information and referral for community resources, and social programs in partnership with Winn Residential.

If you have questions, call Kathy Burnes at JF&CS at 781-693-5573.

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JOBS

The JOBS program is up and running during this current economic crisis. Like virtually everyone, seniors have already been, and will continue to be, impacted by economic instability and unemployment. The Brookline Council on Aging is here to help, and we are reaching out to employers to increase awareness about the needs of elders and their ability and readiness to work. We will post and announce job opportunities as they come in and will work as always toward increasing the number of jobs available to seniors.

PROJECT VOLUNTEER

This popular program is still going strong. Meet with a congenial group and help the Senior Center and other worthwhile nonprofit organizations with mailings and other tasks. Come fold, stuff, and chat on Friday mornings. For more information, call Rebecca at 617-730-2772.

ARTHRITIS EXERCISE CLASSES

Keep an eye on the *Senior News and Events* and the *TAB* for notification of future arthritis exercise classes.

Happy Holidays!!!

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JOB AVAILABLE!

If you are interested in a "Meet and Greet" Concierge position in Chestnut Hill from 1:00 to 7:00 pm a few days a week, please contact Deidre Waxman at 617-730-2767 as soon as possible for more information.

OLD CELL PHONES WANTED

Yes, we are still looking for discarded cell phones. These phones are recycled and used again, and we get money that helps support our programs for them. Nag your children and grandchildren for their old phones when they replace them with the newest (phones. Bring the phones to Susan Andriole at the Senior Center. We can certainly put the money we get for them to good use.

SPANISH IMMERSION

This program provides Spanish Immersion one-on-one classes at the Senior Center for people (everyone, not just seniors) wanting to become more fluent or stay fluent in conversational Spanish. Call Giovanna at 617-953-7016 or e-mail her at brookline.spanishimmersion@gmail.com for more information about Spanish Immersion.

In addition, on Tuesdays in December, you can attend a class in Latino music. Bring your instruments—guitars or whatever you play—to the class, which runs from 3:00 to 4:30 at the Senior Center and learn to sing and play the Spanish way. Four sessions cost only $10.00. Call or e-mail Giovanna to register for these classes.

This program is co-sponsored by the Brookline Senior Center and JPC: Tree of Life/Arbol de Vida.

MORE HOLIDAY SEASON HAPPENINGS

MODERN DANCE WORKSHOP

Instructor Lynn Modell will be back at the Senior Center in December. This will be a three-day workshop on **Monday, Tuesday, and Wednesday, December 29 to 31 at 10:00 am**. The fee for this workshop will be $6.00. This movement oriented workshop has been extremely popular whenever it has been offered so register early to reserve your place.

AMY BOWLES CONCERT

On **Wednesday, December 3, at 1:00 pm** come to the Senior Center for a free concert featuring jazz pianist Amy Bowles. This concert is sponsored by the Brookline Music School.

NEW YEAR'S EVE: A GRAND DAY FOR SINGING

Long-time favorite performers, John O'Neil and Jan Peters, will help us say goodbye to 2008 and welcome in 2009 with a free concert called *Beyond Broadway* at the Senior Center **on Wednesday, December 31, from 2:00 to 4:00 pm**. They have created a program of New Year's resolutions and hilarious stories accompanied by some of their favorite songs from on- and off -Broadway. Theatre lovers will thrill to Jan's powerful voice and roar at John's funny stories.

HANDICAPPED ACCESS

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

AT THE GALLERY

The Brookline Senior Center
invites you to see
An exhibit of black and white photographs
by Alvin Brass

This exhibit runs through
Wednesday, December 31
Hours: 8:30 am to 5:00 pm
Monday through Friday

Alvin Brass has made architectural detail and microphotography the theme of this interesting and often surprising photographic exhibit. It's in its the last month. If you haven't yet seen this exhibit, do it this month as part of your personal festivities.

DUANE SULLIVAN CONCERT

Duane Sullivan will perform songs from the 50s, 60s and 70s on **Friday afternoon, December 19, at 1:00 pm**. Duane is a popular entertainer, singer, and guitarist. His shows are always a treat. Don't miss this one! This performance is sponsored by the Rogerson Adult Day Health Program.

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GREEN TOOLS

Climate Change Action Brookline (CCAB) announces the following "Green Tools" initiatives, a project of CCAB's Business Outreach Committee:

Green Tools Program Launched with Brookline Hardware Stores

Connelly Hardware, Aborn True Value and Economy Hardware, in collaboration with Climate Change Action Brookline, proudly announce their Green Tools program. This program highlights tools and products that will help home owners and small businesses reduce carbon emissions and save money. Look for items that address water conservation, insulation, heating and cooling, electricity, recycling, and composting. Look also for greener paint and cleaning products. The Green Tools program is one of CCAB's townwide initiatives to reduce Brookline's carbon footprint. For more information visit our web site at www.ClimateChangeActionBrookline.org

Climate Change Action Brookline has received funding from the Brookline Community Foundation, The Massachusets Attorney General's Office, Massachusetts Climate Action Network, and The Brookline First Parish Unitarian Universalist Church and support from the Brookline GreenSpace Alliance.

INTRODUCTION TO THE LOW CARBON DIET

Would you like to cut home energy costs and reduce the impact of global warming? Join us at the Senior Center for an introductory energy efficiency workshop on **Wednesday, December 17 from 10:00 to 11:30 am**. Participants will work with the book, *The Low Carbon Diet*, to make lasting changes. Climate Change Action Brookline is sponsoring the workshop as -part of a townwide effort to reduce energy costs and carbon emissions, including households, businesses, schools, and houses of worship. For more information, call Mary Dewart at 617-734-4224. Space is limited so call 617-730-2777 to reserve your place in this workshop.

BLUE CROSS BLUE SHIELD MEDICARE PRESENTATION

The Brookline Council on Aging will host a presentation called "Health Plan Options for People with Medicare" on **Wednesday, December 3, at 10:30 am**.

Offered by BlueCross and BlueShield of Massachusetts, the presentation includes an explanation of Medicare, including the Medicare drug benefit. It also shows how Medigap plans and Medicare Advantage plans work with Medicare. This popular seminar is often praised for the way it makes complex information easy to understand. A question-and-answer session will follow. All are welcome regardless of insurance coverage.

We have given a considerable amount of space in this issue of the *Senior News and Events* to the Medicare Annual Open Enrollment period that runs from November 15 to December 31 because it is a very important topic. See the articles on pp. 3 (from SHINE) and 5 (from Social Security).

Plans change, people change, so shop and compare. Each year plans change what they cost and what they cover. Now is the time for people with Medicare to review the changes being made by their current plan and compare it with others to make sure it still meets their needs. Those who don't have prescription drug coverage can also enroll in a drug plan during open enrollment.

OUR CONTRIBUTORS

We want to thank the contributors of articles, photos, and specialized information from many sources. Thanks for material for the December newsletter go to Jean Stringham (page 1), SHINE (page 3), Judy Bernstein (page 5), Netflix (page 9), Jewish Family and Children's Service (page 18), Carol Fullerton (page 19), and Stephen Bressler and Fran Berger (page 21).

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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DON'T LET YOUR SUBSCRIPTION RUN OUT In order to make certain that you have current information on happenings at the Senior Center, in Brookline, and in the metro area, please check the date that is printed next to your name on the address label on the back of this page. If that date is 30 days or less away, use the form above to renew.

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