

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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617 730 2777 617 730 2778

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617 730 2770 617 730 2750

Brookline Council on Aging

www.brooklinema.gov

Www.brooklineseniorcenter.org

Brookline Community Aging Network

www.BrooklineCAN.org



HIGHLIGHTS

Learn about *Healthy Eating for a Long Life* on April 2. See p. 6

Attend the last Brookline Music School concert of the season on April 4. See p. 5

Help tend our spring garden with the Senior Center Gardeners on April 6. See p. 3.

Apply for a new or renewed Senior CharlieCard at the Senior Center on April 11. See p. 13.

BUY raffle tickets for the QUILT RAFFLE. The drawing is on April 18. See p. 27

Get help with oral communications in job hunting on April 20. See p. 23.



APRIL 2012

VIVA VOLUNTEERS!

In today's uncertain world of geological, political, and financial turmoil, the spirit of volunteering is growing and spreading. Almost half of the US population volunteer time to help others. They help children to learn and grow, people who are ill in body and/or spirit to heal and survive, elders who need help or just a friendly ear to thrive and enjoy their golden years—in fact, they help just about everyone!

The Brookline Senior Center is especially grateful to its large and dedicated group of volunteers because their services are vital to the functioning of the Senior Center—from administrative office work all the way to advocating, and helping to make policy, for the Council on Aging/Senior Center. They also suggest and facilitate many of our programs. They keep the Senior Center and its programs humming.

And who are our volunteers? They are often us. It is we seniors who help do all those things that make the Brookline senior community vibrant and productive, not to mention happy and busy. And there are many others, too, who are not seniors but who nonetheless volunteer their time and skills. We thank you all profusely.

To give a sense of the commitment of our volunteers, they number over 315 and donate a total of over 35,000 hours of their time in the course of a year, which is equivalent to 18 full-time positions!

April 15 to 21 is National Volunteer Appreciation Week, and during that week, on **Wednesday, April 18 at 12:30 pm**, we honor them all with a special luncheon. Invitations have been sent. If you plan to attend, please RSVP by April 11. Come and celebrate the spirit of volunteerism and all your volunteer efforts!

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**Annual town elections are
Tuesday, May 1.
Don’t forget to vote!**

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

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APRIL HOLIDAYS

We have had such a mild winter that April's showers and balmy weather will not be such a sharp contrast to the first three months of the year. At least, we hope that will be the case and that April will prove mild and green as can be. Since our crocuses are already blooming (well before their time), we hope we can look forward to all the rest of the spring flowers and blossoming trees, making our days sheer joy.

April brings with it Easter and Passover this year and, of course, Patriot's Day (**Monday, April 16**) and the Marathon—sure harbingers of spring in Boston. And because it is our own Massachusetts commemoration of the battles at Lexington and Concord (and also because the Marathon route runs down Beacon Street, making it impossible for anyone south of Beacon Street to get to the Senior Center), the **Senior Center will be closed**.

Buy daffodils, sing a paean to spring, shop for gardening stuff—breathe in the newly



awakened earth! Remember that Earth Day is Sunday, April 22. Attend one of the many events dedicated to Earth Day. See boston.com for a list of events scheduled around Greater Boston—a

Charles River Cleanup (Saturday, April 21), a Party for the Planet at the Franklin Park Zoo (Sunday, April 22), an Earth Day Hike at the Mass Audubon Moose Hill Wildlife Sanctuary in Sharon (Sunday, April 22), the Cambridge Science Festival (Friday, April 20), and more.

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CALLING ALL GREEN THUMBS

Here is another sure sign that it is truly spring—your invitation to join the Senior Center Gardeners as we start a new year of cultivating veggies, herbs, and flowers around the Senior Center this spring! Meet and greet Sharon, Karin, and other gardeners, as we plant a variety of seeds on **Friday April 6, from 10:30 to 11:30 am**.



And celebrate Arbor Day (*and* Earth Day) on **Friday, April 27, from 10:30 to 11:30 am** by learning about container gardens at the Senior Center. As of May 4, we will work on gardening projects every Friday from 10:30 am to 12:30 pm.

For all gardening activities, we will meet on the patio behind the Senior Center. For more information about any of these events or the Senior Center Gardeners in general, call Sharon at 617-730-2769 or Karin at 617-730-2753.

GREEN DINING OUT

We hear about the environmental impact of cars, buying local, energy conservation at home, eating organic, and recycling. But do you know how making simple dining choices can help lower your environmental impact? Michael Oshman, founder and CEO of the Green Restaurant Association; Eric McNulty, who is working with Brookline restaurants to create Boston's first Green Dining Zone; and Jim Solomon, owner of The Fireplace, Brookline's first restaurant certified as Green—all will be on hand on **Thursday, April 26, from 7:00 to 8:30 pm** at Brookline High School for *Your Dining Impact*, a special event being offered by Brookline Adult and Community Education (BA&CE).

The course code is **3446** and the cost is \$6. For more information and to register, call BA&CE at 617-730-2700 or access www.brooklineadulthood.org on the web.

BOUNTIFUL BROOKLINE'S DIRT BALL

Bountiful Brookline will host its first Dirt Ball (an evening of lighthearted fun with the tagline: Get down! Get dirty! Give it up to grow bountiful gardens in Brookline) on **Sunday, April 1, at 5:00 pm at the Goodwin Gardens** at 11 Goodwin Place in Brookline Village to support its programs in the community celebrating local food and gardening. The fundraiser will feature The Frank Morey Band playing "dirty blues," specialties from Brookline restaurants, "dirty" cocktails, games, and gifts and prizes. Contributing restaurants include The Fireplace, La Morra, Washington Square Tavern, and Lineage. In the spirit of Bountiful Brookline's community focus, garden costumes are encouraged.

Tickets are \$40 per member, \$45 per non-member, and can be purchased at bountifulbrookline.org or at the event. Annual membership is \$20. For further information visit bountifulbrookline.org or e-mail bountifulbrooklineevent@gmail.com. Bountiful Brookline is a volunteer-based local food initiative that inspires, educates, and explores new ways to grow more food.

A TASTE OF MEXICO: FOOD, MUSIC, AND CULTURE — SAVE THE DATE —

Mexico is the most populous Spanish-speaking country. The country has varied climatic regions, from flourishing forests and jungles, to magnificent mountains and deserts. Known for its folk art traditions, mostly derived from indigenous and Spanish crafts, Mexico is also known for its pre-Columbian architecture, especially for public, ceremonial, and urban monumental buildings and structures. The people of Mexico are known for their kindness and hospitality. Descendants of the Aztecs and Mayas, they show great artistic skills as well as pride in their heritage. One of the leading producers of coffee, corn, cotton, oranges, and sugar cane, Mexico first introduced chocolate to the world.

Journey to Mexico at the Senior Center for an afternoon of cultural appreciation and history and samplings of delicious Mexican cuisine. Bring your appetite and your intellect, and feel the warmth of Mexico and all it has to offer.

For more information and to register, call Brookline Adult & Community Education at 617-730-2700 or access it online at www.brooklineadulthood.org, or call the Senior Center at 617-

730-2770. Make your reservation early as these cultural extravaganzas are always very popular and space is limited. This cultural *tour de force* is cosponsored by the Council on Aging and Brookline Adult & Community Education (BA&CE).

Course Code: **X259**

Date: **Wednesday, May 23**

Time: **12:30-2:00 pm**

Fee: \$7 (includes lunch)

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Hebrew SeniorLife is about options and choices for seniors. Nowhere is this more evident than at Center Communities of Brookline—three buildings in the heart of Brookline. These buildings provide an affordable home to 600 seniors who live independently, actively and securely. To learn more about senior living options at Center Communities of Brookline, contact the Marketing Office, 617-363-8100 or scarlsen@hrca.harvard.edu



SPANISH IMMERSION

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

1. One-on-one Spanish conversations with seniors from Latin American countries.
2. Beginner Spanish language classes on **Thursday afternoons from 1:00 to 2:00 pm**. There are small groups with emphasis on conversational skills.
3. Latino instrumental and vocal music on **Tuesday afternoons from 3:00 to 4:30 pm** with Eduardo Rojas.
4. Basic Computer Class for Spanish-speaking seniors on **Fridays from 12:30 to 2:00 pm**.
5. On **Thursday afternoons from 2:00 to 3:00 pm**, you can join a Spanish conversation group. 10 sessions for \$40 or drop-in when you can for \$5/session.



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

MASS COLLEGE OF PHARMACY WORKSHOPS

Don't miss the Mass College of Pharmacy workshop on **the third Thursday of each month at 11:00 am** at the Senior Center. There are many medications, both prescription and over-the-counter, that can affect your cognition and balance, possibly leading to severe outcomes. On **April 19**, the discussion will be about the medications you should avoid and the steps you can take to improve your health.

The last workshop in this series will be on **May 17**, and the subject is pain management.

These workshops are cosponsored by the Senior Center and Mass College of Pharmacy.

COUNCIL ON AGING MEETING

This month the Council on Aging (COA) meeting will combine with the Volunteer Appreciation event on **Wednesday, April 18**, at 12:30 pm at the Senior Center for the celebratory events for all our wonderful volunteers (see p. 1) and for presentation of the John and Molly Dolan Volunteer of the Year award.



HONOR YOUR FAVORITE VOLUNTEER

We are seeking nominations for the Volunteer of the Year award. Send your nominations via e-mail to vfreeman@brooklinema.gov or in writing (addressed to Vivian Freeman and mailed to the Senior Center or put in Vivian's 2nd floor mail box). Nomination forms are available on the flyer tables.

BROOKLINE MUSIC SCHOOL CONCERT

The Senior Center and the Brookline Music School are co-sponsoring a performance by Bryan Eyberg, pianist—playing a mix of jazz/-contemporary and light classical, on **Wednesday, April 4, at 1:00 pm** at the Senior Center.



Bryan Eyberg is a pianist, composer, and educator. He received his Master's degree from the University of Michigan School of Music in 1998 and has been teaching piano for nearly 15 years. He has had experience accompanying singers and instrumentalists and currently plays keyboard for various bands in the Worcester area. He has performed throughout the Boston area and has also written and produced two albums of his own music.

On Wednesday, May 2, at the last concert of this current series, the featured performers will be the Chris Vielleux Trio in a program entitled "Roving Soul."



Podiatry Clinic Routine foot care with Dr. John McLaughlin is available at the Health Clinic at the Senior Center on **Mondays, April 2, 9, and 30, from 9:00 am to 12:00 noon**. Sessions, which last 15 minutes each, cost \$30. Appointments are required. Make one by calling 617-730-2777.

Low Vision Group This peer-led support group for individuals with limited eyesight will meet at **1:00 pm on Wednesday, April 18**, at the Senior Center.

Blood Pressure Screenings

Come to the Senior Center on **Monday, April 2, from 1:00 to 2:00 pm** when a nurse from the Brookline Health Care Center (BHCC) will provide blood pressure screenings.

There will be no blood pressure screenings by Barbara Westley, the nurse from the Brookline Public Health Department (BPHD) at the Senior Center this month. However, the BPHD nurse will provide blood pressure screenings:

- On **Wednesday, April 4**, at the BPHD building, 11 Pierce St., **from 2:00 to 3:00 pm**
- On **Wednesday, April 11**, at Sussman House, 50 Pleasant St., **from 1:00 to 2:00 pm**
- On **Wednesday, April 25**, at O'Shea House, 61 Park St., **from 1:00 to 2:00 pm**

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

Health Clinic Note that the Podiatry Clinic and blood pressure and other screenings are now at our Health Clinic on the second floor.

National Public Health Week—April 2 to 8— Save time this week for the special presentation by the BPHD—**Healthy Eating for a Long Life**—that will focus on the question: “Can you reduce the risk of Alzheimer's disease, cancer, and heart disease by changing your diet?” This program will be held at the Senior Center on **Monday, April 2 at 1:00 pm**. Speakers are Kathy McManus, MS, RD, Director of Nutrition at Brigham and Women's, and Brookline resident Sue R. Levy, health coach, founder of Savory Living, and a natural foods chef.

There is even something for your pets during National Public Health Week. Bring them to the **Rabies Clinic** at Town Hall on **Saturday, April 7, from 9:00 am to 12:00 noon**, for \$10 e, you pet(s) can get their rabies shots. Pets must be caged or leashed and brought by someone who is at least 14 years old.

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

The Health Page is sponsored by
Beth Israel Deaconess Medical Center

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A Comprehensive Cancer Center
Designated by the National Cancer Institute

 Official hospital of the
Boston Red Sox

ASK A GERIATRICIAN

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

Question:

Can you talk about memory loss, especially about how to monitor it over time and about what testing actually can tell?

Answer:

The major cause of memory loss is Alzheimer's disease (AD). Usually this is noticed first by family or friends rather than by the affected person. Most recent memories are lost first (present address or phone number), while distant memories (address of childhood home or name of best friend from high school) are the last to be forgotten. It is difficult to learn new material. A common memory test asking someone to memorize three items and recall them in five minutes is often done.

As the disease progresses, people have difficulty finding words to express themselves.

There may be agitation or depression. In the late stages, people may have difficulty feeding themselves. While we don't have a treatment for AD, it is helpful for families to know what plans they need to make to keep their loved ones safe and to prepare for the future.

A less common, but more treatable cause of memory loss is "vascular" disease, which is caused by narrow or clogged blood vessels in the brain (much the same way that clogged blood vessels to the heart can cause heart attacks). This can lead to strokes. This type of memory loss, unlike AD, is not necessarily progressive. Instead, one can prevent worsening (or even occurring in the first place) by regularly checking blood pressure, cholesterol, weight, and vitamin B12 levels and by doing thyroid tests and exercising regularly.

PARKINSON DISEASE SUPPORT GROUP

Everyone is welcome to the meeting of this group on **Friday, April 6, from 1:00 to 2:30 pm**. In honor of Parkinson's Disease Awareness Month, we will watch "Frontline Feedback: A Filmmaker and Patient's Perspective" a presentation made by David Iverson to Boston University's Sargent College in April 2010. David is the writer, coproducer, and director of the PBS Frontline documentary *My Father, My Brother and Me*. All are welcome to attend.

For more information, call Vanessa Blais at 617-638-7729 or e-mail her at vblais@bu.edu. Co-sponsored by the COA and the APDA.



Healthy Eating for Seniors — SAVE THE DATE

As we age, our nutrition requirements change. Learn about the major food groups and how to combine foods for complete and satisfying meals, even on a limited budget. Also learn how to tailor your diet in regard to health problems or specific medications. And acquire a better understanding of your own nutritional needs, including daily recommendations for protein, vitamins and minerals, and overall caloric intake. Overall, increase your confidence in making healthy food choices at this course being offered at the Senior Center by Brookline Adult & Community Education (BA&CE).

Instructor: Emily Stein.

3 Fridays, from 10:00 to 11:30 am, beginning May 4. Course Code: P705. \$35.

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

FROM THE DIRECTOR

Spring officially begins in Brookline when the Red Sox home season opens (April 13th) and when we celebrate our volunteers—April 18th this year. The theme for this year is “Volunteers: Exceptional people, extraordinary hearts” Our volunteers certainly do contribute to making this a better world. We are deeply appreciative of all they do and are delighted to honor them. Please join us for the celebration at 12:30 pm.

Nominations are still being sought for the Volunteer of the Year award—named after John and Molly Dolan who donated thousands of hours to making Brookline a better community. Please send your nominations to Vivian Freeman by e-mail at vfreesman@brooklinema.gov or by putting a nomination form in her mail box in the Director’s office on the second floor of the Senior Center.

Winter is (we sincerely hope) behind us so get out and exercise! According to a review of the research published in the *Archives of Internal Medicine* (January 25, 2010, v. 170, pp. 124-125), by Doctors Williamson and Pahor, “the promotion of physical activity may be the most effective prescription that physicians can dispense for the purposes of promoting successful aging.” Physical activity has beneficial effects

on many diseases—cancer, arthritis, diabetes, and many respiratory ailments. Research is now even linking exercise with helping improve cognitive functioning. My personal favorite is how physical activity reduces my own stress. After a bad day, nothing makes me feel better than taking my dog for a brisk walk.

So, dance, lift weights, walk, and do yoga—MOVE! We have many classes at the Senior Center to help you stay active. Join our Fitness Center for a bargain price. And, with the nicer weather there is no excuse as almost everyone can walk. Whether you join the Senior Sole-mates or simply enjoy a stroll around Coolidge Corner. Do not delay—start today.

Ruthann Dobek, Director

*Volunteers do so much, with the gift of time
you share.
You make a world of difference, and we
appreciate your care.
We are grateful for your energy and heartfelt
ways.
By touching lives and lifting spirits you
brighten everyone’s days.*

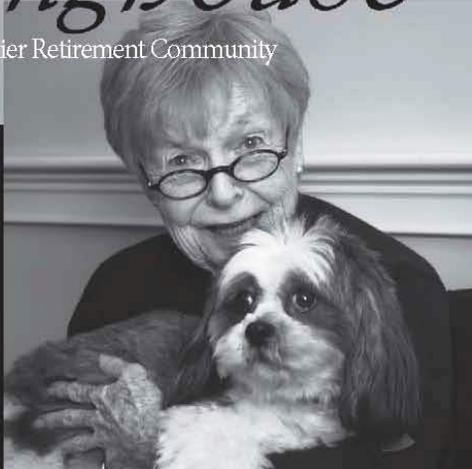
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AT THE GALLERY



"Li's paintings demonstrate a huge variety of styles from classic portraits and intimate landscapes to scenic backdrops for local and international stage productions."

*The Brookline Senior Center
cordially invites you
to an exhibit of paintings by
You En Li*

*Monday April 23
through Friday, July 13
at the 2nd floor gallery*

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

There will be a portrait demonstration before the show actually opens. Stay tuned to the TAB and look for flyers announcing the date.

*Reception with the Artist
Thursday, May 31
5:00 to 8:00 pm*



THE IMMIGRANT SONG —SAVE THE DATE—

Open Studios is an annual springtime event that have been held in locations all over Brookline since 1986. This year it will be held on **Saturday and Sunday, May 5 and 6, from 12:00 noon to 6 pm** both days.

Artists working in all media participate by opening their homes and studios to the public for one weekend. There are also group locations, and the Senior Center is always proud to host a group show during Open Studios.

Public connection to the artist nurtures an understanding of the creative process. Much of the artwork is for sale, providing an incredible chance for collectors and the general public to acquire original pieces directly from the artist.

As more details are available, they will be posted on the official web site for this event at www.brooklineartists.com.

Come to this Music and Worship Fund Benefit Concert at Temple Ohabei Shalom on **Saturday, May 5, at 7:30 pm**. *The Immigrant Song* is a mosaic of international music featuring the magnificent voices of Cantor Randall Schloss (tenor), Leah Schloss (operatic soprano), Cantor Elias Rosenberg (tenor), and accompanied by pianist David Sparr—and many special guests—all bent on capturing immigrant experiences throughout the ages and across the world.

Tickets are \$36. Senior tickets are \$18, as are tickets for family and friends accompanying seniors. All attendees are invited to a dessert reception following the concert.

Transportation might be available for unaccompanied seniors. For more information about the concert and transportation and to make reservations, call Selma Bengis at 617-739-2171.

SENIOR SERVICES

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

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

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

If you want to apply for the first time, or be recertified, for the BETS program, bring your 2011 income tax returns when you meet with Alicia. If you do not have to file tax returns, check with Alicia before you come in about what documentation you will need to bring. (All riders must be recertified every year in order to be able to buy BETS coupon books.)

To be eligible, an individual's maximum annual income cannot exceed \$45,500; a couple's, \$52,000.

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

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

BLAB The Brookline Legal Assistance Bureau volunteer lawyers will be on hand on **Wednesday, April 4, from 9:00 am to 12:00 noon** at the Senior Center, offering individuals legal expertise on matters of law as well as information and referrals. This service is offered free of charge, and no appointment is needed.

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

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

JOBS Job Opportunities for Brookline Seniors is an employment service designed and sponsored by the COA. Its goal is to match Brookline's capable, older workers with local employers who are seeking either part-time or full-time staff. (See JOBS News on p. 23.)

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

SHINE counselors Sonia Wong, Ed Levin, and Sybil Levisohn are on hand at the Senior Center to help individuals explore their health-insurance options. For an appointment with a SHINE counselor, call 617-730-2777. (See also p. 5.)

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

MEDICARE FRAUD AND ABUSE

While most Medicare payment errors are simple billing mistakes, Medicare fraud and abuse does exist. Last year, a record amount of nearly \$4.1 billion in taxpayer dollars was recovered from individuals and companies who attempted to defraud seniors and taxpayers or who sought payments to which they were not entitled.

Fraud occurs when someone intentionally falsifies information or deceives Medicare. A common example of such fraud is knowingly billing Medicare for services or equipment never provided or received.

Abuse occurs when doctors or suppliers do not follow good medical practices. These practices may result in unnecessary costs to the Medicare Program for services that are not medically necessary.

You can help stop fraud by reviewing your Medicare Summary Notice (MSN) to make sure Medicare is not charged for items or services you did not receive. The MSN shows what Medicare was billed, what Medicare paid, and what you may owe. If you have a question or concern regarding a Medicare claim, discuss it directly with your physician or provider or with the supplier that provided the service.

For further assistance with these matters, make a SHINE appointment at the Senior Center by calling 617-730-2777. Or call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Leave your name and phone number on the SHINE answering machine, and a SHINE counselor will call you back as soon as possible.

Assistance is also available through the Massachusetts Senior Medicare Patrol (SMP), a group of trained volunteers who help Medicare and MassHealth beneficiaries avoid, detect, and prevent health-care fraud. SMP volunteers teach Medicare beneficiaries how to protect their personal information, identify and report errors on their health care statements, recognize scams—such as illegal marketing, providing unnecessary services, and charging for services that were not provided—and report fraud and abuse to the proper authorities. You can contact the Massachusetts SMP program at Elder Services of the Merrimack Valley, 1-800-892-0890.

ALZHEIMER'S CAREGIVERS SUPPORT GROUP

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

The Afternoon group will meet on **Friday, April 13**. Call group leader Elaine Yanowitz at 617-730-2751 to register for future sessions and/or for further information about this group and for meeting time.

The Evening group will meet **Thursday, April 26**—call Susan Kanian-Andriole for time. Note that this group is temporarily full. However, call group leader Susan Kanian-Andriole at 617-730-2754 if you are interested in being put on the waiting list or for referral information for another local group.



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FUEL ASSISTANCE

This program ends for the year at the end of April so this month is your last chance to apply for, or renew, benefits. Our social work interns—Lauren Dupuis, Katie Kelley, and Jessica Moss—are assisting people with applying for, or renewing, their fuel assistance benefit this year. Appointments can be scheduled by calling 617-730-2777.

Please note that you do not have to be an elder to apply for fuel assistance. For more information and answers to your questions, call the Senior Center social work interns at 617-730-2772. Leave your name and telephone number, and one of the interns will call you back as soon as possible.

Other intake sites that are available to Brookline residents are:

- ABCD, Inc. (central office), 178 Tremont St., 4th Floor, Boston. Phone: 617-357-6012
- Allston/Brighton APAC, 143 Harvard Ave. Allston. Phone: 617-783-1483.

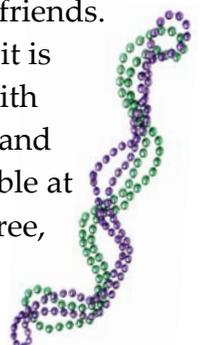
There are multilingual intake workers at both these sites.

MODERN BEADING WORKSHOP

This workshop for beginners and experienced beaders will meet at the Senior Center on **Wednesday, April 18, at 1:30 pm.**

Marge Harvey will be on hand to instruct and help. At each workshop you will be able to learn modern techniques of beading using thin Soft Flex and crimps. Combine old beads and broken strands for new and interesting designs. Make earrings, necklaces, and bracelets for yourself and as gifts for family and friends.

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



MBTA SENIOR ACCESS PASSES

Do you need to sign up for a reduced fare Senior CharlieCard? Or do you need to replace an expired or about-to-expire Senior CharlieCard? If your answer to either question is “yes,” come to the Senior Center on **Wednesday, April 11, from 1:00 to 3:00 pm**. Bring a photo ID that includes your date of birth for proof of age eligibility. We will provide the reduced-fare CharlieCard application form for you to fill out. We will also take a digital picture and submit all the necessary documentation to the MBTA. You can then expect to get your card mailed directly to your home from the MBTA in two to six weeks.

If you cannot come to the April 11 registration event for a first-time card, go to an MBTA Reduced Fare CharlieCard Office (at either Back Bay Station or Downtown Crossing). Bring with you photo ID (such as a driver’s license or RMV [Registry of Motor Vehicles]-issued ID) as proof

of age eligibility. To renew an expired or about-to-be-expired Senior CharlieCard, either bring the card or the above forms of ID to one of the above listed offices or call 617-222-5978 to renew. If you go to an office in person, you will be able to get the card while you wait. If you renew by telephone, the new card will be sent to you in two to six weeks.



And **be an advocate for fair treatment of seniors**. Tell the MBTA your feelings about their proposed rate increases and service reductions. Go to www.MBTA.com and press About the MBTA and Fare Proposal to get information from them and to join the conversation about their proposals and the needs and financial limitations of seniors.



Wish you had a little extra help at home?

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

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INCOME TAXES

This is IT—the home stretch. The deadline for filing is midnight on April 17. There are no additional appointments available with the Senior Center’s AARP tax preparers. If you do not have an appointment for tax preparation at the Senior Center and need help:

Allston/Brighton APAC (617-783-1485)

Provides free tax preparation assistance to low-income individuals. Appointments needed.

AARP TAX-AIDE PROGRAM (888-227-7669)

www.aarp.org/money/taxaide

Contact AARP directly to locate sites outside the Brookline area that offer free tax preparation assistance. In-home assistance *may* be available to certain homebound individuals who are unable to travel to an identified site.

COMMUNITY TAX AID OF BOSTON

www.ctaboston.org

This organization provides free tax preparation assistance to low-income individuals who meet income eligibility guidelines. Services are provided in conjunction with Northeastern University’s College of Business Administration.

H&R BLOCK 247 Harvard Street, Brookline (617-738-0209)

It offers tax preparation services for a fee. The Brookline location listed here is a seasonal office that is only open during tax season.

OR

H&R BLOCK CUSTOMER SUPPORT LINE

(800-472-5625)

You can contact this number to find other local H&R Block offices that are open all year.

COMPUTER SOFTWARE There are many income tax preparation programs for use on your home computer that allow you to fill out your income tax forms without *any* outside assistance. Programs such as *TurboTax* and *Tax Cut* are updated yearly to reflect current tax law changes and are often the same programs that

tax preparers themselves use when they are completing your returns.

You can also get answers to your questions and other useful information from the FEDERAL tax information line at 800-829-1040 and the STATE tax information line at 800-392-6089.

THE CIRCUIT BREAKER

The Circuit Breaker is a refundable tax credit for eligible seniors age 65 or older whose property tax payments exceed 10% of their annual income. Those who qualify will need to pay their property taxes, but they will receive a dollar credit for every dollar that their property tax and water/sewer bill exceed 10% of their income, up to a maximum of \$980.

The program is not just for home owners; renters can take full advantage of the credit if 25% of their annual rent exceeds 10% of their annual income.

Eligibility requirements: 1) You must be a Massachusetts resident age 65 or older. 2) You must own or rent residential property in Massachusetts as a primary residence. 3) Your annual income *cannot exceed* \$52,000 for a single person, \$65,000 for a head of household, or \$78,000 for joint filers.

You are not eligible if you 1) are married but don’t file jointly for this credit, 2) are a dependent of another tax filer, 3) receive a federal or state rent subsidy directly or live in a property-tax-exempt facility, or 4) own property that is assessed at a value of \$729,000 or more.

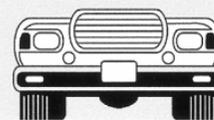
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COOKING ACROSS CULTURES



ARTZ (Artists for Alzheimer's) presents "Cooking Across Cultures" with a surprise guest chef at the Senior Center on **Thursday,**

April 12, from 10:30 to 11:30 am. Space is limited so RSVP to Dee Brenner at 978-985-4427.

This is one of ARTZ's "It Takes a Village" community events for people with dementia and their care partners.

ARTZ links artists and cultural institutions to people living with dementia and their care partners. Influenced by science and sociology, ARTZ uses artistic and cultural experiences as keys to unlock creativity, create new memories, strengthen and develop relationships, and enrich lives in new, yet fundamental ways.

ARTZ recognizes the wholeness that is inherent in each person, regardless of a diagnosis. It celebrate each person's capacity to participate fully in the journey of life. It believe that access to creative expression is essential to human experience. The program is supported by a grant from the Brookline Community Foundation.

PLANTS FOR PROTEIN

Are you thinking about cutting animal protein from your diet entirely? Before you make the final decision to do this, consider carefully the needs and nature of supplying your body with much-needed proteins using only plant protein. Come to "Plants for Protein" at the Senior Center on **Tuesday, April 3, at 9:00 am** for a discussion facilitated by Estelle Record-Stanley.

MODERN DANCE AND MOVEMENT

Lynn Modell will give these ever-popular workshops on **Friday, April 13, Tuesday, April 17, and Friday, April 20, at 3:30 pm** at the Senior Center. For a mere \$2/per session, you can participate in this splendid activity.

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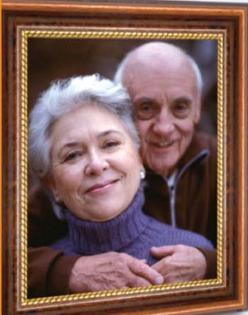
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Springwell Nutrition Program

APRIL 2012

617-730-2770

MONDAY	TUESDAY	WEDNESDAY
<p>2) Breaded Fish Sandwich, Lemon Wedge, Tartar Sauce, Parmesan Polenta, Cauliflower & Green Beans, Hamburger Roll</p> <p style="text-align: center;">OR</p> <p>Chicken Caesar Salad, Croutons, Parmesan Cheese, Lite Creamy Italian Dressing, Three Bean Salad, Muffin Mandarin Oranges</p>	<p>3) Minestrone Soup Roast Turkey w/Gravy, Stuffing, Butternut Squash, Oatnut Bread, Cranberry Sauce</p> <p style="text-align: center;">OR</p> <p>Egg Salad w/Lettuce Leaf, Orzo Pilaf, Coleslaw, Rye Bread</p> <p>Chocolate Pudding w/Whipped Topping</p>	<p>4) Garden Vegetable Soup Greek Chicken, Rice Pilaf, Spinach & Mushrooms, Rye Bread</p> <p style="text-align: center;">OR</p> <p>Roast Beef w/American Cheese, Lite Mayo, Lettuce Leaf, German Potato Salad, Tossed Garden Salad w/Lite Italian Dressing, Wheat Bread Vanilla Cake w/Chocolate Frosting & Sprinkles</p>
<p>9) Oriental Soup ***Crab & Spinach Lo Mein, Chicken Wings, Fortune Cookie</p> <p style="text-align: center;">OR</p> <p>***Ham w/American Cheese, Mustard, Lettuce Leaf, Greek Pasta Salad, Carrot Pineapple Salad, Bulkie Roll Prunes</p>	<p>10) <u>Spring Special Lunch</u></p> <p>Italian Garden Vegetable Soup Herb Roasted Chicken Stuffing Honey Glazed Carrots Multigrain Dinner Roll Pineapple Cake</p>	<p>11) Spanish Shepherd's Pie, Fiesta Mixed Vegetables, Snowflake Dinner Roll</p> <p style="text-align: center;">OR</p> <p>Seafood Salad, Lettuce Leaf, Tomato Cucumber Salad, Pasta Salad w/Cheese, Wheat Bread Tropical Mixed Fruit</p>
<p>16) Patriot's Day Holiday</p> <div style="text-align: center;">  </div> <p style="text-align: center;">Senior Center closed. No Springwell meal service.</p>	<p>17) <u>Birthday Lunch</u></p> <p>***Reduced Sodium Hot Dog, Baked Beans, Coleslaw, Ketchup, Mustard, Relish, Hot Dog Roll</p> <p style="text-align: center;">OR</p> <p>Seafood Salad, Lettuce Leaf, German Potato Salad, Tomato Red Pepper Salad, Rye Bread</p> <p style="text-align: center;">Pears</p>	<p>18) <u>Volunteer Appreciation Lunch</u></p> <div style="text-align: center;">  </div> <div style="border: 1px solid black; padding: 5px; width: fit-content; margin-left: auto; margin-right: auto;"> <p>Quilt raffle ends with the official drawing.</p> </div> <p style="text-align: center;">By invitation only. No Springwell meal service.</p>
<p>23) Beef Burgundy, Creamy Parmesan Polenta, Roasted Mixed Vegetables, Garlic Whole Wheat Roll</p> <p style="text-align: center;">OR</p> <p>California Chicken Salad, Cucumber Dill Salad, Multigrain Bread</p> <p style="text-align: center;">Ice Cream</p>	<p>24) Minestrone Soup Chicken Parmesan, Penne Pasta w/ Marinara Sauce, Spinach & Mushrooms, Multigrain Bread</p> <p style="text-align: center;">OR</p> <p>Turkey w/Swiss Cheese, Lite Mayo, Lettuce Leaf, Potato Salad, Tossed Garden Salad, Lite Italian Dressing, Wheat Bread</p> <p style="text-align: center;">Pears</p>	<p>25) Seafood Chowder Potato Crunch Fish w/Broccoli Cheese Sauce, Sweet Potato Wedges, Steamed Cabbage, Rye Bread</p> <p style="text-align: center;">OR</p> <p>Egg Salad, Lettuce Leaf, Macaroni Salad, Broccoli Tomato Salad, Multigrain Bread</p> <p style="text-align: center;">Fresh Fruit</p>
<p>30) Wild Rice Soup Honey Mustard Chicken, Mashed Sweet Potatoes, Broccoli & Cauliflower, Rye Bread</p> <p style="text-align: center;">OR</p> <p>***Ham w/American Cheese, Mustard, Lettuce Leaf, Spinach Mandarin Salad, Lite Italian Dressing, Corn Salad, Oatnut Bread</p> <p style="text-align: center;">Peaches</p>	<p>ALL MEALS INCLUDE 8 OZ. OF 1% MILK AND MARGARINE, ALL SOUPS COME WITH CRACKERS</p> <p>Low sugar desserts are available, and need to be ordered with the site manager.</p> <p>***Higher Sodium Content Menu subject to change. \$1.75 suggested donation.</p>	

LUNCHEON SPECIALS FOR APRIL

THURSDAY	FRIDAY
5) Beef Burrito, Spanish Rice, Tossed Garden Salad w/Lite Dressing, Sour Cream, Soft Shell Burrito OR Turkey w/Provolone Cheese, Lite Mayo, Corn Salad, Broccoli/Tomato Salad, Multigrain Bread Pears	6) Pasta Fagioli Soup Eggplant Parmesan, Ziti w/Tomato Sauce, Zucchini, Whole Wheat Bread OR Cottage Cheese Fruit Plate, Carrot Raisin Salad, Dinner Roll Fresh Fruit
12) Salmon Boat w/Lemon Dill Sauce, Diced Carrot Barley Pilaf, Spinach, Multigrain Bread OR Chef Salad w/Turkey, Cheese & Egg, Lite Italian Dressing, Corn Salad, Apple Cinnamon Muffin Fresh Fruit	13) Minestrone Soup Whole Grain Cheese Lasagna, Meatball & Tomato Sauce, Parmesan Cheese, Vegetable Medley, Whole Wheat Bread OR Chicken Salad on Lettuce Leaf, Oatnut Bread, German Potato Salad, Tomato Pepper Salad Raspberry Mousse
19) Pasta Fagioli Soup Chicken w/Creamy Italian Sauce, Mashed Potatoes, Green & Waxed Beans, Multigrain Bread OR Cottage Cheese Fruit Plate, Garden Shell Pasta Salad, Dinner Roll Crumb Cake Loaf	20) Seafood Chowder Baked Fish w/Lemon Sauce, Lemon Wedge, Herbed Rice, Chuckwagon Corn, Rye Bread OR Roast Beef w/Swiss Cheese, Lite Mayo, Lettuce Leaf, Spinach Mandarin Salad, Italian Dressing, Caribbean Salad, Oatnut Bread Fresh Fruit
26) Vegetable Cheese Quiche, Carrot Barley Pilaf, Butternut Squash, Italian Bread OR Roast Beef w/Swiss Cheese, Lite Mayo, English Pea Salad, Tossed Garden Salad, Lite Italian Dressing, Rye Bread Fruited Gelatin w/Topping	27) Cream of Sweet Potato Soup Meatloaf w/Gravy, Mashed Potatoes, Beets Whole Wheat Dinner Roll OR Tuna Salad, Lettuce Leaf, Tomato Zucchini Salad, Macaroni Salad, Oatnut Bread Brownie

Lunch is always served at 12 noon unless otherwise announced.

Soup is always served with crackers.

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.



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, call the previous Friday by 11:00 am. Call 617-730-2770 for reservations.

Springwell will salute the official arrival of spring with its **Spring Special Lunch on Tuesday, April 10.**

On **Monday, April 16**, the Senior Center will be **closed for Patriot's Day** so no lunch will be served.

On **Tuesday, April 17**, celebrate April birthdays at our monthly **Birthday Lunch**. Don't forget to tell us if you or someone in your party has an April birthday when you call for reservations.

The Volunteer Appreciation Lunch is on **Wednesday, April 18**, by invitation only. Volunteers have all been invited by mail. See p. 1.

The **Let's Go Out to Lunch** group will go to **Carlo's Cucina Italiana** at 131 Brighton Avenue in Allston on **Tuesday, April 24** at



12 noon. Call 617-730-2770 for reservations and transportation.

APRIL AT A GLANCE*

Monday, April 2

9 am-12 noon Podiatry Clinic
9:30-11:30 am Getting to Know Your Digital Camera**
11:45 am-1:45 pm Basic Computer Maintenance Using Windows XP for Seniors**
1 pm Healthy Eating for a Long Life—National Public Health Week special presentation
1-2 pm Blood pressure screenings with Brookline Health Care Center nurse
1-3 pm Senior Center Decorators

Tuesday, April 3

Income Tax Preparation
9 am Plants for Protein
1 pm Movie for Film Lovers—*Moneyball*
7-8 pm Communication and Care at the End of Life at Brookline High School

Wednesday, April 4

9 am-12 noon BLAB Lawyer
9:30-11:30 am e-Mail Workshop for Seniors**
1 pm Brookline Music School Concert—Bryan Eyberg
2-3 pm Blood pressure screenings with nurse from Brookline Public Health Department (BPHD) at the BPHD building

Thursday, April 5

9:30-11:30 am Introduction to Computer Basics for Seniors**
1:30 pm Easy Travel goes to Spain with Raul Melendez

Friday, April 6

9:30-11:30 am Intermediate Computer Basics for Seniors**
10:30-11:30 Senior Center Gardeners
1-2:30 pm Parkinson Disease Support Group

Monday, April 9

9 am-12 noon Podiatry Clinic
9:30-11:30 am Getting to Know Your Digital Camera**
11:45 am-1:45 pm Basic Computer Maintenance Using Windows XP for Seniors**
1-3 pm Senior Center Decorators

Tuesday, April 10

Income Tax Preparation
12 noon Springwell Spring Special Lunch
1 pm Movie for Film Lovers—*Beginners*

Wednesday, April 11

9:30-11:30 am e-Mail Workshop for Seniors**
1-2 pm Blood pressure screenings with nurse from BPHD at Sussman House
1-3 pm MBTA Senior Access Pass event

Thursday, April 12

9:30-11:30 am Introduction to Computer Basics for Seniors**
10:30-11:30 am Cooking across Cultures

Friday, April 13

9:30-11:30 am Intermediate Computer Basics for Seniors**
3:30 pm Modern Dance and Movement
Afternoon Alzheimer's Caregivers Support Group—call for time

Sunday, April 15

2 pm Theater Club—*The 25th Annual Putnam County Spelling Bee* at the Turtle Lane Playhouse

Monday, April 16

PATRIOT'S DAY. Senior Center is closed.

Tuesday, April 17

Income taxes (federal and state) must be filed by midnight
12 noon April Birthday Lunch
1 pm Movie for Film Lovers—*Last Train Home*

3:30 pm Modern Dance and Movement

Wednesday, April 18

12:30 pm Volunteer Appreciation Lunch
1 pm (approx.) Council on Aging business meeting
1 pm Low Vision Group
1:30 pm Modern Beading Workshop

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Thursday, April 19

11 am Mass College of Pharmacy Workshop on medications to avoid and steps to improving health

Friday, April 20

1 pm JOBS: Deliver a Winning Elevator Speech

3:30 pm Modern Dance and Movement

Monday, April 23

9:30-11:30 Photo Editing with Picasa**

2-3 pm Putterham Book Discussion Group—*To Be Young, Gifted and Black*

Tuesday, April 24

9-10 am Public Issues Nonfiction Book Discussion Group—*Brave New World*

10:30 am-12:30 pm Literary Discussion Group: Spring Term**

12 noon Let's Go Out to Lunch Group dines at Carlo's Cucina Italiana

1 pm Movie for Film Lovers—*An Unmarried Woman*

Wednesday, April 25

9:30-11:30 am Introduction to the Internet for Seniors**

1-2 Blood pressure screenings at O'Shea House

Thursday, April 26

9:30-11:30 am Introduction to Computer Basics for Seniors**

Evening Alzheimer's Caregivers Support Group—call for time

Friday, April 27

9:30-11:30 am Intermediate Computer Basics for Seniors**

10:30-11:30 am Container Gardens

Sunday, April 29

1 pm Theater Club—*Maestro: Leonard Bernstein* at the paramount Center Mainstage

Monday, April 30

9 am-12 noon Podiatry Clinic

9:30-11:30 Photo Editing with Picasa**

12:30-2 pm Blood pressure screening with nurse from GBCGAC

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

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

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ONGOING SENIOR CENTER EVENTS

Monday

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

9:30-4:30 Fitness Center open—membership required

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

12:30 pm Chinese programs

12 noon-4 pm BETS

1 pm Mah jongg/Scrabble

1-2 pm Line dancing \$2.00/session

2-4 pm Open computer lab

Tuesday

8:30-9:30 am Nia for Seniors**

9:30 am-4:30 pm Fitness Center open—membership req.

10 am Flexibility, Resistance, & Balance Exercise

10:15 am Brookline Bees, Quilters

12 noon French Conversation

12 noon-4 pm BETS

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

1 pm Bingo

1 pm Movies for Film Lovers

2-3 pm Yoga for Older Americans (chair class)**

3-4 pm Yoga for Older Americans (mat class)**

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

Wednesday

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

9-10 am Living Our Values

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

9:30-4:30 Fitness Center open—membership required

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

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

10:30 am Retired Men's Club

12 noon-4 pm BETS

12:30 pm Bridge

2-4 pm Open Computer Lab

Thursday

9:30-11:30 am Drawing for Pleasure—still life

9:30-11:45 am Drawing for Pleasure—figure drawing

9:30-4:30 Fitness Center open—membership required

10:30 am Knit and Crochet

10:30-11:30 am Arthritis Exercise Class—registration req.

1-2 pm Beginners Spanish classes—registration required

1-2 pm Zumba Gold

1:30 pm Knit and Crochet

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

2-3 pm Spanish Conversation Group—registration req.

Friday

9 am Bridge

10am-3 pm Fitness Center open—membership required

10 am Solemates, Walking Group

10 am Project Volunteer

10:30 am Current Events Discussion Group

10:30 am Senior Chorus

12:30-2 pm Basic Computers for Span.-speaking Seniors

1-2 pm Balance and Flexibility for Seniors**

1-2 pm Meditation in Movement

2-3:30 pm Introduction to Tai Chi Chuan**

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FRENCH CONVERSATION

This group meets every Tuesday in April at 12:00 noon. Come and touch up your French

conversational skills in this welcoming group led by Agnes Serenyi.

LIVING OUR VALUES

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

CANASTA PLAYERS WANTED

Players are needed for this group that will meet weekly at the Senior Center. Some knowledge of the game is helpful. Call Earl at 617-735-9662 if you are interested. Anyone interested in playing Euchre should also call Earl.

SENIOR CENTER DECORATORS

Join this fun crafting group and help make stars and stripes for the Fourth of July, goblins for Halloween, snowmen for Christmas, and much more—all to adorn the walls of the Senior Center! The group will meet from **1:00 to 3:00 pm on Mondays, April 2 and 9**

ZUMBA GOLD

The Zumba Gold class will run **every Thursday from 1:30 to 2:30 pm** starting with a free session on **April 5** and then regular sessions **through June 7**. (Note that there will not be a class on May 24 and that the class on May 10 will meet from 1:00 to 2:00 pm.) Mary Stevenson continues to be the instructor while Alicia Ebrat is on leave.

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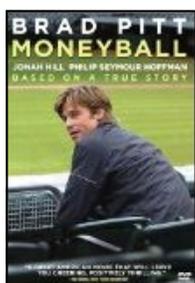
ASSISTED LIVING • MEMORY CARE

Drop-ins are always welcome at \$7/session. There are a few free spots available for residents of Brookline Housing Authority buildings thanks to a generous grant from the Brookline Community Foundation. For more information, call 617-730-2770.



MOVIES FOR FILM LOVERS

Enjoy a movie at the Senior Center every Tuesday afternoon at 1:00 pm. It's free, and it's great!



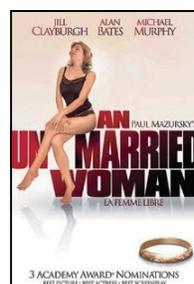
April 3 (2011)
Moneyball 133 min.
Oakland A's general manager Billy Beane (Brad Pitt) challenges the system and defies conventional wisdom when he is forced to rebuild his small-market team on a limited budget. Despite opposition from the old guard, the media, fans, and their own field manager (Philip Seymour Hoffman), Beane—with the help of a young, number-crunching, Yale-educated economist (Jonah Hill)—develops a roster of misfits...and along the way, forever changes the way the game is played.



April 17 (2009)
Last Train Home 85 min.
In Mandarin/English subtitles
A couple embarks on a journey home for Chinese New Year along with 130 million other migrant workers, to reunite with their children and struggle for a future. Their unseen story plays out as China soars toward being a world superpower.



April 10 (2010)
Beginners 105 min.
It's 2003. Thirty-eight year old graphic artist Oliver Fields (Ewan McGregor) has just lost his father Hal Fields (Christopher Plummer) to cancer, after having lost his mother, Georgia, 5 years earlier.



April 24 (1978)
An Unmarried Woman 124 min.
Erica (Jill Clayburgh) is unmarried only temporarily in that her successful, wealthy husband of 17 years has just left her for a girl he met while buying a shirt in Bloomingdale's. The film shows Erica coming to terms with the break-up while revising her opinions of herself, redefining that self in its own right rather than as an extension of somebody else's personality, and finally going out with another man. Erica refuses to drop everything for Saul (Alan Bates), an abstract expressionist painter, simply out of love for him because he expects her to.

Oliver is naturally a sullen man due to his growing up relationship with his parents (his mother had a unique view on life) and watching his parents' cordial but distant relationship with each other. Oliver embarks on a relationship with Anna (Mélanie Laurent), a French actress—hoping that his re-energized relationship with Hal following Georgia's death and Hal's new outlook on life during that time will show Oliver how to act in a loving relationship.

HAMLET COMETH

From May to August, one week each month, the Senior Center will show a Hamlet—starring Mel Gibson in May, Kenneth Branagh in June, Ethan Hawke in July, and Lawrence Olivier in August. All the versions will be discussed at a meeting in August.

SENIOR CINEMA

There are also free weekly movies at the Coolidge Corner branch of the Brookline Public Library. They are on Thursdays. Come at 1:00 pm for refreshments. The movie starts at 1:30 pm. April's fare:

- April 5** *Easter Parade* (1948) 107 min.
- April 12** *Hugo* (2011) 125 min.
- April 19** *Atonement* (2007) 123 min.
- April 26** *What's Up Doc?* (1972) 94 min.

JOBS NEWS

Position Available: Senior Center Courier

Responsible to the COA Director

Qualifications: Must have a car and a good driving record; be able to get along well with, and to take direction from, others; be familiar with getting around in Brookline; be able to multitask; and be a Brookline resident.

Duties and Responsibilities:

- Pickup and deliver information to Town Hall, Brookline banks, and others as needed
- Deliver Senior Center newsletter to several different location twice each month
- Pick up small supplies as needed from local stores
- Deliver mail to Post Office on many Friday afternoons

If you are interested in this position, contact Ruthann Dobek at 617-730-2756 or Deidre Waxman at 617-730-2767 or e-mail dwaxman@brooklinema.gov.

JOBS Programs

The JOBS program encourages attendance at the workshop at the Senior Center on **Friday, April 20, at 1:00 pm** at which Dr. Clifford Goldsmith will “**Deliver a Winning Elevator**

Speech,” a presentation that offers assistance with critical oral communication skills useful for networking and job interviews. Then, on **Wednesday, May 16, from 1:00 to 4:00 pm**, the JOBS program will host a **Mature Worker Jobs Fair** at the Senior Center for people looking for work in the fields of Administrative Office Support and Home Care. Representatives of home-care agencies, local temporary employment agencies, and area elder housing and assisted-living facilities will be on site to interview older job seekers.

Preregistration is required for both events. To register or for more information, contact Deidre Waxman at (617)730-2767 or e-mail Anne Spangler at aspangler@brooklinema.gov.

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**PUBLIC ISSUES NONFICTION
BOOK DISCUSSION GROUP**

Come to the Senior Center on the **fourth Tuesday of every month from 9:00 to 10:00 am** to participate in this group centered on public issues, history, current events, and other nonfiction topics. Tom Faulhaber facilitates. The Brookline Public Library (Coolidge Corner branch) will have copies of the books available several weeks before each meeting.



April 24
Brave New World by Aldous Huxley
(Harper Perennial Modern Classics)

May 22
The Conscience of a Liberal by Paul Krugman
(W.W. Norton & Company)

June 26
Unfamiliar Fishes by Sarah Voxell (Riverhead Books (Penguin Group USA)

July 24
Taking on the Trust: The Epic Battle of Ida Tarbell and John D. Rockefeller by Steve Weinberg
(W.W. Norton & Company)

**PUTTERHAM
BOOK DISCUSSION GROUP**

This group will meet on **Monday, April 23**, at the Putterham branch of Brookline Public Library **from 2:00 to 3:00 pm** to discuss *To Be Young, Gifted and Black* by Lorraine Hansberry. Please read her play—*A Raisin in the Sun*—as well.

This is the story of a young woman, born in Chicago, who came to New York, won fame with her play—*A Raisin in the Sun*—and went on to new heights of artistry before her tragic death. In turns angry, loving, bitter, laughing, and defiantly proud, the story, voice, and message are all Lorraine Hansberry's own, coming together in one of the major works of the black





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THEATER CLUB

The Senior Center Theater Club continues to offer quality entertainment excursions. There is an impressive list of events scheduled for spring and early summer:

The 25th Annual Putnam County Spelling Bee
Sunday, April 15, at 2:00 pm \$30
at the Turtle Lane Playhouse in Auburndale

Maestro: Leonard Bernstein
Sunday, April 29, at 1:00 pm AND
Saturday, May 12, at 2 pm \$55
One-man show starring award-winning actor, playwright, and concert pianist Hershey Felder at the Paramount Center Mainstage in Boston

Woody Sez
Wednesday, May 16, at 2:00 pm \$28
at the American Repertory Theatre in Cambridge

Private Lives
Sunday, June 3, at 2:00 pm \$25
at the Huntington Theatre in Boston

Thoroughly Modern Millie
Sunday, June 24, at 2 pm \$30
at the Turtle Lane Playhouse in Auburndale

Stay tuned to the *TAB*, flyers, and the *May Senior News and Events* for details about the July offerings and beyond.

Make reservations and get more information by calling 617-730-2770. Remember that payment is due when you make your reservation—by check or cash, no credit cards please.

Note that tickets are refundable only until four weeks before the performance. After that time, if you find yourself unable to attend the show, you may arrange for someone else to take your ticket(s).

Transportation at the Senior Center (and possibly at other Brookline locations) to and from each performance is included in the overall price of the tickets.

COMMUNICATION AND CARE AT THE END OF LIFE

Don't miss this presentation by Dr. Wilfred Mamuya on **Tuesday, April 3, from 7:00 to 8:00 pm** at Brookline High School.

When it comes to end-of-life decisions, having a choice is of paramount importance for each individual. Dr. Mamuya will address the question of why we, as a society, are ill-equipped to deal with one of the absolute certainties in life. How we choose to die is the final frontier of personalized medicine. Learn why conversations between patients, families, and their physicians are of great importance and help to reassure patients that their end-of-life care will be well-planned and personalized.

Wilfred Mamuya, MD, PhD, graduated from the Boston University School of Medicine and completed his residency and cardiology fellowship at Brigham and Women's Hospital. He is board certified in cardiovascular disease, internal medicine, nuclear cardiology, echocardiography, and cardiac CTA. His clinical interests include primary prevention, vascular medicine, and cardiovascular imaging.

This free presentation is sponsored by Brookline Community Aging Network (Goddard House, the Brookline Council on Aging, Centre Communities of Brookline, & Jewish Family & Children's Services) and the Brookline League of Women Voters in partnership with Brookline Adult & Community Education. No registration is required.

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AT GODDARD HOUSE

Bob Mauterstock, discussion and brunch

Saturday, April 21, at 10:30 am

Bob Mauterstock, author of *Can We Talk?*, a financial guide for baby boomers assisting their elderly parents, will be at Goddard House for a discussion of his book and a complimentary brunch. Seating is limited so RSVP to pbarrows@radiusmanagement.com or by calling 617-731-8500 as soon as possible. The first 20 registrants will receive a free copy of Bob's book.

Bob Mauterstock is an expert in the areas of retirement income, long-term care planning, and veterans' benefits. He has been a financial advisor to hundreds of families over the last 30 years and has helped them achieve worry-free, comfortable retirements.

YIDDISHKEIT 2

presented by Linda Poland and Alan Pearlmutter

Saturday, April 7, at 3:30 pm

Here are more favorite Jewish songs, including *Belz, Jerusalem of Gold, Donna Donna, Yidishe Mame, Rumania-Rumania, Eli Eli, and Rozhinkes Mit Mandlen.*

Linda Poland is a clarinetist with the New Bedford Symphony, a freelance performer, and a clarinet instructor for both public and private schools. Alan Pearlmutter is a conductor, music teacher, college professor, and entertainer, currently based at Bristol Community College in Fall River.

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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

Painting Presentation with Michael Lavin Wednesday, April 25; at 3:30 pm

Often seen among the sea grass or standing across the marshes with paintbrush in hand, Michael Lavin paints *en plein air*—rendering quick, small paintings that he develops into larger panels in his studio. Like the impressionists before him, Michael tries to capture the fleeting effect of light.

COMPUTER COURSES FOR SENIORS

There are a variety of computer courses for senior citizens that are given at the Senior Center. Students interested in taking courses, but unsure of which class to enroll in, should contact Bob Roll at 617-730-2782. Courses starting in April are:

Introduction to Computer Basics for Seniors

Bob Roll, Instructor Code: **C116**

4 Thursdays from 9:30 to 11:30 am

Section 2: begins April 26

Intermediate Computer Basics for Seniors

Bob Roll, Instructor Code: **C157**

4 Fridays from 9:30 to 11:30 am

Section 2: begins April 27

Introduction to the Internet for Seniors

Mimi Katz, Instructor Code: **C103**

4 Wednesdays from 9:30 to 11:30 am

Begins April 25

Photo Editing with Picasa

Phyllis Mays, Instructor Code: **C259**

4 Mondays from 9:30 to 11:30 am begins Apr. 23

Each 4-week course costs \$72. Since these courses are designed for, and open only to, seniors, the senior discount does not apply to them. For more information and to register, call BA&CE at 617-730-2700 or access it online at www.brooklineadulted.org.

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NEW THIS SPRING!! FACEBOOK FOR SENIORS

Instructor, Michael Toon

Facebook is a hugely popular social networking site that allows you to make connections, share interests, and join groups. If you are curious about joining Facebook, then this course will allow you explore the basics, including the features of the Home and Profile Pages, sharing pictures, video, and more. The course will also deal with privacy issues.

4 Thursdays from 11:45 am to 1:45 pm

Section 1: begins April 26

Section 2: begins June 7

Cost and Course Code were unavailable at press time. For more information and to register, call BA&CE at 617-730-2700.

QUILT RAFFLE

This is your last chance to buy raffle tickets for a chance to own this magnificent hand-pieced and tied, queen-sized (96" square) quilt called "On the Street Where You Live" that was lov-



ingly made by our own Brookline Bee Quilters at the Senior Center. Take a chance on winning it for a mere \$1 for each raffle ticket or a bargain six for \$5. Buy tickets at the Senior Center Gift Cart. The drawing will take place at the annual Volunteer Appreciation Lunch on April 18, but you need not be present to win.

Sean P. Hogan
Financial Advisor

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SOS RESTAURANT EVENT REPRISE



Once again our Stock Our Shelves (SOS) Restaurant Event was a great success. Good food, good conversation, good entertainment—what more can we ask? Oh, yes, we collected over 800 pounds of food for the Brookline Food Pantry and over

\$450 for all the Brookline food programs—the Brookline Food Pantry, Meals on Wheels, and the Brookline Food Cooperative.

It took a village to put this all together. The musicians—the Brookline High School Testostones and pianist Joe Reid and violinist Yaeko Mirando; the restaurants—Anna's Taqueria, Brookline Food Coop and Vicki Schnoes, Brookline Spa, Cheryl Ann's of Brookline, Dok Bua, Golden Temple,

One-Stop Market, Party Favors, Pizza Stop, Rami's, Rani Indian Bistro, Samurai Express, Sichuan Gour-



met, The Meat House, The Upper Crust Pizzeria, and Whole Foods (Brighton, Newton Corner, and Newtonville); the raffle items—Brookline Booksmith, Cabot's Ice Cream, Cause to Paws, Chipotle, City Farm Florist & Greenhouse, Cognac Bistro, Cypress Automart, Gail Dugan, Jessica Vohs, Longhorn Steakhouse, New Breadsong Corner Bakery, and Vintage Jewelry—all contributed generously to the festivities. And then there

were the volunteers, led by our intrepid Dottie Bell, who picked up the food, helped set up the room, served, and cleaned up after the event. To all, we give our sincerest thanks. THANK YOU!



BROOKLINE RECREATION—IT'S WHAT WE DO!*

Brookline Recreation has great excursions to offer in April:

Friday, April 13

Newport Mansions

Journey to some of America's most historic houses. Experience beautiful architecture, art, and interior design of New York's 400's summer "cottages."

Time: 9:00 am to 4 pm

Cost: \$37 for Brookline residents, \$50 for non-residents

Friday, April 27

Duck Tour

There is no other tour of Boston quite like the Duck Tours. First you drive through the streets of downtown Boston—with delightful running commentary about Boston's social history. Then—surprise, surprise—the "bus" takes to the water—and goes from the Mystic basin up the lower end of the Charles River. What a new perspective you get on our old city!

Time: 11:00 am to 3:00 pm

Cost: \$38 for Brookline residents, \$47 for non-residents

If you have questions about, or want to make reservations for, Brookline Recreation's excursions, call Elizabeth Gugliotti—the Active Adults program coordinator—at 617-730-2082 or e-mail her at egugliotti@brooklinema.gov. You can also use the Brookline Recreation mailbox in the reception area on the 2nd floor of the Senior Center to make reservations, pay, comment, or ask questions.

*Note that the cost includes two-way bus transportation. Pickups and drop offs are at the Soule Recreation Center (652 Hammond Street) and the Senior Center. Other pick-up locations may be arranged. Contact Elizabeth Gugliotti at the above phone or e-mail address about transportation in general and pickup/drop off times.

SENIOR CENTER FOOD DISTRIBUTION SITE

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

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

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

This program is very busy and depends on the generous donation of time by many volunteers. To volunteer to help, see Jackie Wright at the Senior Center on Tuesday mornings.

EASY TRAVEL



Sit back, relax, and let Raul Melendez whisk you off to fascinating Spain at Easy Travel on



Thursday, April 5, at 1:30 pm. Raul is a professional photographer and teaches photography at the Brookline Center for Adult & Community Education so prepare for a spectacular presentation.



Have you got a favorite place that you would like to share with us? It can be a trip you have taken to far-away places or a haven of loveliness near to home. If you want to share with the Brookline senior community, call Julie Washburn at 617-730-2760.

MEDITATION IN MOVEMENT

Instructor Jennifer Winslow has designed this class especially for seniors—with a focus on gentle, simple movements that can help improve posture, balance, lung capacity, and overall joint health and movement. These movements can be done either standing or sitting.

The class meets **every Friday from 1:00 to 2:00 pm**. No registration is required. Fee: \$5/session.

JOY UNUTTERABLE

by Harry Johnson

On February 29, Phil Fullerton was suffering from the great winter complaint—a really bad cold. Harry heard of Phil's plight and dashed of this poem to cheer him up. Phil's wife, Carol, passed the poem on to me, and I am printing it here—with Harry's permission, of course—to cheer everyone on to spring.

I'd rather have stayed in bed this morning
feeling sorry for myself,
sucking on a cough drop, a pillow between my knees,
a comfortable old quilt tucked tightly under my chin,
drifting from sleep to wakefulness and back again,
wondering—but not really caring—
whether one candidate or another won the presidential
primary in Michigan or Arizona.

I'd rather have stayed in bed this morning,
shivering every time the brisk cold wind
caused the windows to rattle in the bedroom
that has become the sanctuary of my seventy-fifth year—
my refuge from the demands I cannot meet,
the races I cannot run, the pains I cannot endure,
the hopes that lie unmoving/stillborn in my heart.

I'd rather have stayed in bed this morning
but I did not—dared not—
lest I deprive myself of the warm embrace of friends
whose stories tease me/please me/heal me/
reassure me of the unutterable joy
of just being alive.



THANK YOU

To Annual Appeal donors: Emmeline & Lai Bing Ma Chin, Beverly Gleason, Elizabeth Linde, Phyllis Stock, Beatrice Telegen, and Waneta Louise West

To BrooklineCAN donors: Bank of Canton, Elaine & Yitzlak Bakal, Dorothy Bell, Richard W. Benka, Helen Bourloukas, Kathy Burnes, Center Communities of Brookline, Gail Gordon, Ellen Hertzmark, Jennifer Hochschild & C. Anthony Broh, Home Instead Senior Care, Jewish Family & Children's Service (JF&CS), Marilyn Jurich, Ira Krepchin & Janice Kahn, Pauline R. Katz, Judith Kidd, Kathleen Lamothe, Lois Lange, Judith Mason, Lynn Osborn, Elenore Parker, Davida Pekarsky, R.K. "Shelley" Schwartz, Alice & Philip Shabecoff, Alexandra Spingarn, Judith Steinbergh & Robert Kroin, Anne Turner & Harry Bohrs, and Cyrill Wolf

To Van Fund donors: Rita & Morgan Daly and Zina Pelzman

To Gertrude Crowley, Pearl Lampert, and

Estelle Schwartz for their gifts in honor of 2011 income tax preparation

To Kathryn Kilpatrick (supporting the Van Fund), Betty Rhodes Latner (wishing Ruthann a very good recovery), and Eleanor Small, Ruth Geller, Nina Lebel, & Ted Shamitz (wishing Ruthann return to health) for their gifts in honor of Ruthann Dobek

To Arlene Strowman and Lorraine Tobin for their gifts in honor of George Chin & Dale Kessinger (income tax preparation)

To Claire Yung & the Chinese Mah Jongg Group for their gift in honor of the Chinese Mah Jongg program

To Deborah Brass for her gift in memory of Sheldon Lebow

To Ruthann Dobek & Glenn Boghosian, Rachel Goodman, Reva Katz (supporting the new gym), Charlotte Millman, and Lois & Norman Morse for their gifts in memory of Shirley Radlo

To Kathleen Lamothe for her gift in memory of Gloria Estefano

FROM THE BOARD PRESIDENT

The Brookline Senior Center gratefully accepts donations to its nonprofit arm. These donations are completely tax-deductible to the giver. We use your gifts to keep the van running as well as to fund furnishings, improvements, and innovative programs for the Senior Center.

In April, spring brings out everyone to go and do and enjoy, so please consider an extra gift in support of our van. Hundreds of seniors will thank you as the van and its faithful driver can get them out of the isolation of their homes and to the Senior Center.

We are proud of our strong community, and need your help to sustain it. Please be as generous as you can be.

*Elizabeth (Betsy) Pollock
President, Brookline Senior Center Board*

HANDICAPPED ACCESS

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

*We note with sorrow the passing of
Shirley Radlo
Council on Aging Board member, long-time
member of the Income Tax Preparation team,
and general and generous
friend of the Senior Center and
the Brookline senior community.
We will all miss her.*

SUPPORT THE SENIOR CENTER

Help support the Senior Center and the many programs and services it offers. You can honor Brookline's seniors and help them age with respect and dignity by sending a gift:

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