

TOWN OF BROOKLINE SENIOR NEWS AND EVENTS

Council on Aging

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

Brookline Senior Center
93 Winchester Street
Brookline, Massachusetts 02446



Council on Aging Information Hotline
617 730 2777 617 730 2778
Senior Center Van
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Brookline Council on Aging
www.brooklinema.gov
www.brooklineseniorcenter.org

Brookline Community Aging Network
www.BrooklineCAN.org



HIGHLIGHTS

Tour the Bountiful Brookline demonstration gardens with the Gardening Group on **August 10**. See p. 20.

Try a demo on Reiki massage on **August 13**. See p. 13.

Enjoy the Mazl Tov Chorus on **August 15**. See p. 3.

See My Fair Lady with the Theater Club on **August 19**. See p. 26.

Sample a Triathlon of Experiences on **August 20**. See p. 12.

Indulge in delicious BBQ on **August 22**. See p. 6.

Join the Let's Go Out to Lunch group at Tin Tin on **August 28**. See p. 17.

Get involved with the Holiday Craft Fair planning on **August 30**. See p. 23.



AUGUST 2012

DANCING THROUGH THE DECADES

Dance Caliente is an interactive social dance performance designed with particular sensitivity to a senior audience. Performers Eileen Herman-Haase and Rual Nieves will transport you through time via social dance, period costumes, stories, music, and mini lessons right in your seats. Enjoy uplifting performances of the Waltz, Peabody, Charleston, Swing, Foxtrot, Argentine Tango, and Salsa.

This not-to-be-missed event will take place at the Senior Center on **Wednesday, August 8, from 1:00 to 2:00 pm**. The performance is free, but space is limited so please call 617-730-2770 to reserve a space.

This program is supported in part by a grant from the Brookline Commission for the Arts, a local agency, which is supported by the Massachusetts Cultural Council, a states agency.



Save the Dates—mark your calendars!

Wednesday, October 24
8th Annual Autumn Benefit
—honoring Barney Frank—
Friday and Saturday, November 9 and 10
28th Annual Holiday Craft Fair

INDEX

<p>Advertisers, Our31</p> <p>Alzheimer’s Caregivers Support Group11</p> <p>ARTZ for Alzheimer’s8</p> <p>August at a Glance 18-19</p> <p>Autumn Benefit, 8th Annual (SAVE THE DATE).....1</p> <p>BBQ, Springwell6</p> <p>Beading Workshop, Modern.....24</p> <p>Board President, From the29</p> <p>Book Discussion Group Public Issues Nonfiction27</p> <p>Book Discussion Group, Putterham27</p> <p>Bowling.....25</p> <p>Brookline Recreation—It’s What We Do!.....28</p> <p>BrooklineCAN Service Providers Group25</p> <p>Cell Phones, iPods, and Glasses29</p> <p>Cinema, Senior.....7</p> <p>COA Help Needed!.....15</p> <p>Computer Sessions, One-on-One14</p> <p>Concerts at Emerson Park, Wednesday Evening Summer15</p> <p>Courses, BA&CE.....22</p> <p>Dance and Movement, Modern.....6</p> <p>Dance Caliente (Dancing Through the Ages).....1</p> <p>Decorators, Senior Center23</p> <p>Director, From the9</p> <p>Donation and Renewal forms.....31</p> <p>ELF.....22</p> <p>Film Review Group.....7</p> <p>Food Distribution Site, Senior Center.....25</p> <p>French Conversation.....6</p> <p>Gallery, At the.....6</p> <p>Gardening News20</p> <p>Geriatrician, Ask a.....5</p> <p>Handicapped Access.....25</p> <p>Health and Fitness (Fitness Center, Solemates, Triathlon of Experiences).....12</p> <p>Health Page, The (Ask a Nurse, Podiatry Clinic, Low Vision Group, Blood Pressure Screenings, Blood Sugar Screenings, Health Clinic, Shingles).....4</p> <p>Holiday Craft Fair, 28th Annual (SAVE THE DATE).....1, 23</p> <p>Holidays, August3</p> <p>In Memoriam—Two Exceptional Women.....30</p> <p>JOBS News11</p>	<p>LGBT Grooup 14</p> <p>Living Our Values..... 28</p> <p>Luncheon Specials for August 17</p> <p>Mazl Tov Chorus3</p> <p>MBTA Senior Access Passes 14</p> <p>Meditation in Movement 28</p> <p>Movies for Film Lovers7</p> <p>Ongoing Senior Center Events..... 19</p> <p>Parkinson Disease Support Group 11</p> <p>Produce, Local (Brookline Farmers’ Market, Community-supported agriculture [CSAs], Allandale Farm)..... 20</p> <p>Reiki Massage..... 13</p> <p>Senior Scene 24</p> <p>Senior Services (BETS, BLAB, File of Life, HELP, JOBS, SNAP, SHINE, Social Security).. 10</p> <p>Spanish Immersion 28</p> <p>Springwell Nutrition Program (menus) 16-17</p> <p>Sundays in the Park 2012, Summer 15</p> <p>Tex-Mex Taco Salad..... 19</p> <p>Thank You..... 29</p> <p>Theater Club 26</p> <p>Travel, Easy..... 6</p> <p>Water and Sewer Exemptions for Seniors 30</p> <p>Zumba Gold..... 23</p>
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<p>The Town of Brookline Senior News & Events BROOKLINE COUNCIL ON AGING (COA)</p>

<p>Ruthann Dobek <i>Director, Council on Aging/Senior Center</i></p> <p>Julie Washburn <i>Program Manager, Council on Aging/Senior Center</i></p> <p>Judith Gimple <i>Newsletter Editor and Publisher</i></p>

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

AUGUST HOLIDAYS

This August will probably be lazy and hot—if June and July are harbingers. In other words, it will truly be “the dog days.” There are no official holidays for which the Senior Center will close, so everyone can come here to cool off, enjoy the company of peers, attend an event or class, exercise—whatever—Monday through Friday from 8:30 am to 5:00 pm throughout the month.

And you can ponder and discuss the historical and social significance of many August events in history. For example:

- **August 1, 1790**—The first US Census was completed. There were 4 million people in the United States. (According to the 2010 Census, we have grown to a country of 310 million.)
- **August 6, 1945**—We dropped an atom bomb on Hiroshima, Japan. PS This spurred our “allies” the Russians to finally declare war on Japan on August 9 and the Japanese to surrender to the Allies on August 14 thus ending World War II (and, by the way, changing the world forever).
- **August 9, 1974**—Richard Milhaus Nixon became the first and only US president to resign while in office.
- **August 17, 1961**—Construction of the Berlin Wall began. It stood for 28 years, and its demolition in 1989 marked the end of the Cold War.
- **August 26, 1920**—With the passage of the 19th Amendment to the US Consitution, women were granted the right to vote—another world changing event.
- **August 28**—Two highly significant things happened: 1) In **1957**, Senator Strom Thurmond (Dixiecrat [soon to be Republican]/ South Carolina) began an unsuccessful 24-hour filibuster against the Civil Rights Bill. Significantly, in **1963**, on this date Martin Luther King, Jr., gave his “I Have a Dream” speech.

MAZL TOV CHORUS

Come to the Senior Center on **Wednesday, August 15, at 1:00 pm** for a concert by the Mazl Tov Chorus. This group, founded in 2005, is under the direction of Boris Goldstein, who also composed some of the songs the chorus performs. Under the management of Mikhail Lifshitz, the chorus has performed more than 100 concerts in day care centers, nursing homes, subsidized houses, and rehab centers—and now at the Senior Center—in its 7 years.

The chorus’s repertoire includes songs in English, Russian, Yiddish, Hebrew, and Spanish. Sponsored by the Senior Center, this group is supported by the Massachusetts Association of Russian Speaking Jews Chaverim, Inc.—Boston.

After the performance, there will be an Ice Cream Social sponsored by the Greater Medford VNA.



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Ask a Nurse A nurse from the Greater Medford Visiting Nurse Association will visit the Senior Center on the **second Thursday of each month**—this month that means **August 9**— at **2:00 pm** to help you with your health questions. For more information, call 781-396-2633.

Podiatry Clinic Routine foot care with Dr. John McLaughlin is available at the Health Clinic at the Senior Center on **Mondays, August 6 and 20, from 9:00 am to 12:00 noon**. Sessions, which last 15 minutes each, cost \$30. Appointments are required. Call 617-730-2777.



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

Blood Pressure Screenings

Come to the Senior Center on **Monday, August 6, from 1:00 to 2:00 pm** when a nurse from the Brookline Health Care Center will provide blood pressure screenings.

And there will also be blood pressure screenings by Barbara Westley, the nurse from the Brookline Public Health Department (BPHD) at the Senior Center on **Thursday,**

August 16, from 9:00 to 10:30 am. In addition, the BPHD nurse will provide blood pressure screenings:

- On **Wednesday, August 1**, at the BPHD building at 11 Pierce St., **from 2:00 to 3:00 pm**
 - On **Wednesday, August 8**, at Sussman House, 50 Pleasant St., **from 1:00 to 2:00 pm**
 - No screening this month at O'Shea House
- And Megan Cheung, a nurse from the Greater Boston Chinese Golden Age Center will do blood pressure screenings at the Senior Center on **Monday, August 27**, during the Chinese programs— **from 12:30 to 2:00 pm**.

Blood Sugar Screenings

On **Thursday, August 16**, a nurse from Jewish Family & Children's Services will be at the Senior Center at **11:00 am** to provide blood sugar screenings.

Health Clinic The Podiatry Clinic and blood pressure and other screenings are given at our Health Clinic on the second floor of the Senior Center..

Shingles is a painful skin condition. Immunization is recommended for those aged 60 or over. If you missed getting a vaccination at the Senior Center in June, you can still get the vaccination at many pharmacies. Call your pharmacist for more information.

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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 DANA-FARBER/HARVARD CANCER CENTER
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 & Events.*)

Question: When can I finally stop getting mammograms and colonoscopies? And what screening is really important/necessary to keep me healthy?

Answer: Screening tests are done to find problems before symptoms begin. These tests may help find diseases early when they are easier to treat. Some tests, like blood pressure screening, are easy, but others, such as mammograms and colonoscopies, are uncomfortable.

There has been a lot of research to try to help doctors and patients know when it is important to do these tests and when it is safe to stop doing them without running the risk of developing disease when it is too late to treat. While there is not total agreement among the different advisory groups, there are general guidelines. These "rules" are not the same for everyone—much of it depends on your individual state of health. Decisions to stop screening should be discussed with your doctor so you can come to a decision together. However, here are some general guidelines:

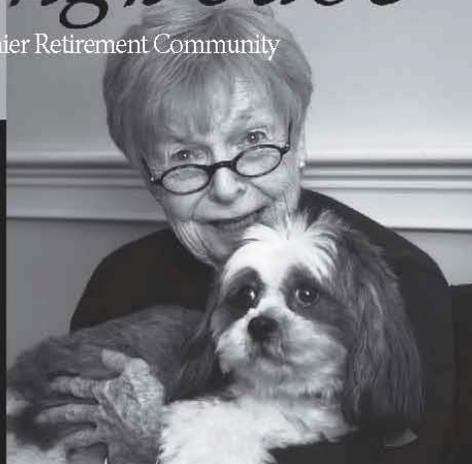
- **Colonoscopy.** It is advisable to have one every 10 years from ages 50 to 80. Over age 80, consider this test only if you are otherwise healthy and if you have something else wrong (new anemia, bleeding from rectum, and so forth.)
- **Mammogram:** It is best to get one every 2 years until age 75. After age 75, continue to test every 2 to 3 years if you are healthy and have a life expectancy of at least 4 years.
- **Pap Test:** Stop after age 70 if you have had 2 normal tests in past. Continue having an internal exam every 2 to 3 years if you are otherwise healthy.
- **Blood Pressure:** Check this every 1 to 2 years forever. There is no age limit.
- **Cholesterol:** There is no upper age limit, but if your cholesterol has been normal for a while, repeat testing is probably unnecessary.
- **Diabetes:** Test your blood sugar if you also have high blood pressure and high cholesterol.

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MODERN DANCE AND MOVEMENT

Lynn Modell will be back at the Senior Center on **Mondays, August 13 and 20**, and **Wednesdays, August 15 and 22**, at **10:00 am** with her popular modern dance and movement workshops. Join in this fun and healthy activity for the small fee of \$2 per session.



EASY TRAVEL



On **Thursday, August 2**, at **1:30 pm**, Easy Travel coordinator Alice Fastov will share her experiences as a volunteer teaching English as a Second Language

(ESL) in Santo Domingo, and her photos and impressions of the Dominican Republic and its capital—Santo Domingo.

Alice was there with a group offering free dental care and ESL classes.



SPRINGWELL BBQ

On **Wednesday, August 22**, Springwell is throwing its annual BBQ at the Senior Center at **12 noon**. It will feature hot dogs and hamburgers and watermelon and...well, all that good BBQ food. Yum, yum.

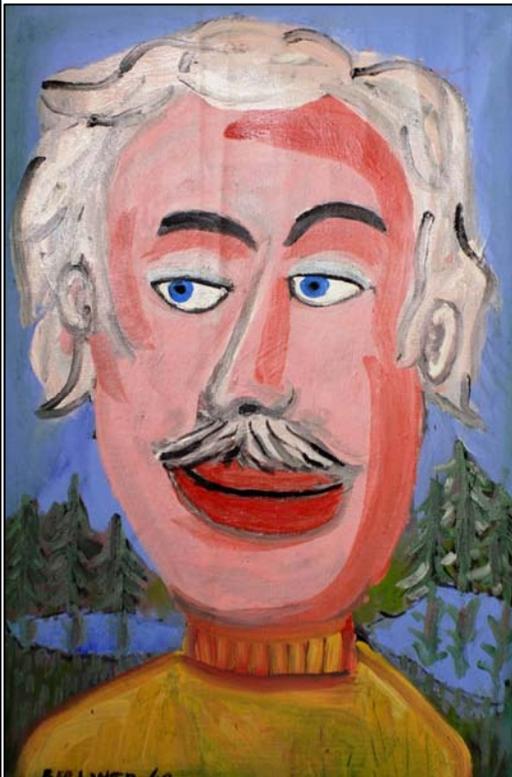
And, as if that is not in itself enough, there will be entertainment. Back by popular demand—Tommy Rull with a “musical journey through the years with songs originally made famous by many different artists...Paul McCartney, Frank Sinatra, Lou Rawls, Marvin Gaye, Ray Charles, Paul Anka, James Taylor, Billy Joel, John Lennon, Barry White, Lionel Richie, Barry Manilow, Van Morrison, Engelbert Hunperdink, Stevie Wonder, Jimmy Buffet, and on and on... “



FRENCH CONVERSATION

Brush up and dust off your French conversational skills **every Tuesday in August at 12:00 noon**. Agnes Serenyi leads the group.

AT THE GALLERY



The Senior Center cordially invites yo to an exhibit of paintings by

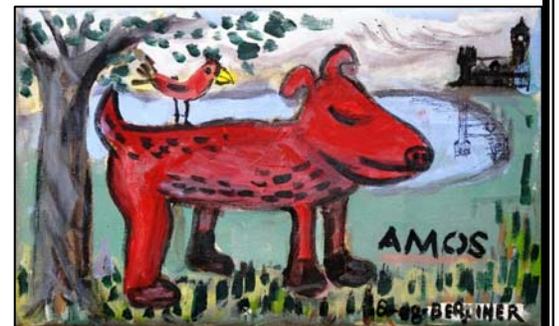
Barnett Berliner

through Friday, October 12 at our 2nd floor gallery

Hours: 8.30 am to 5:00 pm

Monday through Friday

*Reception with the Artist
Wednesday, September 12
from 6:00 to 8:00 pm*



MOVIES FOR FILM LOVERS

During the “dog days” of summer, what could be nicer than spending the afternoon in the air conditioned comfort of the Senior Center (an official Brookline Cooling Center), watching a fine movie. There is a movie **every Tuesday afternoon at 1:00 pm.**



August 7

The Artist

(2011) 100 minutes
This modern-day silent film (with English subtitles) artfully recounts the poignant end of the silent-movie era in the late 1920s. The story contrasts the

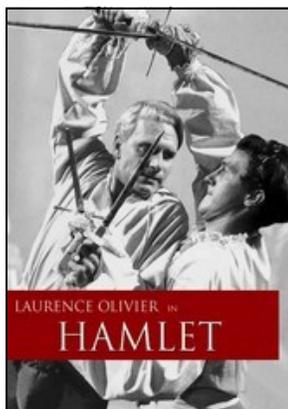
declining fortunes of a silent-screen superstar with his lover's rise to popularity as a darling of the "talkies." Star Jean Dujardin received the 2012 “Best Actor” Academy Award and the film itself was named “Best Picture.”



August 21

Certified Copy

(2010) 106 minutes
In Iranian director Abbas Kiarostami's captivating meditation on art and love, British writer James Miller meets a beautiful gallery owner in Tuscany and begins—or possibly continues—a romance with her. Starring Juliette Binoche and William Shimell.



August 14

Hamlet

(1948) 153 minutes
In 15th century Denmark, young Prince Hamlet (Laurence Olivier) schemes to avenge his father's death when his uncle, Claudius, murders the prince's father, promptly weds the queen, and ascends to his dead brother's throne. But Hamlet--uncertain how to best carry out his mission--allows his anguish and indecision to lead to more carnage. Olivier earned the Best Actor Oscar for his performance as Hamlet.



August 28

My Week with Marilyn

(2011) 99 minutes
Note: The *Film Review Group* will meet after this film to discuss it.

While filming a movie in England, Hollywood icon Marilyn Monroe (Michelle Williams) slips away with a young Brit (Eddie Redmayne) for a week of self-discovery and frivolity. Kenneth Branagh is featured as Sir Laurence Olivier. The story is based on the real-life memoirs of Colin Clark, once assistant to Sir Laurence Olivier.

SENIOR CINEMA

And you can also see free movies at the Coolidge Corner branch of Brookline Public Library **every Thursday**. There are **refreshments at 1:00 pm**, and the **movie starts at 1:30 pm**. The schedule was not available at press time. Call 617-730-2380 or access them on the web at www.brooklinelibrary.org/programs/senior_cinema.

Are you at least 60 and have a problem with your in-home caregiving services?

Do you know someone who does?

If so, please call us!

1-800-243-4636

(1-800-AGE-INFO)





ARTZ for Alzheimer's is an organization that 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. ARTZ celebrate each person's capacity to participate fully in the journey of life. It believes that access to creative expression is essential to our human experience.

On **Thursday, August 23, at 6 pm**, ARTZ is having an Ice Cream Social at the Larz Anderson Auto Museum. There will be round-trip transportation from the Senior Center. The event will take place rain or shine, and everyone is welcome to attend. To register and request a ride, call Dee Brenner at 978-985-4427 or e-mail her at Brenner@artzalz.org.



The organization is always looking for volunteers to help with its many programs, especially for the *Meet Me at the Coolidge* program (see below). If you would like to learn more about volunteering for ARTZ or, even better, would actually like to volunteer, call Dee Brenner at 978-985-4427 or e-mail her at Brenner@artzalz.org.



Among the programs ARTZ presents is an interactive film program for people with memory loss and their care partners at the Coolidge Corner Theater. Admission is *free* with an RSVP, and popcorn and drinks are complimentary! There will be a new program on Tuesday, September 11, from 10:00 am to 12 noon.

The program is called *Meet Me at the Coolidge...and make memories*. It is a one-of-a-kind film experience. Short clips from classic films will be shown followed by audience discussion and reminiscence guided by a moderator. This program demonstrates how film can be a form of treatment for people with memory loss, Alzheimer's disease, and related dementias. Movies have the power to connect us with our deep-rooted emotional memories--the kind that never leave us.

For tickets, more information, or to volunteer, again call Dee Brenner at 978-985-4427 or e-mail her at Brenner@artzalz.org.

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FROM THE DIRECTOR

A special thank you goes to our state legislators who worked diligently for maintaining funding for elders. We were awarded in the state formula grant \$7.00 per elder despite a very difficult funding year. Our Brookline team of Frank I. Smizik, Jeffrey Sanchez, Cynthia Stone Creem, and Michael F. Rush deserve our gratitude for being strong elder advocates!



It is time to save the date in your calendars for our Annual Benefit that will be held this year on October 24 at 6:00 pm. We are thrilled to honor the brilliant and fearless senior advocate Congressman Barney Frank. We expect this year's event to be a fabulous evening of delicious food and great entertainment. We also expect it to be a sellout. Please consider donating at a sponsorship level to support our critical needs. However, if you can't sponsor, plan at least on buying a ticket and attending the event.

Transportation problems abound. Whether it is the high cost of The Ride, the van driver's vacation, or the bus breaking down, we are aware of your concerns. And we are committed to improving transportation. One way you can help is to complete our transportation survey

that is available at the Senior Center. In September, it will be mailed to all Brookline households. Another way to help is by sending a donation to support our Van Fund, which is dependent on your gifts to continue.



For those of you who love the theater, make sure to check out the fall schedule of affordable, high-quality shows. I want to acknowledge the hard work of Ted Shamitz who has a passion for bringing the elders to the theater. He has volunteered his time to bring a great slate of shows. See page 26 for details.



While some of our regular classes are on vacation, August will not be a quiet month at the Senior Center. Please join us for some great activities. They include Dance Caliente (p. 1), the Mazl Tov Chorus (p. 3) followed by an ice cream social, Triathlon of Experience Instructors (pp. 12, 16, and 17), and the ever-popular Springwell BBQ (page 6) with entertainer Tommy Rull.



Enjoy the lazy days of August, before you know it, the hectic after-Labor Day season will be here.

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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 to all seniors, including those who are intent on Aging Well at Home are:

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 A Brookline Legal Assistance Bureau volunteer lawyer will be at the Senior on **Wednesday, August 1, from 9:00 am to 12:00 noon** for 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 also p. 11.)

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.

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

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 be on vacation in August. It will resume sessions in September. Call group leader Elaine Yanowitz at 617-730-2751 for additional information.

The Evening group will meet on **Thursday, August 30**—call 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.

PARKINSON DISEASE SUPPORT GROUP

Everyone is welcome at the Parkinson Disease Support Group meeting on **Friday, August 3, from 1:00 to 2:30 pm.**



This group is free and no reservations are required.

For more information, call Vanessa Blais at 617-638-7729 or e-mail her at vblais@bu.edu. This group is cosponsored by the Council on Aging and the American Parkinson's Disease Association.

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Research conducted at Boston College

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JOBS NEWS

Our June *Networking Support Group* was very successful. The active job seekers who participated each contributed resource suggestions, support, and information about conducting a job search and networking. Facilitators Anne Spangler and Deidre Waxman were there to help, but the main purpose of the group was to connect job searchers with each other to share experience and expertise.



If you are interested in attending and sharing in future Networking Support Groups at the Senior Center, contact Deidre at 617-730-2767 or e-mail her at dwaxman@brooklinema.gov. Or e-mail Anne at aspangler@brooklinema.gov.



SAVE THE DATE: Thursday, September 13, from 1:00 to 3:00 pm. Anne Spangler will offer an interactive **Résumé Writing Workshop** at the Senior Center at which participants will learn about what employers look for in today's résumés and how to use online application systems. The workshop will also cover the different types of résumés and share ideas about how to showcase your experience. If you are a Brookline resident age 60 or older, and looking for work, join in this free workshop. Bring your current résumé. To register or for more information, contact Deidre Waxman at 617-730-2767 or e-mail her at dwaxman@brookline.ma.gov or Anne Spangler at aspangler@brooklinema.gov.



Also SAVE THE DATE: Thursday, October 11, from 1:00 to 4:00 pm. **Back to Work Day**—an educational afternoon that will focus on revitalizing your job search.



Jobs-search computer support is temporarily unavailable at the Senior Center.

HEALTH AND FITNESS

In his pamphlet accompanying the audiobook *Walking: The Ultimate Exercise for Optimum Health* (Sounds True, Louisville, CO, 2006), Mark Fenton says, "...as far as I'm concerned, daily



walking is the closest thing there is to a silver bullet. A magic elixir. A fountain of youth, an all-in-one palliative that prevents disease, extends life, and improves the quality of that life while we're here. Lofty claims for such a simple activity, you might say. But don't trust me--trust the research. Expert opinions including those of the Surgeon General of the United States, the American College of Sports Medicine, and the latest US Dietary Guidelines all recognize routine daily physical activity as critical to reducing risk for a host of chronic diseases..."

And those same experts and many others, like the National Institutes of Health, also tout daily exercise as a major contributor to mental acuity. The Senior Center is very aware of the importance of walking and other exercise to our physical and mental health. And so we place great emphasis on providing Brookline Seniors with varied means of exercise to suit every taste.



Our *Fitness Center* has machines, hand and ankle weights, exercise balls, and bicycles—all excellent tools for cardio health and weight loss.

Membership in the Fitness Center includes an initial and periodic evaluation of individual needs, use of the equipment and the Fitness Center, which is open Monday through Friday. And now there are weekly drop-in classes for members in Flexibility and Stretching, Balance, and Hand Exercise (for dexterity and strength).

Fitness coordinator Sharon Devine is able to answer all your questions about use and cost. Call her at 617-730-2741. If she is not there, leave your name and phone number, and she will call you back as quickly as possible.



The *Solemates* the Senior Center's intrepid walking group (hoofing it since 1992), meets regularly on **Friday mornings at 9:45 am**.

On **Friday, August 17, from 10:30 am to 12:00 noon**, the Solemates will meet with other walkig enthusiasts at the Senior Center to discuss places to walk with a view to planning walks for people of different walking abilities—anything from neighborhood strolls to Summit Avenue power walks to occasional field trips To participate in this meeting, call Sharon Devine at 617-730-2769.



Try something new this summer! Come to the Senior Center on **Monday, August 20, at 1:00 pm** for brief demonstrations of a *Triathlon of Experiences*:

- *Swing Dance with Donna Baressi*—Learn the basic steps of Swing Dancing as you move to the tune of your favorite oldies! Neither dance partner nor experience is necessary.
- *Laughter Medicine with Phyllis Strauss* – Laugh your way to good health...no prescription necessary! Experience the physiological benefits to the act of laughing and learn how to laugh without the jokes...just for the health of it.
- *Meditation in Movement with Jennifer Winslow*—There will be a focus on gentle, simple movements which, when done consistently, can help to improve posture, balance, lung capacity, and overall joint health and movement. These movements can be done either standing or sitting. (See also p. 28.)



Reservations for the triathalon are required. Call 617-730-2770 to assure your place.

REIKI MASSAGE



Reiki is a safe, gentle, noninvasive form of hands-on healing. People who receive Reiki report benefits that include a general feeling of well-being, increased energy and relaxation, and reduced pain. It can positively affect physical, mental, and spiritual levels and can help people access their innate healing capacity.

Akemi Menami, certified Reiki therapist and Reiki Master Angie Clifford will present an **informational/demonstration session on Monday, August 13 at 1:00 pm**. Following this information session, Akemi will offer individual, **30-minute appointments** to Brookline seniors age 60 and older and Senior Center volunteers at a special, discounted rate **on Wednesday and Thursday afternoons, August 15, 16, 22, 23, 29, and 30, from 1:00 to 3:00 pm** for a donation of \$5 per session. If you are interested in Reiki treatment, be sure to consult with your physician before deciding if this or any treatment is right for you.

For more information or to schedule an appointment, call 617-730-2777.



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MBTA SENIOR ACCESS PASSES

The MBTA senior reduced-fare CharlieCard events at the Senior Center have been a huge success, and will be scheduled again in 2013. These events will be on hiatus for the rest of this year as the MBTA is reorganizing its operations center. The MBTA is totally reorganizing the management and physical presence of their services group and is opening a new and improved CharlieCard Store at Downtown Crossing.

If you need a first-time card, go to the MBTA office at Back Bay Station. Bring with you a 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-listed forms of ID to the MBTA office at Back Bay Station or call 617-222-5978 or the main number—617-222-3200. If you go to the office in person, you will be able to get the card while you wait. If you renew by telephone, the new card will be mailed to you, but it will take up to two months before you get the renewed card.

LGBT GROUP

If you are interested in forming a Senior Lesbian, Gay, Bisexual, Transgendered (LGBT) Group at the Senior Center, come to the Senior Center for coffee and conversation on **Thursday, August 23, from 6:00 to 7:00 pm**. Bring your ideas for meeting topics, speakers, services gaps, and so forth. For more information and to record your interest in such a group, contact Sharon Devine at 617-730-2769 or Karin Wannamaker at 617-730-2753.

ONE-ON-ONE COMPUTER SESSIONS

If you are computer phobic but eager to overcome it, call 617-730-2777 and make an appointment to get help with basic computer skills and looking up and applying for benefits online. If you have questions, call Olga at 617-730-2768. Preregistration is required. Sessions are being held **on Tuesdays in August**. Each appointment is for 1 hour. Note that while follow-up appointments are available, preference will be given to those who have not yet had an appointment. And we can only train on PCs as we do not have

a Mac trainer available.

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SUMMER SUNDAYS IN THE PARK 2012

The Emerald Necklace Conservancy presents Summer Sundays in the Park 2012, cosponsored by the Brookline Parks and Open Space Division and the High Street Hill Association, and presented at Olmsted Park's Allerton Overlook, at the intersection of Pond Avenue and Allerton Street.

On **August 5**, Movie Night features the classic *Toy Story 3* on the big screen! Kids' activities and crafts begin at 7:00 pm, with the movie at **approximately 8:00 pm**. Come early for the fun! (Call 617-522-2700 for rain date in case of inclement weather).

On **August 12**, Berkeley College of Music presents world music ensemble, *Kina Zoré* at **6:00 pm**. Blending elements of traditional and contemporary African music, the danceable rhythms of Kina Zore will have you on your feet in no time! (Call 617-522-2700 for rain location in case of inclement weather).

WEDNESDAY EVENING SUMMER CONCERTS AT EMERSON PARK

August 1 *Dusty Gray*

August 8 *True West*

August 15 *Chasing Blue*

All concerts are from **6:00 to 8:00 pm** at Daniel Ford Playground at Emerson Gardens, Emerson Street and Davis Avenue.

The Recreation Department concludes its free 2012 Summer Concert Series with these last three concerts in August. Bring a picnic basket, a lawn chair, and a group of people eager to have a good time. Then sit back and enjoy a variety of music including pop, folk, oldies, bluegrass, country, and rock. Children can play on the equipment within the park and in the splash pad or dance along in front of the stage. Visit one of the many booths to receive information on additional events as well as giveaways from our sponsors! Call the Recreation Department at 617-730-2069 for further information.

COA HELP NEEDED!

The Council on Aging (COA) needs a substitute driver to fill our *Van* needs during August. If you are a good driver and enjoy this kind of work, please get in touch with Ruthann Dobek at 617-730-2756. You do not need to have a special license for this job.



We are also currently looking for people who would like to serve on two very important committees. The *Council on Aging Nominating Committee* puts together the membership slate for the COA board of directors.

And we are also looking for volunteers to represent the Council on Aging on the *Domestic Violence Roundtable* (Founded in 1995 to provide a focus for domestic violence prevention and control activities in Brookline, this committee meets at 4:00 p.m. [next meeting is on September 6] on the first Thursday of the month the Brookline Public Health Department building at 11 Pierce Street. Members are from a variety of community-based organizations. The Roundtable has monthly guest speakers, and provides an opportunity for networking.)

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AUGUST 2012

MONDAY	TUESDAY	WEDNESDAY
<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 ***Higher Sodium Content Menu subject to change. \$1.75 suggested donation</p> <p>For meal reservations on Monday, call the previous Friday by 11:00 am For meal reservations on Tuesday through Friday, call the previous day by 11:00 am.</p>		<p>1) Cheeseburger w/Ketchup/Mustard/Relish, Lettuce & Tomato, Peppers, Onions & Mushrooms, Sweet Potato Wedges, Hamburger Roll OR Sliced Turkey w/American Cheese, Lite Mayo, Lettuce Leaf, Beet Salad, Summer Potato & Egg Salad, Oatnut Bread Chef's Choice Dessert</p>
<p>6) Cream of Tomato Soup Breaded Fish Sandwich w/Lemon Sauce, Lemon Wedge & Tartar Sauce, Sweet Potato Wedges, Coleslaw, Hamburger Roll OR Chicken Caesar Salad, Croutons, Parmesan Cheese, Lite Creamy Italian Dressing, Summer Potato Salad, Whole Wheat Bread Vanilla Cake w/Chocolate Frosting & Sprinkles</p>	<p>7) Vegetable Orzo Soup Vegetable Cheese Quiche, Lyonnais Potatoes, Broccoli & Cauliflower Marinara, Oatnut Bread OR Cottage Cheese Fruit Plate, Carrot Raisin Salad, Dinner Roll Fresh Fruit</p>	<p>8) Garden Vegetable Soup Aloha Chicken w/Sauce, Rice Pilaf, Spinach & Mushrooms, Multigrain Bread OR Egg Salad w/Lettuce Leaf, Orzo Vegetable Salad, Coleslaw, Rye Bread Tropical Mixed Fruit</p>
<p>13) Pasta Fagioli Soup Salmon Boat w/Lemon Dill Sauce, Collard Greens w/Onions, Wild Rice, Oatnut Bread OR ***Ham w/American Cheese, Mustard, Lettuce Leaf, Greek Pasta Salad, Carrot Pineapple Salad, Bulkie Roll Oatmeal Raisin Cookie</p>	<p>14) <u>Summer Special</u> Italian Garden Vegetable Soup BBQ Pulled Pork Sandwich Coleslaw Chuckwagon Corn Hamburger Roll Watermelon Mousse w/Chocolate Chips</p>	<p>15) Beef Stroganoff w/Noodles, Carrots, Whole Wheat Bread OR Chef Salad w/Turkey, Cheese & Egg, Lite Italian Dressing, Corn Salad, Apple Cinnamon Muffin Fresh Fruit</p>
<p>20) Vegetable Soup Stuffed Pepper w/Tomato Sauce, Carrots, White Rice, Oatnut Dinner Roll OR Egg Salad w/Lettuce Leaf, Orzo Vegetable Salad, Tossed Garden Salad w/Lite Italian Dressing, Whole Wheat Bread Fruited Gelatin</p>	<p>21) <u>Birthday Lunch</u> ***Reduced Sodium Hot Dog, Baked Beans, Coleslaw, Ketchup/Mustard/Relish, Hot Dog Roll OR Seafood Salad w/Lettuce Leaf, German Potato Salad, Tomato Red Pepper Salad, Rye Bread Fresh Fruit</p>	<p>22 <u>SPRINGWELL BARBECUE</u> Hot Dog & Hamburger Potato Salad Coleslaw Watermelon Lemonade</p>
<p>27) Beef Burgundy, Creamy Parmesan Polenta, Green Beans, Garlic Dinner Roll OR California Chicken Salad, Corn Salad, Cucumber Dill Salad, Multigrain Bread Pineapple</p>	<p>28) Minestrone Soup Chicken Parmesan w/Tomato Sauce, Penne Pasta, Spinach & Mushrooms, Multigrain Bread OR Turkey w/Swiss Cheese, Lite Mayo, Lettuce Leaf, Wheat Bread, Potato Salad, Tossed Garden Salad, Lite Italian Dressing Ice Cream Cup</p>	<p>29) Vegetable Soup Potato Crunch Fish w/Lemon Pepper Sauce, Sweet Potato Wedges, Brussels Sprouts, Rye Bread OR Egg Salad w/ Lettuce Leaf, Macaroni Salad, Broccoli Tomato Salad, Multigrain Bread Brownie</p>

LUNCHEON SPECIALS FOR AUGUST

THURSDAY	FRIDAY
2) Mixed Bean Soup Whole Grain Stuffed Shells w/Meatball & Tomato Sauce, Brussels Sprouts, Whole Wheat Dinner Roll <p style="text-align: center;">OR</p> Roast Beef w/Provolone Cheese, Lite Mayo, BBQ Corn, White Bean & Onion Salad, Tomato Cucumber Salad, Rye Bread <p style="text-align: center;">Peaches</p>	3) Vegetable Soup Mesquite Glazed Chicken (bone-in) w/ Gravy, Wild Rice, Summer Squash & Tomato Sauté, Multigrain Bread <p style="text-align: center;">OR</p> Seafood Salad on Lettuce Leaf, Potato Salad, Roman Blend Salad, Whole Wheat Bread <p style="text-align: center;">Chocolate Pudding</p>
9) Beef Stew, Peas, Corn Bread <p style="text-align: center;">OR</p> Turkey w/Provolone Cheese, Lite Mayo, Corn Salad, Tossed Salad w/Lite Italian Dressing, Multigrain Bread <p style="text-align: center;">Mandarin Oranges</p>	10) Bean, Rice & Cheese Pocket, Sour Cream, Riviera Vegetable Blend, Garden Tossed Salad w/Lite Italian Dressing <p style="text-align: center;">OR</p> Roast Beef w/American Cheese, Lite Mayo, Lettuce Leaf, German Potato Salad, Broccoli Tomato Salad, Oatnut Bread <p style="text-align: center;">Vanilla Pudding</p>
16) Greek Chicken w/Sauce, Mashed Potatoes, Green Beans, Multigrain Bread <p style="text-align: center;">OR</p> Seafood Salad w/Lettuce Leaf, Tomato Cucumber Salad, Pasta Salad w/Cheese, Wheat Bread <p style="text-align: center;">Mixed Fruit Compote</p>	17) Minestrone Soup Whole Grain Cheese Lasagna w/Meatball & Tomato Sauce, Parmesan Cheese, Broccoli & Cauliflower, Whole Wheat Bread <p style="text-align: center;">OR</p> Chicken Salad w/Lettuce Leaf, German Potato Salad, Tomato Pepper Salad, Oatnut Bread <p style="text-align: center;">Peaches</p>
23) Pasta Fagioli Soup Grilled Chicken Breast Filet w/Creamy Italian Sauce, Parsley Boiled Potatoes, Green & Waxed Beans, Multigrain Bread <p style="text-align: center;">OR</p> Cottage Cheese Fruit Plate, Garden Shell Pasta Salad, Dinner Roll <p style="text-align: center;">Tapioca Pudding</p>	24) Baked Macaroni & Cheese, Broccoli & Cauliflower Marinara, Whole Wheat Bread <p style="text-align: center;">OR</p> Roast Beef w/Swiss Cheese, Lite Mayo, Lettuce Leaf, Spinach Mandarin Salad, Lite Italian Dressing, Three Bean Salad, Oatnut Bread <p style="text-align: center;">Peaches</p>
30) Meatless Chili Mac, Zucchini, Italian Bread <p style="text-align: center;">OR</p> Roast Beef w/Swiss Cheese, Lite Mayo, English Pea Salad, Tossed Garden Salad, Lite Italian Dressing, Rye Bread <p style="text-align: center;">Fresh Fruit</p>	31) Cream of Sweet Potato Soup Meatloaf w/Gravy, Garlic Mashed Potatoes, Beets, Whole Wheat Roll <p style="text-align: center;">OR</p> Tuna Salad w/Lettuce Leaf, Tomato Zucchini Salad, Macaroni Salad, Oatnut Bread <p style="text-align: center;">Applesauce</p>

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.

On **Tuesday, August 14**, Springwell will serve its *Summer Special* lunch.

On **Tuesday, August 21**, celebrate *August birthdays* at lunch at the Senior Center. Be sure to tell us if you or someone in your party has an August birthday when you make reservations.

On **Wednesday, August 22**, indulge in hot dogs and hamburgers at the *Springwell BBQ*. And after lunch, be entertained by our old friend Tommy Rull (see p. 6).

And last but certainly not least, dine with the *Let's Go Out to Lunch group* at Tin Tin Buffet at 200 North Beacon Street in Brighton on **Tuesday, August 28 at 12:00 noon**. Call 617-730-2770 to let us know you want to come and to reserve space on the Van.

AUGUST AT A GLANCE*

Wednesday, August 1

8:45-10:15 am Head-to-Toe Fitness for Seniors (90 minutes)**
9 am-12 noon BLAB Lawyer
10:30-11:30 am Head-to-Toe Fitness for Seniors (60 minutes)**
2-3 pm Blood Pressure Screening with Barbara Westley, nurse from the Brookline Public Health Department (BPHD) at the BPHD building
6-8 pm Summer Concert at Emerson Park—Dusty Gray*

Thursday, August 2

10:30-11:30 am Arthritis Exercise Class***
1:30 pm Easy Travel—Tour the Dominican Republic with Alice Fastov

Friday, August 3

1-2 pm Balance and Flexibility for Seniors**
1-2:30 Parkinson Disease Support Group

Sunday, August 5

8 pm (approx) Summer Sunday in the Park movie night—"Toy Story"—at Olmsted Park*

Monday, August 6

8:45-10:15 am Head-to-Toe Fitness for Seniors (90 minutes)**
9 am-12 noon Podiatry Clinic***
10:30-11:30 am Head-to-Toe Fitness for Seniors (60 minutes)**
1-2 pm Blood Pressure Screening with nurse from the Brookline Health Care Center

Tuesday, August 7

1:30 pm Movie for Film Lovers—"The Artist"
2-3 pm Yoga for Older Adults (Chair class)**
3-4 pm Yoga for Older Adults (Mat class)**

Wednesday, August 8

8:45-10:15 am Head-to-Toe Fitness for Seniors (90 minutes)**
10:30-11:30 am Head-to-Toe Fitness for Seniors (60 minutes)**
10:30 am-12:30 pm George Eliot's *Mill on the Floss***
1-2 pm Dance Caliente***
1-2 pm Blood Pressure Screening with Barbara Westley, nurse from the BPHD at O'Shea House*
6-8 pm Summer Concert at Emerson Park—True West*

Thursday, August 9

10:30-11:30 am Arthritis Exercise Class***
2 pm Ask a Nurse visit

Friday, August 10

10:30 am-12:30 pm Gardening Group tour of Bountiful Brookline demonstration gardens*
1-2 pm Balance and Flexibility for Seniors**

Sunday, August 12

6 pm (approx) Summer Sunday in the Park concert—Kina Zoré—at Olmstead Park

Monday, August 13

10 am Modern Dance and Movement
1 pm Reiki informational/demonstration session***

Tuesday, August 14

12 noon Springwell Summer Special lunch***
1:30 pm Movie for Film Lovers—"Hamlet" with Lawrence Olivier
2-3 pm Yoga for Older Adults (Chair class)**
3-4 pm Yoga for Older Adults (Mat class)**

Wednesday, August 15

10 am Modern Dance and Movement
10:30 am-12:30 pm George Eliot's *Mill on the Floss***
1 pm Mazl Tov Chorus
1-2 pm Low Vision Group
1-3 pm Reiki sessions***
1:30 pm Modern Beading Workshop
6-8 pm Summer Concert at Emerson Park—Chasing Blue*

Thursday, August 16

9-10:30 am Blood Pressure Screening with Barbara Westley, nurse from the BPHD
10:30-11:30 am Arthritis Exercise Class***
11 am Blood Sugar Screening with nurse from Jewish Family & Children's Services
1-3 pm Reiki sessions***

Friday, August 17

8 am-6:30 pm Brookline Rec excursion to Mohegan Sun*
10:30 am-12 noon Solemates planning meeting
1-2 pm Balance and Flexibility for Seniors**

Sunday, August 19

2 pm Theater Club excursion to see "My Fair Lady"***

Monday, August 20

9 am-12 noon Podiatry Clinic***
10 am Modern Dance and Movement
1 pm Triathlon of Experiences—Swing Dance, Laughter Medicine, and Meditation in Movement demonstrations***

Tuesday, August 21

12 noon Birthday Lunch***
1:30 pm Movie for Film Lovers—"Certified Copy"

Wednesday, August 22

10 am Modern Dance and Movement
10:30 am-12:30 pm George Eliot's *Mill on the Floss***
12 noon Springwell BBQ***

Thursday, August 23

1-3 pm Reiki sessions***
10:30-11:30 am Arthritis Exercise Class***
1-3 pm Reiki sessions***
6-7 pm ARTZ for Alzheimer's Ice Cream Social at the Larz Anderson Auto Museum***

Friday, August 24

10:30 am-12:30 pm Gardening Group meeting

11:30 am-2 pm Brookline Rec BBQ at Larz Anderson Park*

1-2 pm Balance and Flexibility for Seniors**

Monday, August 27

12:30-2 pm Blood Pressure Screening with nurse from the Greater Boston Chinese Golden Age Center

Tuesday, August 28

9-10 am Public Issues Nonfiction Book Discussion Group—*Triangle*

12 noon Let's Go Out to Lunch group dines at Tin Tin in Brighton***

1:30 pm Movie for Film Lovers—"My Week with Marilyn"—Film Review Group meets for discussion after this movie

Wednesday, August 29

1-3 pm Reiki sessions***

Thursday, August 30

1 pm Holiday Craft Fair planning meeting

1-3 pm Reiki sessions***

Evening Alzheimer's Caregivers Support Group—call for time

** 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.*

****Registration, appointments, or reservations required.*

TEX-MEX TACO SALAD

Ingredients

- ½ cup prepared salsa
- 2 tablespoons fat free Greek yogurt or sour cream
- ½ teaspoon canola or olive oil
- 1 small onion, chopped
- 2 cloves garlic, minced
- 8 ounces lean ground beef or turkey
- 1 large plum tomato, diced
- ½ cup canned kidney beans, rinsed
- 1 teaspoon ground cumin
- 1 teaspoon chili powder
- Optional: 1/8 teaspoon salt
- 2 tablespoons chopped fresh cilantro
- 4 cups shredded romaine lettuce
- ¼ cup reduced fat shredded sharp Cheddar cheese



Preparation Instructions

1. Combine salsa and yogurt or sour cream in a large bowl.
2. Heat oil in a medium nonstick skillet over medium heat. Add onion and garlic and cook, stirring often, until softened, 1 to 2 minutes. Add beef (or turkey) and cook, stirring often, until cooked through, 3 to 5 minutes. Add tomato, beans, cumin, chili powder and salt (if desired). Cook, stirring, until the tomato begins to break down, about 2 minutes. Remove from the heat, stir in cilantro and 2 tablespoons of the salsa mixture.
3. Add lettuce to the remaining salsa mixture and toss to coat. Divide the lettuce between 2 plates, top with the cooked meat and sprinkle with cheese.

ONGOING SENIOR CENTER EVENTS

Monday

9:30-4:30 Fitness Center open***

10-10:30 am Flexibility and Stretching drop-in class for Fitness Center members

10:30-11 am Balance drop-in class for Fitness Center members

12:30 pm Chinese programs

12 noon-4 pm BETS

1 pm Mah Jongg/Scrabble

2-4 pm Open computer lab

Tuesday

One-on-One Computer Sessions***

9:30 am-4:30 pm Fitness Center open***.

10 am Flexibility, Resistance, & Balance Exercise

10:15 am Brookline Bees, Quilters

12 noon French Conversation

12 noon-4 pm BETS

1 pm Bingo

1 pm Movies for Film Lovers

1-3 pm A Matter of Balance***

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

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

4-4:30 pm Flexibility and Stretching drop-in class for Fitness Center members

Wednesday

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***

10:30 am Retired Men's Club

12 noon-4 pm BETS

12:30 pm Bridge

2-4 pm Open Computer Lab

2:30-3 pm Flexibility and Stretching drop-in class for Fitness Center members

3-3:30 pm Balance drop-in class for Fitness Center members

Thursday

9:30-4:30 Fitness Center open***

10:30 am Knit and Crochet

12 noon-1 pm Beginners Spanish classes I***

1:15-2:15 pm Beginners Spanish classes II***

1:30 pm Knit and Crochet

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

1:30-2:30 Zumba Gold

1:30 pm-Dusk Brookline Farmers' Market at the Centre Street West Parking Lot

2-3 pm Spanish Conversation Group***.

3:30-4 pm Balance drop-in class for Fitness Center members

Friday

9 am Bridge

9:45 am Solemates, Walking Group

10am-3 pm Fitness Center open***

10 am Project Volunteer

10-10:30 am Hand Exercises for dexterity and strength drop-in class for Fitness Center members

10:30 am Current Events Discussion Group

10:30 am Senior Chorus—on vacation

12:30-2 pm Basic Computers for Spanish-speaking Seniors

1-2 pm Meditation in Movement

GARDENING NEWS

The *Gardening Group* will tour the Bountiful Brookline demonstration gardens on **Friday, August 10**. To join this group, meet them on the Senior Center terrace at the back of the Senior Center. The group will **leave from there at 10:30 am and will return at about 12:30 pm**.

And on **Friday, August 24**, the group will meet at the Senior Center **from 10:30 am to 12:30 pm** to discuss water conservation techniques in the garden.



Help wanted! The garden needs volunteers to help water and mulch it. To volunteer, call Karin at 617-730-2753 or Sharon at 617-730-2760.

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LOCAL PRODUCE!



The *Brookline Farmers' Market* is here again! What a wonderful place to spend an afternoon getting locally grown and/or prepared vegetables, fruits, herbs, cheese, eggs, plants, cut flowers, tarts, pies, breads, preserves, honey, turkey, beef, and lamb. And when they are in season, you will also find strawberries, plums, apples, blueberries, peaches, pears, cherries, and nectarines. If you need a cooling break from shopping, the ice cream truck will be there, too, as usual.

The Farmers' Market is **open on Thursdays from 1:30 pm until dusk**, rain or shine, **through October 25** at the Centre Street West Parking Lot. Don't miss it. It is always a treat to the tummy...and the eye—and it's local!



Many Massachusetts' farmers offer the public a way to invest in local agriculture, while enjoying delicious, fresh food throughout the season. *Community supported agriculture (CSAs)* are a way for people to create a relationship with a farm and to receive a weekly basket of produce.

By making a financial commitment to a farm, people become "members" (or "shareholders," or "subscribers") of the CSA. In return for this financial commitment, members are rewarded with weekly delivery or pick-up of vegetables—sometimes including flowers, fruits, herbs, and even milk or meat products.

Farms offering CSA shares of vegetables, fruits, and various other agricultural products can be found across the state. Find a CSA farm that works for you by accessing www.mass.gov/agr/massgrown/csa_farms.htm on the internet.



And there are many other ways of getting fresh, local produce—like Brookline's *Allendale Farm*, the only working farm in Metro Boston! In addition, virtually every town and neighborhood around Brookline also has its own Farmers' Market.

Brookline Health Care Center

A HealthBridge Management Company

At Brookline Health Care Center, our mission is to promote optimal recovery of independence to enable a smooth and safe transition to home. Our sub-acute rehabilitation program provides comprehensive programming seven days a week.

We strive to exceed all expectations of the patient and family through individualized evaluations and treatment plans. Interdisciplinary team members include:

- Physical and Occupational Therapists
- Speech-Language Pathologists
- Certified Physicians
- Nurses
- Social Workers
- Dieticians

For more information,
please contact our
Admissions Department at
617-991-2580

Our rehabilitation professionals are also supported with every medical specialty through consultation services coordinated in-house.

Physical Therapy

- Range of motion exercises
- Increasing overall stamina and endurance
- Pain reduction
- Gait training
- Bed mobility
- Transfer training
- Prosthetics

Occupational Therapy

- Activities of Daily Living (ADL) training
- Energy management
- Range of motion/strengthening exercises
- Complete upper extremity rehabilitation, including hand-based injuries
- Splinting and positioning
- Cognitive therapy
- Training in/recommendations for adaptive equipment
- Seating and positioning
- Scar management
- Home modification recommendations
- Family/caregiver training
- Patient/family education

Speech Therapy

- Treatment for head and neck articulation and swallowing disorders via oral motor pharyngeal exercises
- Cognitive remediation
- Dysphagia issues



Brookline Health Care Center
A Nursing and Rehabilitation Center

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www.healthbridgemanagement.com

416172

BA&CE COURSES

Brookline Adult & Community Education (BA&CE) courses that are still available *at the Senior Center* in August are:

Balance and Flexibility for Seniors

Kristen Mercier, Instructor

Course code: D208 Cost: \$40

Fridays from 1:00 to 2:00 pm
August 3, 10, 17, and 24

George Eliot's The Mill on the Floss

Susan Gorman, Instructor

Course code: H086 Cost: \$85

Wednesdays from 10:30 am to 12:30 pm
August 8, 15, and 22

To register for these courses, call BA&CE at 617-730-2700 or access BA&CE online at brooklineadulted.org.



The BA&CE 9-week Fall term begins officially on Wednesday, September 19. Look for the Fall 2012 Catalog, which will be available soon!

ELF

Equipment Loan Fund (ELF) medical equipment is available for borrowing year round! Call Karin Wannamaker at 617-730-2753 to borrow or donate an item or even multiple items. Because of space limitations and other guidelines, ELF is not able to accept all items, so please call and speak to Karin before dropping items off.



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ASSISTED LIVING • MEMORY CARE

The *Brookline Rotary's Medical Equipment Drive* to collect much-needed equipment for third-world countries ends August 3. If you have something to contribute, call Karen at 617-730-2753 as she is coordinating the Council on Aging's participation in this drive.



ZUMBA GOLD

This combination of Latin salsa, cardio workout, and interval moves is the hottest dance craze and the most fun workout program around. Get in shape and have fun doing so in this dynamic and effective fitness program given at the Senior Center.

Classes run from 1:30 to 2:30 pm on Thurs-

days through August 30. Individual classes cost \$7 per session, and drop-ins are always welcome.

This semester is free for Brookline Housing Authority residents thanks to a grant by the Brookline Community Foundation.



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 is on vacation in August, but will be back in business in September.



HOLIDAY CRAFT FAIR

There will be planning meetings for the annual Holiday Craft Fair at 1:00 pm on Thursday, August 30, Friday, September 28, and Monday, October 29. This wonderful event will take place on Friday, November 9, and Saturday, November 10.

We already have a variety of knitted goods, and we would like to expand our offerings to include handmade jewelry, photography, handmade cards, and more!

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The experiment is conducted in BU Charles River Campus & Brookline Senior Center.



Bed, Breakfast & Beyond

Our new Bed, Breakfast and Beyond program lets Mom or Dad “try us out” for a few weeks in a furnished apartment at Goddard House Assisted Living in Brookline.

We’ll add warmth, social and stimulating activities, delicious meals in our elegant dining rooms, personal assistance and 24-hour staffing.

For a taste of Goddard House call Lance Chapman 617.731.8500 x105 or go to www.goddardhouse.org.
165 Chestnut St., Brookline MA



Assisted Living Close to Boston

SENIOR SCENE

This current Brookline Access Television (BATV) program focuses on some very special BrooklineCAN projects. Carol Schraft gives an overview of the apartment/condo survey that is now available on BrooklineCAN.org—currently to everyone but eventually only to BrooklineCAN members. On this same program, Jules Levine gives an update of work being done to ensure caregivers overnight parking permits if they need them. And Lucy Robb talks about the traffic on Route 9. Frank Caro, co-founder of BrooklineCAN, is on hand to expand on all of these topics, which are concerns of the Livable Communities Committee. This is a program that is not to be missed.

BATV’s technical difficulties running this newest Senior Scene program have been worked out and the show, hosted by Bette Joel, is now airing on BATV in its usual time spot on Thursdays at 7:00 pm with repeat airings on Fridays at 1:00 pm and Sundays at 7:30 pm.

MODERN BEADING WORKSHOP

This workshop for beginners and experienced beaders will meet at the Senior Center on **Wednesday, August 15, 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.



SERVICE PROVIDERS GROUP



BrooklineCAN has formed a networking Service Providers Group, that is open to professionals, businesses, nonprofit organizations, and individuals who:

1. Have a business, organization, or practice based in Brookline
2. Focus on serving the needs of older adults

The group meets regularly (often over breakfast) to discuss multidisciplinary strategies for addressing the complex needs of older people, share timely information about new developments, form trusted relationships, and identify opportunities to collaborate.

Among those who have already joined the group are geriatric care managers, elder law attorneys, real estate specialists with the SRES designation, senior housing providers, skilled nursing facilities, home health providers, geriatric health-care providers, and mental health professionals who specialize in elder care.

Annual membership in this group is \$100, with a \$50 fee for additional members from a single business or organization. Come check out the group at no charge, then join. For more information, contact Karen Zweig (phone 617-455-1964 or e-mail Karen@movemaven.com), Ellen Lash (phone 617-227-6641 or e-mail elash@fscboston.org), or Nancy Shapiro (phone 617-731-8500 or e-mail nshapiro@radiusmanagement.com)

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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 variety of food is available at the site—many choices of bread and rolls and lots of produce. And 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.

HANDICAPPED ACCESS

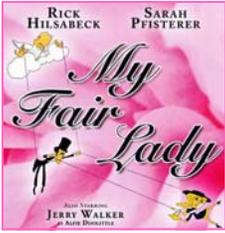
The Town of Brookline does not discriminate on the basis of disability in admission to, access to, or operation of, its programs, services, or activities. If you need special accommodations, contact the Council on Aging at 617-730-2777.

BOWLING

Bowling is a year-round activity. The Senior Center bowlers meet **at 9:30 am on Wednesday mornings** at 20th Century Bowling Alley (affectionately known as Ron's) at 1231 Hyde Park Avenue (next door to the Hyde Park police station). The cost is \$6.50 for three strings and shoe rental. The group is generally back at the Senior Center by 12:00 noon. If you need a ride, call 617-730-2777, and leave your name and telephone number and someone will get back to you.

THEATER CLUB

The Senior Center Theater Club has big plans for special **Sundays at 2:00 pm** for the rest of the fall – through November. The lineup alone is amazing:



My Fair Lady

August 19

\$37

at the Reagle Theater in Waltham

The timeless 1950s Lerner and Loewe classic about an arrogant professor's transformation

of a Cockney flower girl into an elegant, proper-speaking lady. Based on *Pygmalion* by George Bernard Shaw, the score boasts such favorites as "I Could Have Danced All night," "I've Grown Accustomed to Her Face," "On the Street Where You Live," "Wouldn't It Be Lovely?" and "Get Me to the Church on Time."



Marie Antoinette

September 9

\$38

at the American Repertory Theatre in Cambridge

This barbed, brassy satire provides a peek into the life of everyone's favorite

representative of the infamous cake enthusiast and Queen of France, Marie Antoinette. From the mind of rising star David Adjmi, the American Repertory presents this world premiere—a coproduction with Yale Repertory Theatre.



The Kite Runner

September 30

\$40

at the Charles Mosesian Theater at the New Repertory Theatre in Watertown

This epic drama follows boyhood friends Amir and Hassan in 1970s

Afghanistan. After witnessing brutality and betraying Hassan, Amir immigrates to the United States with his father, his regret, and his shame. When Amir is summoned home to Afghanistan 30 years later to help an ailing friend, secrets are uncovered.



Now or Later

October 14

\$25

at the Huntington Theatre in Boston

On election night, the son of a Presidential candidate sends his father's political team into crisis mode when controversial photos of him at a college party spread over the internet. Smart and timely, Christopher Shinn's searching new play examines religion, freedom of expression, and personal responsibility.



Guys and Dolls

November 4

\$43

at the North Shore Music Theatre in Beverly

When chronic gambler, Nathan Detroit finds himself in need of funds to support his home, Saved-a-Soul Missions' ushers in the elegant Sarah Brown, becomes a distraction between gamblers Nathan and Sarah. With an additional distraction of his long-time show girl fiancée finding out about his continued dodging a trip down the aisle and to the police.

CANCELLED!

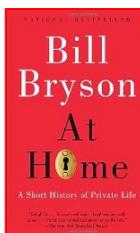
And stay tuned to the Senior News and Events for announcements of exciting theatrical fare being scheduled for 2013!

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PUTTERHAM BOOK DISCUSSION GROUP

The group is taking a summer vacation in August, but it will be back for a meeting on Monday, September 10, from 2:00 to 3:00 pm (SAVE THE DATE). The book under discussion at that time will be *At Home: A Short History of Private Life* by Bill Bryson.

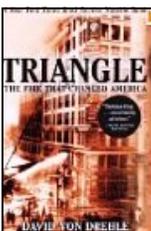
With his signature wit, charm, and seemingly limitless knowledge, Bill Bryson takes us on a room-by-room tour through his own house, using each room as a jumping-off point into the vast history of the domestic artifacts we



take for granted. As he takes us through the history of our modern comforts, Bryson demonstrates that whatever happens in the world eventually ends up in our home, in the paint, the pipes, the pillows, and every item of furniture. Bryson has one of the liveliest, most inquisitive minds on the planet, and his sheer prose fluency makes *At Home* one of the most entertaining books ever written about private life. (summary from amazon.com)

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.



August 28

Triangle: The Fire That Changed America by David von Drehle (Grove/Atlantic)

On a beautiful spring day, March 25, 1911, a fire started in the Triangle Shirtwaist factory in New York's Greenwich

Village. Within minutes it ate the building's upper three stories. Firemen who arrived at the scene couldn't rescue those trapped inside. The final toll was 146—123 of them women. Harrowing yet compulsively readable, *Triangle* is both a chronicle of the fire and a vibrant portrait of an entire age. Von Drehle puts a human face on the men and women who died, and shows how the fire dramatically transformed politics and gave rise to urban liberalism.

September 25

Trick or Treatment: The Undeniable Facts about Alternative Medicine by Edzard Ernst and Simon Singh (WW Norton & Company)



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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 12:00 noon to 1:00 pm** running through August 30). And *new running through August 23*, beginner Spanish II **from 1:15 to 2:15 pm!**
3. Spanish small-group conversations on **Thursday afternoons from 2:30 to 3:30 pm**. This is a small group with emphasis on conversational skills.
4. Latino instrumental and vocal music on **Tuesday afternoons from 3:00 to 4:30 pm** with Eduardo Rojas.
5. Basic Computer Class for Spanish-speaking seniors on **Fridays from 12:30 to 2:00 pm**. This class meets at the Senior Center running through August 14.



For all the rates, more information, and to register for classes, 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.

MEDITATION IN MOVEMENT



Join instructor Jennifer Winslow in this class for seniors on **Fridays from 1:00 to 2:00 pm** at the Senior Center. The class focuses on gentle movements that can, if done consistently, help improve posture, balance, lung capacity, and overall joint health and movement. Fee: \$5/session.

BROOKLINE RECREATION

—IT'S WHAT WE DO!*—

Excursions for August:

Friday, August 17, from 8:00 am to 6:30 pm
Mohegan Sun

Mohegan Sun has more than 300,000 square feet of gaming in three casinos (one of which—Casino of the Earth, Sky, and Wind—has smoke-free areas).

Cost: \$30 for Brookline residents, \$41 for non-residents

Friday, August 24, from 11:30 am to 2:00 pm
Larz Anderson BBQ

Enjoy a summer day at Larz Anderson Park with hot dogs, hamburgers, and drinks! The BBQ will be at the Shelter with plenty of shade for all.

Cost: \$15 for Brookline residents, \$20 for non-residents

For more information and to make reservations, call Elizabeth Gugliotti, program coordinator, at 617-730-2082, or e-mail her at egugliotti@brooklinema.gov. You can also use the Brookline Rec mailbox on the 2nd floor of the Senior Center to make reservations, pay, comment, and/or ask questions.

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

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. Join in and be enlightened. Hone your values in this age of conflict and controversy!

THANK YOU

To Annual Appeal Donors Renee Gelman, Beverly Gleason, Sherry C. Lee, Leroy Neuberg, Rena & Michael Silevitch, and Waneta Louise West

To BrooklineCAN Donors Lisa Berger & Paula Narenkivickius (Helping Seniors Move), Loretta J. Desesa, Deborah Goodman, Rachel Goodman, Linda Hearn, Marcia & Rob Heist, Helen and Shael Herman, Gail E. Horowitz, Ellen K. Wade & Michelle B. LaPointe (Wade Horowitz LaPointe LLC), Anne M. Kahan, Kathryn Kirshner, Marilyn Kudisch, Paula & Norman Menyuk, Judy Meyers, Nancy Nitikman, Gloria O'Brien, Elizabeth Van Ranst & Gerald Zuriff (in honor of Ralph Memolo's birthday), Harriet C. Rosenstein & Herbert Krohn, Marcia Shanbaum, and Nancy Shapiro (Goddard House in Brookline)

To Fitness Scholarship Fund Donor Claire Goodwin

To Anonymous for the gift in honor of the Modern Dance & Movement and the Food Distribution programs

To Livia Frank for her gift in honor of Doreen Gordon's birthday

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

To Lorraine Tobin for her gift in memory of Danny

To Marcia Altman and Hilda Bachrach for their gifts in memory of Shirley Radlo

To Head to Toe Senior Stretch Class, Helen K. Kass, Roslyn V. Neustadt, Mary K. O'Brien, Agnes & Peter Serenyi, and Deborah Matzner Turney for their gifts in memory of Sheldon Rotenberg

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.

Don't forget to mark your calendars for our Annual Benefit on Wednesday, October 24. This gala event kicks off a new season of giving that we hope will find exceptional generosity the norm in these dark economic times.

We welcome your gifts in honor of special people and occasions, as thanks for services you have received, or to recognize friends, family, staff, or programs, and we thank all who have thought of the Senior Center and helped support us through the years.

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*

CELL PHONES, IPODS, AND GLASSES

Are there old cell phones and/or iPods lounging around the house? If so, put them back to work—donate them to the Senior Center. We will give them to organizations that revitalize them and put them to use in other nonprofit organizations. In return, the Senior Center gets cash that helps support our services, programs, and equipment.

We also recycle old eyeglasses to those who need them through the Lions Club Eyeglass Recycling Program. There is a box for glasses next to the reception desk at the Senior Center.

IN MEMORIAM—TWO EXCEPTIONAL WOMEN

Freda Richman was from South Africa and moved to Brookline late in life to be with her children. She was a lovely, caring person and was much admired by everyone who knew her. She was also a volunteer at the Senior Center Annual Holiday Craft Fair for several years. She passed away on July 7. Among her many friends in Brookline was Lila Sesholtz who wrote this poem on April 13.

WHEN FREDA CALLS

Every morning I'll make my bed
Because Freda said.
I'll start the day with a smile
Because Freda will call in a while.
She'll say, "How are you?"
I'll say, "Just fine."
She'll say, "You're a liar."
I'll say, "How true."
We'll laugh and be glad
Not to be sad.
When Freda calls.

Bracha Zinori, was a lovely lady—a concert pianist and music teacher with the voice of an angel—and she remembered all the old lullabies from the old country. Born in Poland, she and her family went to Palestine before statehood. She came to Brookline from Israel to be with her son when she was 84 years old. She passed away on July 6.

(Editor's note: I shall never forget the first time I encountered Bracha. I was sitting in my office at the Senior Center one afternoon when all of a sudden I heard from the corridor an angelic voice singing "Raisins with mandel bread" in Yiddish. I was flooded with memories of my own mother, who came to the United States from Lithuania. She sang to me in Yiddish all the time. While I was basking in the song, your mother, without any prompting from me, proceeded to sing all the Yiddish songs my mother used to sing to me. Mom died at 100 in 2000 just short of her 101st birthday. Etan, I will always be grateful to your mom for bringing my mom back to me so poignantly.

WATER AND SEWER EXEMPTIONS FOR SENIORS

If you are 65 or older and having trouble paying your water and sewer bill, you may be eligible for rate relief. You can receive a 20% reduction in your water and sewer bill under one of two clauses of the Property Tax Exemptions.

Clause 17D Eligibility requirements:

- Must be 70 years old or older
- Must have owned and occupied the property for 5 years
- Your whole estate (value of assets), excluding your domicile, cannot exceed \$53,191

(Note: Under this clause there is no annual income limitation and surviving spouses and minors are eligible.)

Clause 41C Eligibility requirements:

- Must be 65 years old or older
- Must have owned and occupied the property for 5 years
- Must have resided in Massachusetts for at least 10 years
- If you are single, your gross income cannot exceed \$20,530, excluding SSI allowance, and the value of the whole estate (value of assets), excluding domicile, cannot exceed \$41,060.
- If you are married, gross income for a couple cannot exceed \$30,795 and whole estate cannot exceed \$56,458.

If you qualify according to the requirements above, contact the Assessor's Office at 617-730-

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:

\$25 \$50 \$100 \$250 \$500

Other: \$ _____

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The Brookline Senior Center is a 501(c)(3) non-profit organization. Your gift is tax-deductible to the full extent of the law.

I would like to subscribe renew my subscription to the *Senior News and Events*. My check for \$10 for a one-year subscription is attached.

(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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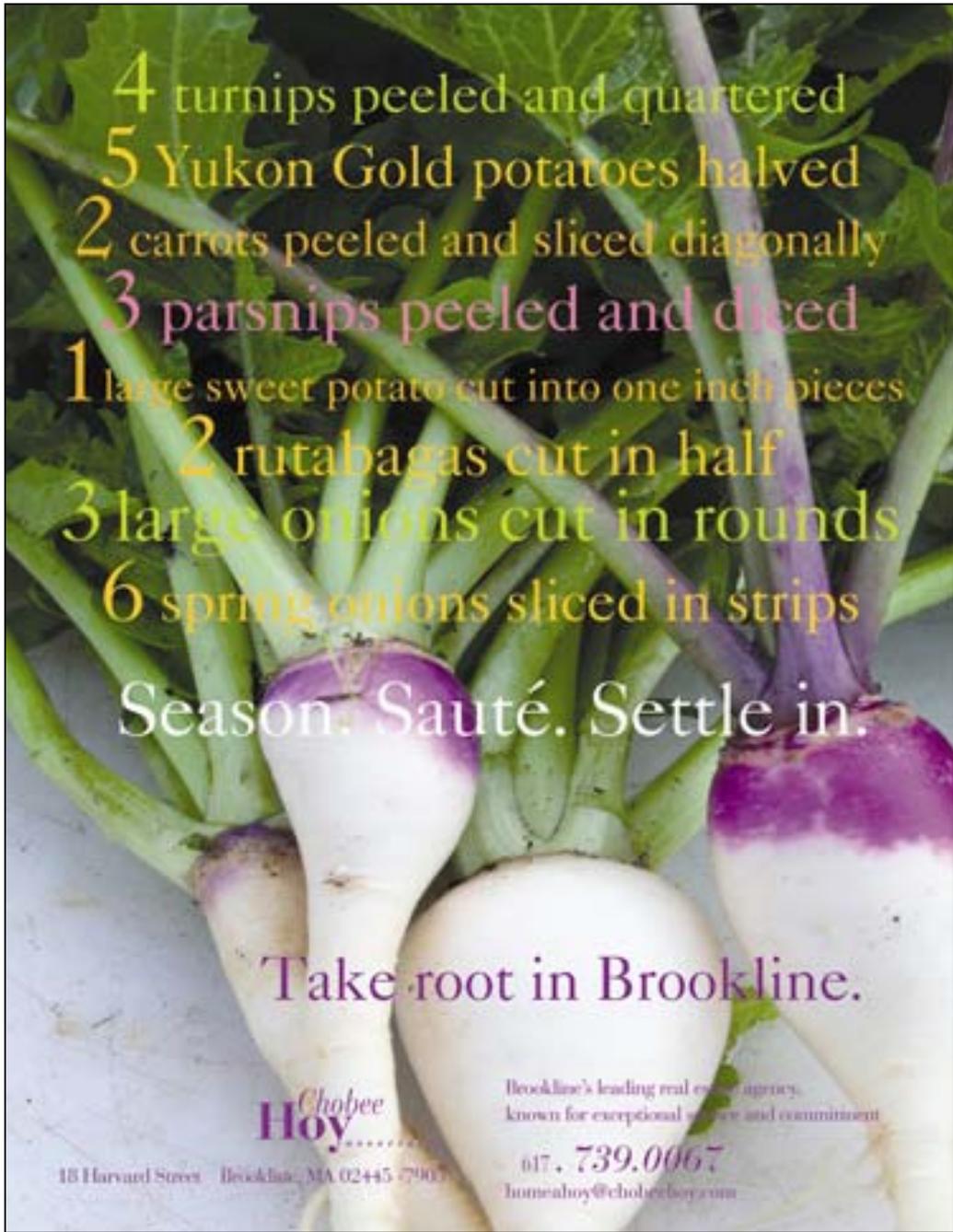
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