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**
617-730-2770 617-730–2750

Brookline Council on Aging
www.brooklinema.gov
www.brooklineseniorcenter.org

Brookline Community Aging Network
www.BrooklineCAN.org

JULY 2015

A CALL TO CENTENARIANS!
INVITING YOU TO THE *PARTY OF A CENTURY*!

The Brookline Community Aging Network, Brookline Council on Aging, Center Communities of Brookline and Goddard House assisted Living will host the Town's third ***Party of a Century*** to honor centenarians in our area on **Wednesday, July 15 at 2:00 pm**. at the Brookline Senior Center.

Any person from Brookline and surrounding communities who will turn 99 years of age at any time during 2015, or older, is invited to attend with a relative or friend. Plans are in the works for the afternoon that will include a celebration in honor of our oldest citizens featuring music by Hildy Grossman and the Follen Angels, citations, two centenarian speakers, keepsakes and of course, birthday cake!

Begun in 2002 and held every several years, the event honors not just longevity but reveals surprising things about this unprecedented time in history when people age 85+ are the fastest growing segment of our U.S. population.

Please contact Julie Washburn at The Brookline Senior Center at (617) 730-2760 or via jwashburn@brooklinema.gov if you, a relative or friend in the area would like to be placed on the invitation list for this year's ***Party of a Century***.

ANNUAL HOLIDAY CRAFT FAIR

It's that time of year again! Time to start planning for the 31 Annual Holiday Craft Fair in November. Our first planning meeting will be held at the Senior Center on Thursday, **July 9 at 1:00 pm** and all are welcome.

Friday, July 17 Poetry Reading (See p. 3)

Saturday, July 25 Longwood Symphony (See p. 7).

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

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JULY HOLIDAYS

On **Saturday July 4**, we celebrate Independence Day, a great day to go to the ocean , to barbecue, or to have a clambake with your friends, children, and grandchildren. Then in the evening, sit back and watch fireworks while the country celebrates its birthday. July is also the month we celebrate National Blueberry Month, National Anti-Boredom Month, National Cell Phone Courtesy Month National Hot Dog Month, and National Ice Cream Month.

IT'S HERE 7TH EDITION ELDER RESOURCE GUIDE

The seventh edition of the Elder Resource Guide, published in May 2015, includes updates to the 65 resource categories listed in the sixth edition and the addition of new resource topics of Companionship/Friendly Visitors, Partners in Care Spotlight on REAP (Retirement Engagement Alternatives Program) and Pet Care. Copies are available at the Brookline Council on Aging, and online on the town website on Council on Aging page.

POETRY READING

On **Friday, July 17 at 1:00 pm** join us for a Poetry Reading. You may bring up to three poems of your choosing to share. Poems can be either your own or from a favorite poet. Space is limited and registration will be required at 617-730-2770.

SCARLET POPPIES PASTEL PAINT LIKE GEORGIA O'KEEFFE

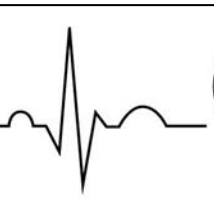
Our friend, Gregory Maichack will return to present a hands-on workshop, "Scarlet Poppies" on **Wednesday, July 8 from 1:00-3:00 pm.** This pastel painting workshop is designed for sheer beginners to experienced artists. Participants will freely experiment with hundreds of the artist's professional grade pastels, pastel pencils, and pastel paper, in this fun pastel painting workshop. Georgia O'Keefe's famous poppy paintings (single and double) will be the focus and all necessary strokes needed to pastel paint any image will be demonstrated.

Maichack is an award winning artist who creates a supportive and positive environment for his workshops. Questions are encouraged and everyone will take home their original pastel painting. This program is supported in part by a grant from the Brookline Commission for the Arts, a local agency supported by the Massachusetts Cultural Council. Registration required call 617-730-770.

AGING BACKWARDS AT THE FITNESS CENTER AS SEEN ON WGBH

Beginning on **Wednesday, July 15 from 2:00-3:00 pm** in the Fitness Center (on 2nd Floor of the Senior Center). Come practice the exercise routines designed by Miranda Esmonde-White from the Aging Backwards series presented on WGBH Public Television. For more information, call Sharon Devine, 617 730 2769

THE HEALTH PAGE



Beth Israel Deaconess Medical Center

Ask a Nurse, Lynn Schuster a nurse from the Greater Medford Visiting Nurse Association will visit the Senior Center on **Thursday, July 2 at 11:00 am** to do blood pressure screening and 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 **Friday, July 3 and 17 from 9:00 am to 12:00** noon. Sessions 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 on **Wednesday, July 15 at 1:00 pm.**

Blood Pressure Screening Barbara Westley, the nurse from the Brookline Public Health Department (BPHD), will provide blood pressure screening at the following locations:

Thursday, July 16 from 9:00 to 10:00 am at The Senior Center.

Wednesday, July 8 from 1:00 to 2:00 pm at Sussman House, 50 Pleasant Street.

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

Health Coach Ilse Leeser, a registered nurse practitioner and the leader of our Arthritis Exercise class will be starting as our new "Health Coach" on Wednesdays in July. Ilse will be available to support you around maintaining a healthy diet and exercise plan to help combat diabetes, high blood pressure, or weight issues. She can also help you understand your medications and test results. Ilse will be offering 30 minute, 1-on-1 appointment sessions on Wednesday afternoons. Frequency and duration of coaching sessions will be determined at your first visit. Please call 617-730-2777 to schedule an appointment.

Brookline Hearing Services The staff from Brookline Hearing Services will be visiting the Brookline Senior Center on **Thursday, July 23 from 1:00-2:00 pm.** They will provide hearing aid cleanings, maintenance and patient counseling at no charge. They will also be selling all sizes of hearing aid batteries for $5 per pack. All services will be provided on a first come, first served basis.

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

The Health Page is sponsored by Beth Israel Deaconess Medical Center

Affiliated with Joslin Clinic

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

Official hospital of the Boston Red Sox

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 mdeery@brooklinema.gov or call at 617-730-2743. I will make sure that Dr. Salamon gets the questions and answers them in the Newsletter.*

HEARTBURN MEDICINES-ARE THEY SAFE?

Recently a study was reported in the news that a group of medicines used for heartburn, acid reflux and ulcers called proton-pump inhibitors (PPIs) may increase the risk of heart attacks by 16%. Nearly 20 million Americans take these medicines for heartburn, and many are sold over the counter. They include Prilosec, Nexium, Prevacid, Dexilant, Protonix and Aciphex (the generic names are omeprazole, esomeprazole, lansoprazole, dexlansoprazole, pantoprazole, and rabeprazole.

While these medicines can be very helpful and are generally considered safe for short-term use (3 months), many people have used them for years, whether or not they still need them. Sometimes they are prescribed to prevent stomach upset from temporary use of other drugs that may cause ulcers such as steroids or anti-inflammatory drugs such as ibuprofen or naproxen, and then they are continued even when the other drugs are stopped.

Although the researchers say that the connection between these PPI drugs and heart attacks may have more to do with the other risk factors people have for heart attacks (obesity, smoking, high cholesterol, genetics), they are associated with other side effects, such as:

- Increased risk of broken bones. The PPI's decrease the absorption of calcium, which is important in keeping bones strong.
- Possible increased risk of some infections, such as pneumonia and C.dif diarrhea
- Low vitamin B12 levels

It is important NOT TO STOP THESE DRUGS ON YOUR OWN, as they may have a rebound effect (your body may be so used to them that you may get heartburn when you suddenly stop them. Rather you should discuss with your doctor whether you really need them. If you and your doctor decide to try to stop them, do it slowly (with a lower dose for a while, or every other day for a while) to see if you can do without them.

If you still have occasional reflux and need something, discuss using an occasional PPI rather than every day or another group of heartburn drugs called "H2 blockers" such as Pepcid (famotidine) or Zantac (ranitidine), which are not associated with heart problems. (However, all pills have side effects, so be sure to discuss this with your doctor, use the lowest dose possible, and try to use them only as needed.)

BROOKLINE SENIOR CITIZEN POLICE ACADEMY

Join us for a six week program designed to give our senior participants a better understanding of the Brookline Police Department and its operations. During this time, you will have an opportunity to meet members of the Brookline Police, learn crime prevention strategies for protecting yourself from crime including cons, scams, and fraud, develop an understanding of Community Oriented Policing, and tour the Public Safety Building. The program will take place on **Mondays, July 13-August 17 from 1:00-2:30 pm.** It is open to seniors, but space is limited. To register, please call 617-730-2770.

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), is the taxi discount program that allows income-eligible Brookline residents over 62 to buy up to five (5) coupon books a month at a 50% discount. $25 a month yields $50 worth of cab rides as each coupon book has 10 coupons each worth $1 and a book costs $5. BETS is sponsored by the Council on Aging, CDBG, and all licensed Brookline cab companies.

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 are applying for the first time, or being recertified, bring your 2014 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 the necessary documentation. (All riders must be recertified every year in order to be able to buy BETS coupon books.) Eligibility requirements: An individual's maximum annual income cannot exceed $47,150; a couple's, $53,900.

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. To tip a driver for good service, use cash.

BLAB A Brookline Legal Assistance Bureau volunteer lawyer will be available on **Wednesday, July 1, from 9:00-12:00** to consult on legal matters of law. This service is offered for Brookline residents only and is free of charge, and no appointment is needed. **Please pick up a number at the reception desk or the COA office on the second floor.**

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 Brenner, 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.

REAP The Retirement Engagement Alternatives Program is replacing the old JOBS program. This new program is based on working together to help occupy your retirement! Contact Deidre Waxman 617-730-2767 or email:dwaxman@brooklinema.gov

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.

EASY TRAVEL

Explore the old, walled city of Cartagena, Colombia with armchair host Lauren Carroll, a Runkle ESL teacher **On Thursday, July 16 at 1:30 pm**. She will share photos of colorful, Spanish colonial architecture, shady plazas, bubbling fountains and plant-filled balconies. Learn the history of this beautiful, coastal city and experience the hub-bub of a day at the beach. Then, vicariously "savor" the tropical fruits and the market dedicated exclusively to sweets.

DANCE PARTY USA!

Back by popular demand **On Friday, July 17, dance from 6:30-8:30 pm.** Put on your dancing shoes and get ready to boogie the night away as our old friend, DJ Tommy Bahama spins your favorite tunes of the '50's, 60's, and 70's. Light refreshments will also be available. This event is cosponsored by the Brookline Senior Center and Centre Communities of Brookline. Registration is required. Residents of Centre Communities of Brookline can sign up at their buildings (100 and 112 Centre Street and 1550 Beacon Street). Everyone else wanting to join in the fun can register by calling 617-730-2770.

THINK YOUR DRINK

If you are trying to lose weight, you are likely looking for ways to decrease your calorie intake. While there are several effective strategies for reducing calories did you know that choosing zero to low calorie beverages can be another way to reduce significant calories in your diet? Many of us do not realize how many calories we're consuming in our beverages. Join us on **Wednesday, July 22 at 1:00 pm** and learn to "think your drink!" Presented by Belinda Lazzaro, RD, LDN, BML Nutrition Consulting, LLC and Brookline Health Care Center.

ANNUAL HOLIDAY CRAFT FAIR

It's that time of year again! Time to start planning for the 31st Annual Holiday Craft Fair in November. **Our first planning meeting will be held at the Senior Center on Thursday, July 9th at 1pm and all are welcome.**
This year's Craft Fair will be held on **Friday, November 13th from 10:00 am.-3:00 p.m. and Saturday**, **November 14 from 10:00 am -1:00 pm.** so be sure to mark your calendars. The proceeds from the Craft Fair help to support many of the programs and services that we provide throughout the year so let's make this our most successful year yet!

LONGWOOD SYMPHONY ORCHESTRA

LONGWOOD SYMPHONY ORCHESTRA "ON CALL" ENSEMBLE

Join us for a wonderful concert of chamber music by the Longwood Symphony Orchestra "On Call" chamber ensemble on **Saturday, July 25 at 2:00 p.m.**

Established in 1982, the LSO's membership is composed mainly of health-care professionals, including doctors, medical students, research scientists, nurses, therapists, and other caregivers. Light refreshments will follow the performance. This concert is sponsored by the Brookline Community Foundation. To reserve your place, call 617-730-2770.

Brookline Community Foundation

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ALZHEIMER'S CAREGIVERS SUPPORT GROUP

There are two sessions of this group per month at the Senior Center. 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, July 10.** Please note: the afternoon support group is currently accepting new members. If you are interested in joining, please contact Helen Kass directly at 617-738-1790.

Good News! The Alzheimer's Caregiver's Evening Support Group has re-opened and is accepting new members! This group is primarily comprised of adult children caregiving for parents but spouses are welcome. This group meets on the last Thursday of each month in the evenings. Please call group facilitator, Susan Kanian-Andriole at 617-730-2754 for more information and if you are interested in joining the group.

ONE-ON-ONE COMPUTER SESSIONS

There will be one-on-one computer sessions for the computer phobic **on Tuesdays.** Call 617-730-2777 to make an appointment to get help with basic computer skills and looking up and applying for benefits online. If you have questions, call Olga Sliwa at 617-730-2768.

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THE SOLEMATES

Walking is a great way of keeping fit. It gets you out in the fresh air and gives you the opportunity to socialize with friends. And it doesn't cost a thing. The Solemates walking group meets **on Friday mornings at 10:00 am** at the Senior Center for a ride to Jamaica Pond for a pleasant walk. To register or for more information, call Sharon Devine at 617-730-2769. **We are looking for a co-leader for this group who drives.**

NEIGHBORHOOD WALKING GROUP

On **Mondays from 9:30 am** Brisk Walking Group will meet with fellow walkers in the coffee lounge or in front of the Senior Center. Join our new brisk walking group. This is a wonderful opportunity to exercise with friends while enjoying the sights and sounds of Brookline. For more information, call Sharon Devine 617-730-2769.

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PAWTUCKET RED SOX GAME

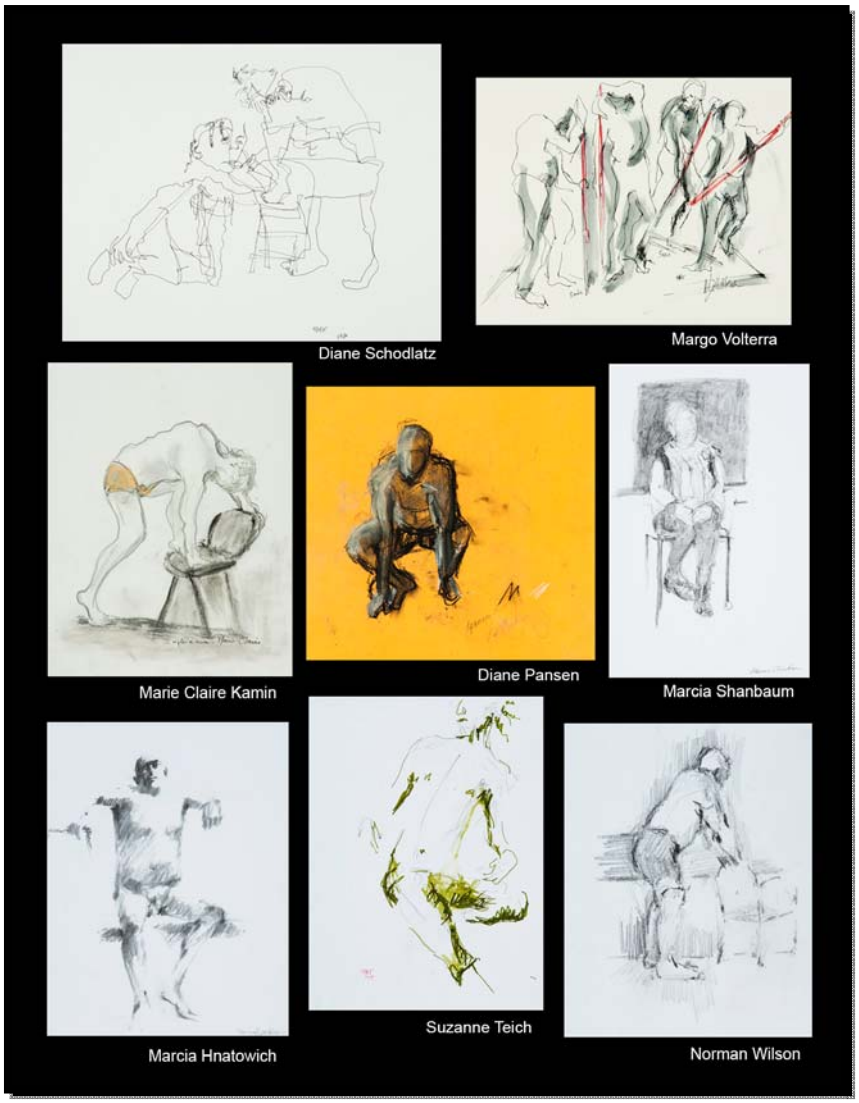
Thursday, July 30 at 12:05.
Cost: $15
Join the Brookline Senior Center and Centre Communities of Brookline for an afternoon of baseball at McCoy Stadium in Pawtucket, RI.
Cheer on the Pawtucket Red Sox. All tickets are for reserved box seats. Food will be available for purchase at concession stands. To register call 617-730-2777.

SENIOR CHORUS 4TH OF JULY CONCERT

The Senior Chorus will be performing everyone's favorite patriotic songs at their annual 4th of July Concert on **Wednesday, July 1, at 1:00pm.** The performance will be followed by some light summer treats. To register call 617-730-2770.

"A Simple Gesture" Life Drawings by Marcia Hnatowich, Marie Claire Kamin, Diane Pansen, Diane Schodlatz, Marcia Shanbaum, Suzanne Teich, Margo Volterra, and Norman Wilson.

Gallery 93 Wednesday, July 1-Friday September 25 Hours: Monday-Friday 8:30-5:00

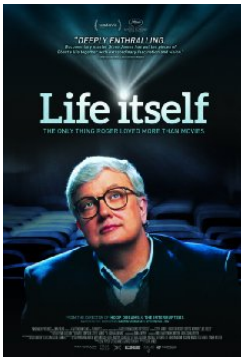


Reception with the artists Thursday, September 10th, from 4:00-6:00 pm

MOVIES FOR FILM LOVERS

Come to the Senior Center on **Tuesdays in July at 1:00 pm** for a fine feature film. Make a reservation for lunch (see p. 16 for menus and reservation instructions), and make an afternoon of it.

Tuesday, July 7
Still Alice (2014)
101 min.
A linguistics professor and her family find their bonds tested when she is diagnosed with Alzheimer's disease. Stars: Julianne Moore, Alec Baldwin, and Kristen Stewart.



Tuesday, July 14
Life Itself (2014)
102 min.
LIFE ITSELF, a documentary film that recounts the inspiring and entertaining life of world-renowned film critic and social commentator Roger Ebert - a story that is by turns personal, funny, painful, and transcendent.

Tuesday, July 21
Jaws(1975) Celebrating 40 years!
2hr. 15 min.
When a young woman is killed by a shark while skinny-dipping near the New England tourist town of Amity Island, police chief Martin Brody (Roy Scheider) wants to close the beaches, but mayor Larry Vaughn (Murray Hamilton) overrules him, fearing that the loss of tourist revenue will cripple the town. Ichthyologist Matt Hooper (Richard Dreyfuss) and grizzled ship captain Quint (Robert Shaw) offer to help Brody capture the killer beast, and the trio engage in an epic battle of man vs. nature.

Tuesday, July 28
For Roseanna (1997)
98 min.
Roseanna is dying of a heart condition, and all she wants is to be buried next to her daughter, in a cemetery that is getting full fast.

COUNCIL ON AGING

The Council on Aging (COA) board is on vacation in July and August. However, the Nominating Committee will meet in mid-August to consider new members for the board. If you would like to serve on the board or if you know someone you think would make a good member, please contact Ruthann at 617-730-2756 or e-mail Ruthann at rdobek@brooklinema.gov.

COFFEE HOUR FOR IDA KWONG

Join us for a coffee hour on **Monday, July 13 at 3:00 pm** to officially welcome our new Greater Boston Chinese Golden Age Center Outreach Worker, Ida Kwong. Ida speaks both Cantonese and Mandarin and is training to be a SHINE counselor. Drop by to say hello and to find out what wonderful services she has to offer!

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.

ART EXHIBIT

Shirley Partoll will be exhibiting her art work at the Coolidge Corner Library at 31 Pleasant Street throughout the summer. Shirley has previously exhibited at the Senior Center and in the Greater Boston area. Her works include Monotypes, watercolor, oils acrylics.

LET'S PLAY SOME PING PONG!

We are pleased to introduce Lin Sasman, our new volunteer Ping Pong Coordinator, who will be here on **Friday afternoons from 1:00-5:00 pm.** If you want to drop in for a quick game, Lin will be available to help you connect with players of similar abilities. All are welcome beginner and seasoned player.

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The Summer semester **at the Senior Center will run on Thursdays, June 25 through August 13 from 1:30-2:30 pm**. The cost is $7 for individual classes and free for Brookline Housing Authority residents thanks to a grant from the Friends of Brookline Public Health.

Free classes will be held at 90 Longwood on **Wednesday until July 15 from 10:00-11:00 am and Ageless Grace from 2:00-3:00 pm.**

BROOKLINE LIBRARY BOOK BIKE

The Bookbike will make its monthly visit to the Senior Center on **Tuesday, July 14th from 11:00 am-1:00 pm.** Come meet the roving librarian and find out what the Book-Bike has to offer you!

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Brookline Community Aging Network – BrooklineCAN – is an all-volunteer organization that focuses on Brookline as a great place to live. It provides information for older residents that helps them remain engaged in the life of the community and advocates to make Brookline an even better place to live for seniors and everyone. For information and to join, visit www.BrooklineCAN.org.

SPOTLIGHT ON BROOKLINECAN COMMITTEES

One of the favorite attractions on the BrooklineCAN website www.brooklinecan.org/contractors.html is the **Service Referral Link** for homeowners. Current listings include plumbers, handypersons, contractors, electricians and others who have been vetted by the committee. Now the committee is reorganizing and is looking for a few volunteers to continue its work. Volunteers will have the opportunity to enlarge the list by contacting and vetting additional service providers who have been recommended. They will also have a chance to help plan two educational events a year involving some of the listed services, as well as collect feedback from users of the services. The Committee will meet quarterly or as needed. Volunteers will work from home and will be in touch with each other over phone and e-mail. Contact Chair Jamie Donchin at 617-730-2753 or e-mail jdonchin@brooklinema.gov.

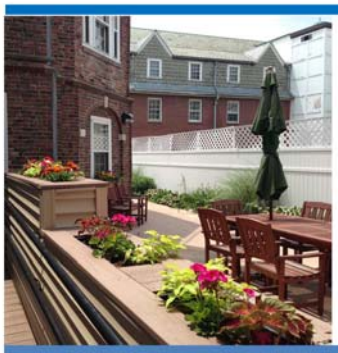
TUESDAY MORNING DANCE PARTY

Modern Dance is now **Tuesday Morning Dance Party!** Join instructor, Lynn Modell **every Tuesday morning from 11:00-11:45 am** for the same great fun and dancing with a new and improved name. All for a suggested donation of $2 per class.

-SAVE THE DATE-

BROOKLINECAN 2015 ANNUAL MEETING

BrooklineCAN expo and annual meeting will be on **Thursday, September 17 from 5:00 to 7:00** pm. The event will be held at the Brookline Senior Center at 93 Winchester Street. Local transportation options for seniors who do not drive will be the special topic for the meeting. Former Governor Michael Dukakis will be awarded the BrooklineCAN community service award for his advocacy for walking and use of public transportation.



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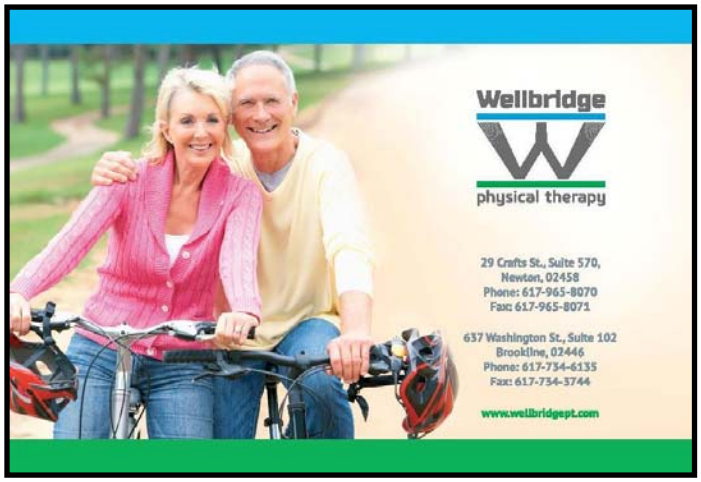
THE PARC PROGRAM

If you are the caregiver of a senior or disabled person who lives in Brookline and need help navigating Brookline's parking restrictions, the Parking Access for Resident's Caregivers (PARC) program is here to help you. It is a service provided through the Brookline Council on Aging in cooperation with the Transportation Department to help obtain temporary parking permits for caregivers. For more information, call 617-730-2752.

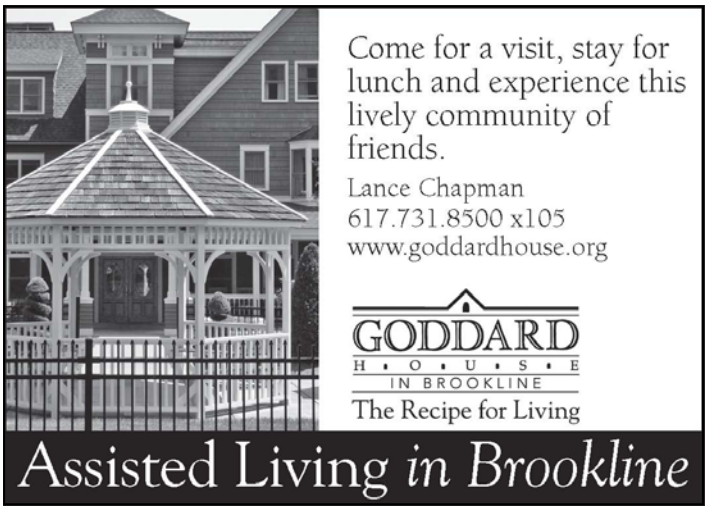


VOLUNTEER CORNER

"Volunteering: A Work of Heart." Volunteer and make a difference. Volunteer openings we are spotlighting this month include: gardening outside the Brookline Senior Center, shopping for seniors during the summer when Brookline High students are not available, playing games – Bridge, Whist and Chess, coordinating Chess 2 hours/week, and helping with Friday mailings for the Brookline Senior Center and the Town. There are many other interesting opportunities to choose from as well. Please contact Patricia at 617 730 2743 to talk about how you can help and to share your ideas.

1-ON-1 JOB SEARCH SKILLS APPOINTMENTS

Patricia Burns, the REAP Program Job Skills Counselor is available for 1-on-1 appointments to assist with essential job search tools - resume writing or updating, job-specific cover letters and LinkedIn profile development. Appointments are required. Contact Patricia at 617 730 2743 or e-mail her at pburns@brooklinema.gov for an appointment.



NOTICE TO MEDICARE SUBSCRIBERS

Medicare subscribers **may appeal decisions you disagree with,** but all steps in the appeal process have specific time frames and other requirements. **You must pay close attention to the time limits for appeals!**

Some appealable situations are:

- Medicare denies your request for a health care service, supply, or prescription
- Medicare denies payment for health care you have already received
- Medicare stops covering services that you are receiving
- Medicare pays a different amount than you believe it should
- Medicare drug plan denies coverage of your medication

The **M**edicare **A**dvocacy **P**roject (**MAP**) provides **free** advice, assistance with appeals and legal representation. **MAP** can help anyone with Original Medicare or a Medicare Advantage Plan *regardless of income*. To reach **MAP** call the Massachusetts Senior Legal Helpline at **1-866-778-0939**.

To understand and access Medicare benefits, call your senior center and ask for a **SHINE** appointment. Trained SHINE volunteers offer free, confidential counseling on all aspects of health insurance to anyone on Medicare. You can reach a SHINE counselor at **1-800-AGE-INFO** (**1-800-243-4636**), then **press or say 3**. Once you get the SHINE answering machine, leave your name and number; a volunteer counselor will return you call as soon as possible.

SPRINGWELL HEALTHY LIVING WORKSHOPS CHRONIC PAIN SELF MANAGEMENT

This six week interactive workshop was developed by Stanford University to help you increase confidence in your ability to manage your chronic pain. Sessions are held once a week for six weeks at the Brookline Senior Center **beginning on Wednesday July 8 – Wednesday August 12 from 1:00-3:30 pm.** Workshops are free and registration is required call 617-730-2770. If you have any questions please call Kathy B. Healthy Living Program Coordinator 617-972-5624

LGBT OUT 2 BRUNCH BUNCH!

Goddard House, in partnership with the Brookline Council on Aging, ETHOS, the LGBT Aging Project and the City of Boston Commission on the Affairs of the Elderly, announces the start of the LGBT Older Adult Out 2 Brunch Bunch! The group will meet monthly for brunch on **the third Saturday of every month; July18 from 11:00- 1:00 p.m.** at Goddard House, 165 Chestnut Street, Brookline, MA 02445. To attend, RSVP to Zoraida at meals@ethocare.org or 617-522-6700 ext. 306

SENIOR CHORUS

The Senior Chorus always welcomes new members to add to its already enthusiastic roster of singers. There are no auditions. Just come on **Fridays at 10:30 am** and make a joyous sound with the group led by Joe Reid.

ESL CONVERSATION GROUP

Our popular weekly English as a Second Language (ESL) Conversation Group has resumed. If you would like to practice your English, then this is the place for you! Come on **Wednesdays at 3:00 pm.** This supportive group, led by Janet Kleiner, an experienced teacher of ESL, discusses interesting and useful topics like talking to your doctor, spare time activities, and current news stories. To register, call 617-730-2770.

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Mary Lou P. with Peggy Peck, her BAYADA Home Health Aide

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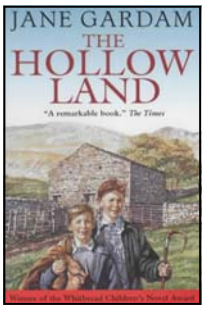
Hebrew SeniorLife is about options and choices for seniors. Nowhere is this more evident than at Center Communities of Brookline-three buildings in the heart of Brookline. These buildings provide an affordable home to 600 seniors who live independently, actively and securely. To learn more about senior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

Center Communities of Brookline
Hebrew SeniorLife

BOOK DISCUSSION GROUP AT THE PUTTERHAM LIBRARY

Meetings are in the community room at the Putterham Branch Library. And new members are always welcome. Our meetings are on Mondays from 2 :00–3:00 pm. Books are available at the Putterham Branch Library.

June - Vacation month. Next meeting in July.



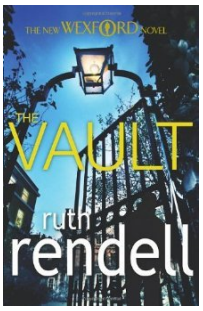
July 20 – The Hollow Land by Jane Gardam

August - Vacation month. Bookclub will resume in September.

September 21 – Wild by Cheryl Strayed

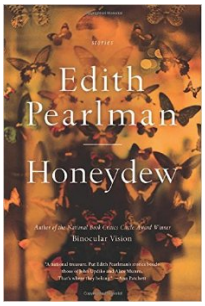
At twenty-two, Cheryl Strayed thought she had lost everything. In the wake of her mother's death, her family scattered and her own marriage was soon destroyed. Four years later, with nothing more to lose, she made the most impulsive decision of

October 19 –Everything I Never Told You by Celeste Ng (This is the Brookline Reads selection. Putterham Branch Library Supervisor, Kelly Unsworth will lead the discussion).



November 16 – The Vault an Inspector Wexford mystery by Ruth Rendell

The impossible has happened. Chief Inspector Reg Wexford has retired from the crime force. He and his wife, Dora, now divide their time between Kingsmarkham and a coach-house in Hampstead, belonging to their actress daughter, Sheila.



December 21 – Honeydew by Edith Pearlman

The discussion leaders for this Book Group are Charlotte Millman and Roberta Winitzer.

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COUPON

JULY LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1. Seafood Chowder **HOT:** Baked Fiesta Fish w/ Browned Orzo Rice Pilaf; Collard Greens; Oatmeal Bread **COLD:** BBQ Chicken w/ Mozzarella Cheese & Red Onion; English Pea Salad; Roman Blend Salad **Plum**	2. **Independence Day Special** **HOT:** Grilled Hamburger in AuJus w/Lettuce, Tomato, and Cheese; Bag of Chips; Cole Slaw; Hamburger Roll **Cherry Streudel**	3. **Hot:** White Bean and Kale Stew (V). Caesar Salad w/ Dressing; Carrots; Dinner Roll **Cold**: Egg Salad (V) w/ Lettuce Leaf on Multigrain Bread; Three Bean Salad; Carrot Pineapple Salad **Chocolate Pudding w/Topping**
6. Beef Vegetable Soup **Hot**: Tortellini w/Pesto Cream Sauce & Parmesan Cheese (V) ; Tuscan Vegetable Blend; Multigrain Bread **Cold**: Breaded Chicken Patty on Roll; Cucumber Dill Salad; Roasted Root Vegetables; Salad **Pears**	7. **HOT:** Broccoli & Mushroom Quiche (V); Potatoes Au Gratin; Fresh Zucchini; Salad w/ Lite Italian Dressing; Wheat Bread **COLD:** Roast Beef & American Cheese on Multigrain Bread; Orzo Vegetable Salad; Spinach Mandarin Salad &**Fruit Flavored Yogurt**	8. Orzo Vegetable Soup **HOT:** Greek Chicken; Couscous w/Vegetables; Ratatouille; Wheat Dinner Roll **Cold**: Turkey & Swiss Cheese on Rye Bread; Corn Salad; Tomato Red Pepper Salad **Fresh Fruit**	9. **HOT:** Roast Pork w/Honey Mustard Sauce; Garlic Mashed Potatoes; Green Beans & Red Peppers; Oatmeal Bread **COLD:** Tuna Salad on Multigrain Bread; English Pea Salad; Cauliflower and Carrots **Apple Cinnamon Muffin**	10. Tomato Soup **HOT:** Sweet Potato Pollock Filet w/Cream Sauce; Cabbage & Carrots; Rice, Orzo, and Peas; Rye Bread **COLD:** Vegetarian Chef Salad w/Lite Italian Dressing (V); Potato Salad; Pumpernickel Bread **Mixed Fruit**
13. Cream of Broccoli Soup **HOT:** Roast Turkey w/Gravy; Mashed Potatoes; Fresh Zucchini; Cranberry Sauce; Garlic Wheat Dinner Roll **COLD:** Mediterranean Tortellini Salad (V); Summer Squash Salad; Wheat Bread **Tropical Mixed Fruit**	14. Beef and Bean Soup **HOT:** Aloha Chicken w/White Rice; Spinach Mandarin Orange Salad w/Lite Italian Dressing; Oat Bread **COLD:** Roast Beef & Provolone Cheese on Pumpernickel; Potato Salad; Cauliflower Carrot Salad **Pineapple Upside Down Cake w/Topping**	15. **HOT:** Ravioli w/Meat Sauce & Parmesan Cheese; Peas & Carrots; Scali Bread **COLD:** Curry Chicken Salad on Wheat Bread; Pasta Salad w/ Cheese; Carrot Pineapple Salad **Applesauce**	16. Tomato Basil Soup **HOT:** Florentine Fish w/Sauce; Butternut Squash; Fresh Broccoli; Rye Bread **COLD:** Turkey & American Cheese on Oat Bread; Balsamic Vinaigrette Pasta; Salad w/ Lite Italian Dressing and **Ice Cream**	17. **HOT:** Hot Dog on Bun; Baked Beans; Cole Slaw; Ketchup & Mustard **COLD:** Seafood Salad on Multigrain Bread; Broccoli Tomato Salad; Corn Salad **Fresh Fruit**
20. Minestrone Soup **Hot**: Chicken w/Creamy Italian Sauce; Italian Roasted Potatoes; Fresh Cauliflower; Oatmeal Bread **Cold**: Ham & Swiss Cheese on Wheat Bread; Three Bean Salad; Broccoli Slaw **Fresh Fruit**	21. **HOT:** Lentil Stew (V); Fresh Broccoli Florets; Salad w/Lite Italian Dressing; Whole Wheat Dinner Roll **COLD:** Seafood Salad on Rye Bread; Greek Pasta Sala; Carrot Pineapple Salad **Butterscotch Pudding w/ Topping**	22. Split Pea Soup **HOT:** Salmon Filet w/Dill Sauce; Herbed Brown Rice; Kale; Wheat Bread **COLD:** BBQ Chicken w/ Mozzarella Cheese & Red Onion on Bulkie Roll; Roman Blend Salad; Lo Mein Pasta Salad **Chef's Choice Dessert**	23. **HOT:** Macaroni & Cheese (V); Baked Tomato Half; Oat Bread **COLD:** Chef Salad w/Turkey & Cheddar Cheese; Pasta Vegetable Salad; Oat Grain Bread **Tropical Mixed Fruit**	24. Chicken Rice Soup **HOT:** Meatloaf w/Gravy; Sweet Potato Wedges; Green Beans; Rye Bread **COLD:** Egg Salad (V) on Multigrain Bread; English Pea Salad; Summer Squash Salad **Mandarin Oranges**
27. Cream of Sweet Potato Soup **HOT:** Baked Fish w/Butter Crumb Top & Lemon Sauce; Herbed Brown Rice; Ratatouille; Multigrain Bread **COLD:** Roast Beef & Swiss Cheese on Pumpernickel Bread; Root Vegetable Salad; Cole Slaw and **Applesauce**	28. Chicken Vegetable Soup **HOT:** Turkey Divan w/ Buttered Noodles; Tuscany Blend Vegetables; Wheat Bread **COLD:** Egg Salad (V) on Multigrain Bread; Chickpeas, Cucumber & Tomato Salad **Fresh Fruit**	29. **HOT:** Pot Roast w/Gravy; Mashed Potatoes; Italian Green Beans; Salad w/Lite Italian Dressing; Wheat Dinner Roll **COLD:** Tuna Salad on Oat Grain Bread; Tomato Red Pepper Salad; Pesto Pasta Salad **Peaches**	30. Italian Garden Vegetable Soup **HOT:** Stuffed Shells w/Tomato Sauce (V) & Parmesan Cheese; Mixed Vegetables; Scali Bread **COLD:** Oriental Chicken Salad; Potato Salad; Carrot Pineapple Salad; Mixed Bean Salad; Rye Bread and **Birthday Cake**	31. **HOT**: BBQ Chicken; Whipped Sweet Potatoes; Collard Greens & Onions; Oat Bread **COLD**: Chef Salad w/Ham & Lite Italian Dressing; Macaroni Salad; Wheat Bread **Vanilla Pudding w/Topping**

LUNCHEON SPECIALS FOR JULY

Reservations for ALL Springwell lunches must be made by 10:30 am on the weekday preceding the day on which you want to have lunch. For reservations for Monday, call the previous Friday by 10:30 am. Call 617-730-2747 for reservations. Lunch is served at 12:00 noon unless otherwise noted.

On **Tuesday, July 21** we celebrate July birthdays at the monthly Birthday Lunch. The sponsor of this lunch has happily provided a complimentary lunch and a small gift to all July birthday celebrants. Now it is easier than ever to register for our monthly birthday celebrations! Just call 617-730-2747 to reserve a lunch on the business day prior before 10:30 am and you are all set. When you arrive for lunch on the day of the party, the leader of our birthday celebration will come around to all the tables to make sure that we don't miss any of our special attendees celebrating their birthdays that month.

Lunch is also served at noon in the community room at Morse Apartments, 90 Longwood Ave. Please reserve by 11:00 am. the day before by calling 617-735-7588.

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)

LET'S GO OUT TO LUNCH BUNCH

On **Tuesday, July 28 at 12 noon** we will be going to JoJo Taipei Allston. Call 617-730-2770 for reservations and transportation.

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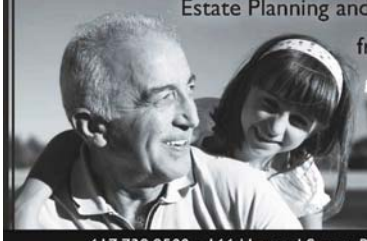

Call 888.828.1690 to learn more!

*B.O.C. Life Solutions and Bank of Canton are not legal or tax advisors.

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JULY AT A GLANCE

Wednesday, July 1
9:00 am-12:00 pm Brookline Legal Assistance for Brookline Residents only
1:00 pm Senior Center Chorus 4th of July Concert***
Thursday, July 2
11:00 am Ask a Nurse
12:00-1:30 pm Taste of Poetry-Main Library *
Friday, July 3
9:00 am-12:00 pm Podiatry Clinic***
Saturday, July 4
Monday, July 6
Tuesday, July 7
1:00 pm Movies for Film Lovers-Still Alice
Wednesday July 8
1:00 pm Greg Maichack Pastel Workshop***
1:00-2:00 pm Blood Pressure Screening *
1:00-3:30 Chronic Pain Self Management Class***
Thursday, July 9
1:00 pm Senior Craft Fair Planning Meeting
Friday, July 10
Alzheimer's Support Group call for information***
Sunday, July 12
Theater Club-Kiss Me Kate***
Monday, July 13
1:00-2:30 pm Senior Center Police Academy***
3:00-4:00 pm Coffee Hour to Welcome Ida Kwong
Tuesday, July 14
11:00 am-1:00 pm Library Book Bike Visit
1:00 pm Movies for Film Lovers-Life Itself
Wednesday July 15
1:00-3:30 Chronic Pain Self Management Class***
1:00 pm Low Vision peer-led support group
2:00 pm Party of a Century****
2:00-3:00 pm Aging Backwards***
Thursday, July 16
9:00-10:00 am Blood Pressure Screening
1:00 pm Brookline Hearing Services
1:30 Easy Travel to the walled City of Cartagena Columbia
Friday, July 17
9:00 am-12:00 pm Podiatry Clinic***
1:00 pm Poetry Reading
6:30-8:30 Dance Party USA***
Saturday, July 18
11:00 am-1:00 pm LGBT OUT 2 Brunch Bunch*
Monday, July 20
1:00-2:30 pm Senior Center Police Academy***
2:00-3:00 pm Putterham Book Discussion Group-The Hollow Land*
Tuesday, July 21
12:00 pm Birthday Lunch-July***
1:00 pm Movies for Film Lovers-Jaws
Wednesday July 22
1:00 pm Think Your Drink
1:00-2:00 pm Blood Pressure Screening *
1:00-3:30 Chronic Pain Self Management Class***
1:00 pm Think Your Drink Presentation-sponsored by Brookline Health Care Center ***
Thursday, July 23
1:00-2:00 pm Brookline Hearing Services
Saturday, July 25
2:00 pm Longwood Symphony-On Call Chamber Ensemble***
Monday, July 27
1:00-2:30 pm Senior Center Police Academy***
Tuesday, July 28
9:00-10:00 am Public Issues Nonfiction Book Club-A City So Grand*
12:00 noon Let's Go out to Lunch Bunch***
1:00 pm Movies for Film Lovers-For Roseanna
Wednesday, July 29
1:00-3:30 Chronic Pain Self Management Class***
Thursday, July 30
9:00-11:00 am Basic Drawing***
12:05 pm Pawtucket Red Sox Game***
3:30-5:00 pm Showcase REAP***

ONGOING SENIOR CENTER EVENTS

Monday

8:30 am-4:30 pm Fitness Center Open Membership required
8:45-10:15 Strength training **
9:30am Neighborhood Walking Group
10:00-11:30 am Poetry Workshop ***
10:30-11:30 Senior STRETCH **
12:00 noon Springwell Lunch***
12:30-3:30 pm Mah Jongg/Scrable
2:00-4:00pm Open Computer Lab
2:30 Chinese Programs

Tuesday

8:30 am-4:30 pm Fitness Center Open membership required
One-to-One Computer Sessions (call 617-730-2777 for appointment ***
9:00-12:00 noon Reiki Therapy ***
10:00 am Flexibility, Resistance Training, and Balance
10:15 am Brookline Bees, Quilters
11:00-11:45 Tuesday Morning Dance Party
12:00 Springwell Lunch ***
12:00 noon French Conversation
12:00-4:00 pm BETS
12:30-3:30 pm Canasta Group***
1:00 pm BINGO
1:00 pm Movies for Movie Lovers
2:00-3:00 pm Exercise for Health & Rejuvenation
2:00-3:00pm Yoga Chair Class **
2:00-4:00 pm Food Distribution Site (hours approximate)
3:00-4:00 Yoga Mat Class**

Wednesday

8:30 am-4:30 pm Fitness Center Open membership required
8:45-10:15 Strength Training **
9:00-10:00 am Living Our Values
10:30am Retired Men's Club
10:30am Senior STRETCH **
12:00 noon Springwell Lunch ***
2:00-4:00 pm Open Computer Lab
3:00-4:00pm ESL Conversation Group

Thursday

8:30 am-4:30 pm Fitness Center Open membership required
9:30 Art for Pleasure Class ***
10:30 am Arthritis Exercise ***
10:30 am and 1:30 pm Knit and Crochet
12:00 noon Springwell Lunch ***
12:00-1:00 pm Intermediate Spanish***
1:00-3:00 Chess
1:00 pm-dusk Farmers Market*
1:15-2:15 pm Beginning Spanish Class***
2:30 pm Spanish Immersion Conversation Group***

Friday

8:30 am-4:30 pm Fitness Center Open membership required
9 :00 am Bridge
10:00 am Solemates Walking Group ***
10:30 am Current Events Discussion Group
10:30 am Senior Chorus
12:00 noon Springwell Lunch ***
12:30-2:00 pm Basic Computer Class in Spanish ***
1:00-2:00pm Bootcamp for Seniors **
1:00-5:00 pm Ping Pong
2:00-3:00pm Tai Chi **
3:00 pm Latino Instrumental and Vocal ***

*Not at the Senior Center

** 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 Required

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

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FOOD DISTRIBUTION SITE

There is free food distribution at the Senior Center every **Tuesday from 2:00 to 4:00 pm**. **Get a number in the coffee lounge beginning at 11:00 am.** Do not go down to the basement until your number is called.

A variety of foods are available at the site—many choices of breads and rolls and lots of produce. Bring a bag to carry your choices home. Also bring a lot of patience and courtesy so everyone enjoys the process and conflicts are avoided.

In order for everyone to receive a fair allocation of the food, it is imperative that no one takes any food before it is inventoried by the workers at the Food Distribution program. This not only helps assure a fair distribution and an orderly process, it also is in compliance with health code regulations. This program is very busy and depends on the generous donation of time by many volunteers. To volunteer, see Lydia Pearl at the Senior Center on Tuesday mornings.

E.L.F. MONTHLY FEATURED ITEMS AND NEWS

ELF: The Equipment Loan Fund has been temporarily replenished. Currently we have a large number of crutches available for use. If you or someone you know has this need, please contact Jamie at 617-730-2753. The program still also seeks donations for transport wheelchairs.

CALLING CHESS PLAYERS

of all abilities on **Thursday afternoons from 1:00-3:00 pm**. You can bring your own board or use one of ours.

SPANISH IMMERSION

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

1. One-hour, one-on-one Spanish conversation sessions with native seniors from many Latin American countries.
2. 10-week Beginning Spanish classes run on **Thursday afternoons from 1:15 to 2:15 pm,** in small groups in a relaxed, friendly atmosphere.
3. 10-week Intermediate Spanish classes **will run on Thursdays from 12:00 noon to 1:00 pm**.
4. Spanish conversation small group meetings on **Thursdays at 2:30 pm** with multifaceted conversations in Spanish designed to provide Spanish conversation on varied topics and to share Latin American topics with the other seniors who attend the meeting each week.
5. Latino instrumental and vocal music on **Fridays at 3:00 pm.**
6. Basic Computer Class in Spanish on **Fridays from 12:30 to 2:00 pm**.

For more information and to register for programs contact Giovanna Tapia, program coordinator at 617-953-7016.

Thrifty Threads

at United Parish Church,
210 Harvard Street, Brookline

Open Friday and Saturday from 11:00 am to 4:00 pm

Children's, Men's, Women's clothing
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SENIOR CENTER THEATER CLUB

Sunday, July 12 at 2:00 pm.
Kiss Me Kate
Reagle Theatre Waltham
Cole Porter's hilarious musical recounts the madcap backstage and onstage antics of the feuding couples during a production of the Taming of the Shrew.
Cost: $39

Thursday, July 30 at 12:05
Pawtucket Red Sox Game
Cost: $15

Sunday, August 9 at 2:00 pm
Reagle Theater Waltham
Wonderful Town
The Big Apple comes to Waltham in Leonard Bernstein's rhythmic and soaring musical comedy. The Tony Award winning musical comedy centers around the sassy and brassy Ruth Sherwood and her demure sister who move from Ohio to New York to fulfill their dreams!
Cost $39

Sunday, September 27 at 2:00 pm
The New Rep Comes to the Senior Center Presents "1984"
Refreshments included.

To reserve your place call 617-730-2777

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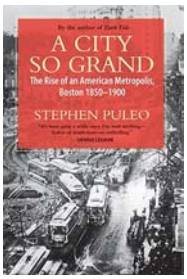
PUBLIC ISSUES NONFICTION BOOK DISCUSSION GROUP

Tom Faulhaber is challenging your thinking every month with a nonfiction book discussion group centered on public issues, history, current events, and other non-fiction topics.

The Coolidge Corner Branch Library will have copies of the books available several weeks ahead of each meeting. Suggestions for future titles are encouraged. Meeting time is **9:00 to 10:00 am on the fourth Tuesday of each month.**



July 28 *A City So Grand: The Rise of an American Metropolis, Boston 1850 -1900* by Stephen Puleo (Beacon Press)

August 25 *What's the Matter with Kansas? How Conservatives Won the Heart of America* by Thomas Frank (Metropolitan Books)

September 22 *The Canon: A Whirligig Tour of the Beautiful Basics of Science* by Natalie Angier (A Mariner Book | Houghton Mifflin Company)

Information: On the Brookline Library website, click on Discussion Groups New and follow the link to Public Issues Group.

BROOKLINE FARMERS MARKET

On **Thursdays through October 30** the Brookline Farmers Market will be open from 1:30 until dusk, rain or shine. Check out the locally grown food items at the Center Street west parking lot.

THE PHARMACY YOU USE COULD MAKE A BIG DIFFERENCE IN THE COST OF YOUR DRUGS!

All Medicare drug plans and Medicare Advantage plans (HMOs, PPOs) have **network pharmacies**. Most pharmacies accept most plans. However, if you go to a pharmacy that isn't in your plan's network, your drugs will not be covered.

In 2015, 80% of the Medicare drug plans have **preferred pharmacies**. By using a preferred pharmacy, you will save money! Many plans have changed their preferred pharmacies so you should check that the pharmacy you currently use is still a preferred pharmacy.

BRIDGE

Jan Davidson, Bridge Coordinator, would like to welcome newcomers on **Friday mornings at 9:00 am sharp**. Give the revolving bridge game a try.

PROUD TO SUPPORT THE BROOKLINE SENIOR CENTER

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PRESCRIPTION ADVANTAGE

Prescription Advantage is a state-run program which helps many seniors pay for their prescription drugs. Eligibility is based on ***income only*** and there is ***no asset limit***!

Who can join?

If you are a **Massachusetts resident, eligible for Medicare**, and are:

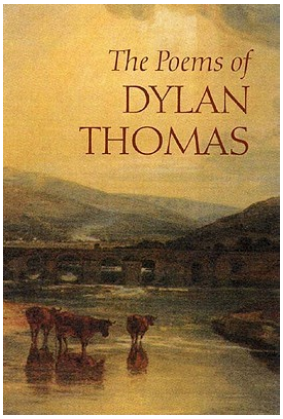
65 years or older with an annual income at or less than $58,850 for a single person or $79,650 for a married couple OR under 65 years and disabled, with an annual income at or less than $22,128 for a single person or $29,948 for a married couple. You may also join… if you are 65 years or older and **not eligible for Medicare. There is *no income limit*.**

There is **no charge** for joining Prescription Advantage, if you have an annual income at or less than $35,310 for a single person and $47,790 for a married couple. There is a $200 per person annual enrollment fee for those with higher incomes.

Call Prescription Advantage today to enroll on the phone or ask for an application form. You can reach Prescription Advantage at 1-800-AGE-INFO (1-800-243-4636), then press or say **2**. You may also apply on line by going to www.prescriptionadvantagema.org .

For further assistance with any Medicare issue, contact the SHINE Program. Trained SHINE volunteers offer free, confidential counseling on all aspects of Medicare and related health insurance programs. To schedule a SHINE appointment, call your local Senior Center. For other SHINE related matters, call 1-800-AGE-INFO (1-800-243-4636), then press or say **3**. Once you get the SHINE answering machine, leave your name and number. A volunteer will call you back, as soon as possible.

A TASTE OF POETRY AT THE BROOKLINE MAIN LIBRARY



Bring your lunch and an appetite for poetry. Meet **from 12:00 noon to 1:30pm on Thursday, July 2** at the Main Library (361 Washington Street, Brookline Village). Each month we will look at half a dozen poems of a well-known poet. We will provide copies of the poems and lead a discussion after reading the poems aloud. No sign-up or preparation is necessary. This month we will read poems by Dylan Thomas.

REIKI THERAPY

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 Minami, certified Reiki therapist, offers individual, 25-minute appointments to Brookline seniors age 60 and older and Senior Center volunteers on **Tuesdays from 9:00 am to 12:00 noon** at a special, discounted rate—a donation of $7 per session. You can also buy a book of 5 treatments for $25 as a gift or for yourself. 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, call 617-730-2777.

Healthy adults, 18-85,
Needed for noninvasive study of
Emotion and Memory.

Research conducted at Boston College

Complete pen-and-paper and computerized tasks.
Receive $10/hr. For information, call Sarah Scott at
617-552-6949 or e-mail canlab@bc.edu.

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Where yours is the *ONLY* move that matters.
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Women's Council of Realtors
617.969.6188
JudyMoses@JudyMoses.com
PathwayHome.com

Moving? Downsizing?
the move maven
Call Karen Zweig for a free consultation!
617.455.1964
karen@movemaven.com

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

SUPPORT THE SENIOR CENTER

SUBSCRIBE or RENEW: *SENIOR NEWS & EVENTS*

Don't Miss Out! JUST $10 for 12 months

Be sure you receive every issue of *Senior News & Events* all year. Stay current on vital and timely information and happenings at the Brookline Senior Center, the town, and the metro area.

Not Yet a Subscriber? Sign up Now! Don't miss a single issue! Fill out the form below and mail to the Brookline Senior Center with your $10 check.

Current Subscriber? Check the date that is printed next to your name on the address label on the back page. If the date is 30 days or less away, use the form below to renew.

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__ YES! I would like to ___Subscribe ___ Renew my subscription to *Senior News and Events.*

__ I am including a contribution for the following amount: $_____

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Please mail this form with your check payable to "Brookline Senior Center" to Brookline Senior Center, 93 Winchester St., Brookline MA 02446

SUPPORT THE BROOKLINE SENIOR CENTER

Help BROOKLINE's SENIORS age with dignity and respect

Use the form above. OR Donate Online via PayPal at
www.brooklineseniorcenter.org

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

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SHOWCASE REAP

On **Thursday, July 30 from 3:30-5:00 pm** the REAP program will feature a panel discussion and Social/ Networking Opportunity for REAP participants and others interested in learning about the program. Four REAP panelists will discuss their retirement jobs and activities and how they found them or created them. The program is open to all and refreshments will be served. The program is free but registration is required, For questions or to register please contact: Deidre Waxman at 617-730-2767 dwaxman@brooklinema.gov

NEW TAX WORK-OFF YEAR BEGINS JULY 1ST

We still have several places available for Brookline home or condo owners who are 60 plus and income eligible $48,800 and under in the Tax Abatement Program. In exchange for 125 hours of service to the town over a ten month period you will receive a $1,000 property tax abatement. For more information about the program or eligibility please contact: Deidre Waxman at: 617-730-2767.

FREE FUN FRIDAYS!

The Highland Street Foundation is again underwriting FREE FRIDAY admissions at a wide variety of museums, historical sites and other attractions throughout the Commonwealth this summer. The following programs will be offered on Friday, June 26. These events are very popular so register early call 617-969-8900
Tanglewood Lenox, Ma
Norman Rockwell Museum Stockbridge, Ma
Edith Wharton's Home Lenox, Ma
Worcester Art Museum Worcester, Ma
MIT Museum Cambridge, Ma
Peabody Essex Museum Salem, Ma
The House of Seven Gables Salem, Ma
http://www.highlandstreet.org/freefunfridays

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Call today to schedule a personal tour!

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www.boylstonplace.com
615 Heath Street
Chestnut Hill, MA 02467

(Mass Relay 711)

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.

NEED HELP WITH PRESCRIPTION DRUG COSTS?

Prescription Advantage may be your answer!

Prescription Advantage is a state-run program which helps many seniors pay for their prescription drugs. Eligibility is based on ***income only*** and there is ***no asset limit***!

If you are a **Massachusetts resident, eligible for Medicare**, and are:

- 65 years or older with an annual income at or less than $58,350 for a single person or $78,650 for a married couple.
- under 65 years and disabled, with an annual income at or less than $21,940 for a single person or $29,572 for a married couple.

If you are 65 years or older and **not eligible for Medicare**, you can also join and there is ***no income limit***.

For more information call Prescription Advantage at 1-800-AGE-INFO

TOUR THE SENIOR CENTER

The Senior Center is offering weekly, escorted tours of the Center Monday through Friday. You need to sign up for the tours ahead of time. To sign up for a tour, call 617-730-2770.

Thank You

In memory of:

Her sister Alice *from* Livia Frank
Jean Hiatt Kramer *from* Robert Kramer
Cynthia Mutti *from* Freddi Langenthal
Ricky Ma *from Chen Ngin and Lai Bing Chin*

In honor of:

Anne Levin honoring Lynn Modell
Helen D. Edersheim honoring Doreen L. Gordon's special birthday
Ruthann Dobek honoring Vivian Freeman and Rose DeSimone
Sylvia and Buddy Stone honoring LeRoy Neuberg's 100th birthday
Kim Neuberg honoring LeRoy Neuberg's 100th birthday
Linda and Gerald Stern honoring LeRoy Neuberg's 100th birthday
Marie Claire Kamin honoring Jacob Knable
Senior Stretch class honoring Doreen Gordon's 90th birthday
Gloria S. Macklis honoring the seniors
Ruth Geller honoring Sharon Devine
Elsa Jakob honoring Rose Feldman
Susan Stone honoring John Dobek
Eleanor Small honoring Roger Lipson
Beverly Chang honoring Sharon Devine
The Chinese Mah Jong Group honoring the Chinese Mah Jong program
Harriet F. Koch honoring Sharon Devine
Donald Robinson honoring Berol Robinson
Lila Sesholtz honoring Doreen Gordon's birthday
Marena Morrison honoring people in Ilse's class and Ralph
Ruthann Dobek honoring Claire Yung

Thank You

Annual Appeal Donors:

Anonymous for Social Work Resource Fund
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Annual Appeal Donors:

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Lin Sasman
Karen Zweig
Paula and Norman Menyuk
Carol Seibert and Mary Lou Crimmins
Reva Katz

FROM THE DIRECTOR

July is usually a time for summer vacations and a slower pace, but not so much here at the Senior Center. Come in to enjoy special programs as well as our regular programming that will happen all summer long. And remember if there is a heat wave- stop by as we are a cooling center for your comfort.

I am especially pleased to give an update on the REAP program. I invite you to learn more by attending the event on Thursday July 30th 3:30 – 5:00 P.M. here at the Senior Center. REAP attempts to address the needs of a broad group of people including the newly retired looking to increase their income with a part-time job; those thinking about, and planning for a fulfilling retirement; those wishing to volunteer and stay active in the community post retirement; and those needing to do stipend volunteer work close to home to support and enhance income from pension and Social Security.

This summer we welcome a variety of student interns to the Senior Center. When you see the students in the building, give them a warm welcome and chat with them.

The theater club certainly is not taking the summer off! Make your reservations now to see several great summer shows. For complete details, see page 24.

The heat of summer will be felt as Mary Stevenson continues her great workout Zumba Gold classes on Thursday afternoons. For people who live in Brookline Housing, the Zumba classes continue to be free thanks to the generosity of our donors. If you haven't already given to support our fitness program please do so today.

And finally, I want to wish a Happy Fourth of July to all. My family always has a big party to watch the glorious fireworks and enjoy the delicious summer foods. I especially look forward to eating juicy grilled burgers, sweet watermelon, and fresh corn on the cob.

Summer flies by so quickly when you are an adult so make sure to savor your favorite tradition! Keep cool- come to the Senior Center to enjoy our air conditioned building, drink extra water this month, and join me at the Farmer's Market for yummy summer treats and socializing with your neighbors.

Ruthann Dobek-Director

FROM THE BOARD PRESIDENT

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

I, the Board, and the entire Senior Center family thank you! Elizabeth (Betsy) Pollock, President, Senior Center Board

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Brookline, Massachusetts 02446

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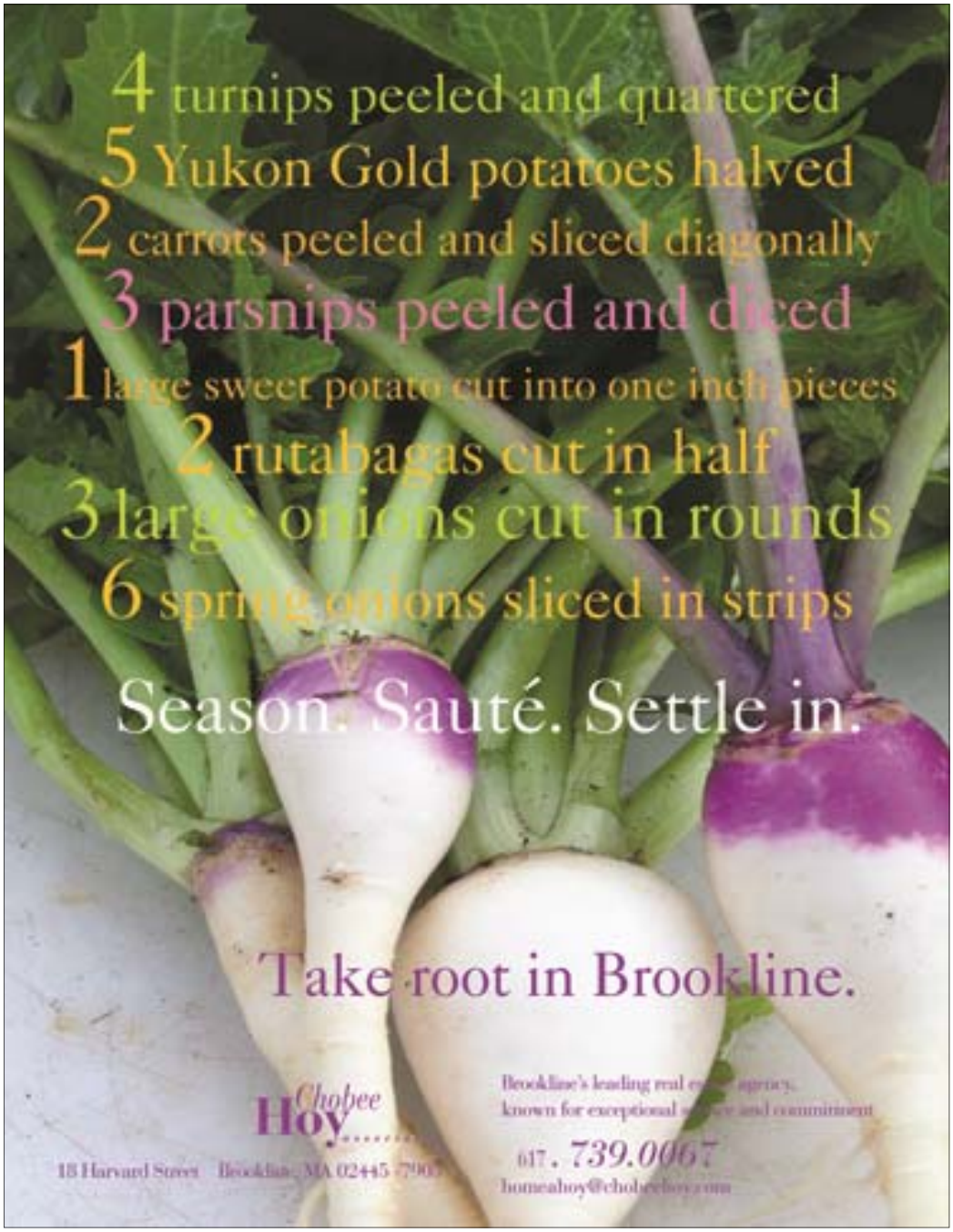
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