

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



Monday, August 3 Tribute to the
Greatest Generation (See p.3)

Tuesday, August 18 Springwell BBQ
(See p.15)

Friday, August 28 Friday Family
Flick (See p. 11)



The New
Van will
resume
operation
on **Mon-**
day, Au-

gust 10. We welcome our new driver
Nick Aldin. As always please 617-
730-2750 to schedule a ride.



AUGUST 2015

MCOA Innovators of the Year



I am thrilled to share some exciting news: In June, our very own Ruthann Dobek, along with Frank Caro, were honored by the Massachusetts Council on Aging (MCOA) as Innovators of the Year. Ruthann and Frank are co-chairs of

Brookline Community Aging Network (BrooklineCAN), an all-volunteer organization that focuses on Brookline as a great place to live. The organization provides information for older residents that will help them to remain engaged in the life of the community. Their advocacy makes Brookline an even better place to live for seniors and everyone. Continued on page 3.

DANCE CALIENTE

DANCING THROUGH THE DECADES PART 2

Our friends, Eileen Herman-Haase and Raul Nieves, of Dance Caliente will return on **Wednesday, August 12 at 2:00 pm** to thrill us with an all NEW ballroom dance performance! They will dazzle us with an exciting array of new period costumes, share amusing "historical" stories about the dances and energize you with mini dance lessons right from your seat!

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. Space is limited, so please call 617-730-2770 to register.



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

Ruthann Dobek
Director, Council on Aging/Senior Center

Julie Washburn
Program Manager, Council on Aging/Senior Center

Maureen Cosgrove-Deery
Newsletter Editor

The Town of Brookline Senior News and Events is published monthly by the Brookline Council on Aging, 93 Winchester Street, Brookline, MA 02446.

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

Continued from page 1

MASSACHUSETTS COUNCIL ON AGING (MCOA) AS INNOVATORS OF THE YEAR

Ruthann and Frank's award is based on numerous innovations, including a proposed new mobility initiative, STRAITS (Senior Transportation Advice Information Training and Support). Watch for more regarding this next month. The Brookline Senior Center is blessed to have wonderful community partners which includes BrooklineCAN. Congratulations Ruthann, Frank and BrooklineCAN.

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

TRIBUTE TO THE GREATEST GENERATION

Join us for a wonderful performance by Jim Porcella on **Monday, August 3 at 1:00 pm**. Jim's repertoire includes songs from the Big Band Era and American Standards by Frank Sinatra, Tony Bennett, Nat King Cole, Louis Armstrong, and Bobby Darin. To register, call 617-730-2770. Refreshments will follow the performance.

This program is co-sponsored by Home Instead Senior Care and the Brookline Council on Aging.

AUGUST OBSERVANCES

In August the Senior Center is open Monday through Friday all month. However, Friday, August 21, is National Senior Citizens Day! This is your day! Enjoy it any way you desire. Take advantage of the senior citizens specials and discounts that will abound! And as always check out all the wonderful opportunities at the Senior Center and around town.

COOKIN UP JAZZ CONCERT SERIES



Goddard House Assisted Living Presents the second Summer Jazz Concert series throughout the month of August at 6:00 pm. Light Hors D'oeuvres will be served from 6:00-8:00 pm.

Thursday, August 6 Claudia Eliaza will entertain us with her fragrantly rich voice that captivates her audience. Claudia's style draws from the deep legacy of Jazz, Blues, Gospel, Funk, Haitian, Latin and African rhythms.

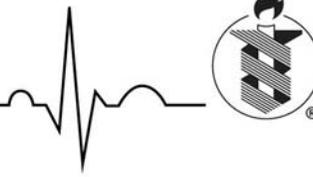
Thursday, August 13 Swing with Lisa Yves on piano, Eric Blindman on violin and Miki Matsuki on drums. They will preform jazz hits that make you want to join in.

Thursday, August 20 Afrika Gente featuring Cornell Coley and Curtis Henderson the versatile Latin jazz band will play thrilling originals and well loved hits.

Thursday, August 27 Stan Strickland billed as "Boston's favorite jazzman" is a talented singer, saxophonist and flutist. His rich vocals and charismatic persona will have you moving with his music.

Registration is required one week before concerts you would like to attend by calling Jenna Henning at 617-731-8500 ext. 152 .





Ask a Nurse, Lynn Schuster a nurse from the Greater Medford Visiting Nurse Association will visit the Senior Center on **Thursday, August 6 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, August 7 and Friday August 28 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, August 19 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, August 20 from 9:00 to 10:00 am
at The Senior Center.

Wednesday, August 5 from 2:00-3:00 pm at the
BPHD building on Pierce Street

Wednesday, August 12 from 1:00 to 2:00 pm at
Sussman House, 50 Pleasant Street.

Wednesday, August 26 from 1:00 to 2:00 pm at
O'Shea House, 61 Park Street.

Health Coach Ilse Leiser, a registered nurse practitioner and the leader of our Arthritis Exercise class is now offering "Health Coach" appointments on Wednesdays. 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, August 20 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

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A Comprehensive Cancer Center
Designated by the National Cancer Institute

 Official hospital of the
Boston Red Sox

ASK A GERIATRICIAN

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

One of the most common questions I get is "Why does my nose run so much?"

There are several reasons our nose runs, some of which are to keep us healthy. The lining of the inside of the nose has some very important jobs to do. It is a passageway through which air we breathe gets warmed and moistened before it travels to the lungs. In addition, all those little hairs inside the nose trap dirt, some germs and pollution from the air to clean it before it gets into the lungs. All this "garbage" that the lining of the nose picks up causes us to make mucus that then washes out the nose, resulting in a "runny nose".

As we get older, this nose lining becomes more thin, gets irritated more easily and as a result, makes more mucus, so there is more dripping. This tends to be clear, watery mucus.

In addition, as we get older, our noses get a little longer and the tip starts to droop, because the cartilage of the nose weakens. This can cause increased mucus that can lead to more dripping as well as a need to clear the throat and cough up mucus. It can also result in a decreased ability to smell and taste.

On occasion, particularly at the end of a bad cold, one can develop sinusitis, which is an infection of the sinuses leading to fever, headaches and a thick type of mucus which is much rarer than simple "runny nose". Allergies or polyps can also cause a runny nose.

While a runny nose is an annoyance and requires that we carry a pack of tissues with us, it is really our body trying to ensure that the air we breathe is clean and warm. Often people use nasal steroids to decrease the amount of mucus, but these are absorbed into the body and can cause side effects if used too often. Non-drowsy antihistamines can also help if the problem is unbearable. A safer product is to use normal saline nose spray (salt water) to try to clean the nose of pollutants so it doesn't have to run so much on its own.

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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), 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, August 5, 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: dwxman@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.

MEMORY CONNECTIONS CAFÉ

On **Wednesday, August 26 from 1:30-3:00 pm** at the Senior Center welcomes people living with memory changes to its seasonal Memory Cafe. This summer event will include music, refreshments, and other enjoyable experiences with peers facing similar challenges. Individuals with early to moderate memory loss and their carepartners can connect with others in a social, relaxing, and supportive environment. Either party can attend by themselves, but a carepartner must accompany those who require any care assistance. In addition to this social event, we will have information regarding an educational event in September. RSVP to Jamie at 617-730-2753.



TRIBUTE TO HARRIET TUBMAN

Join us on **Monday, August 10 at 1:00 pm.** for our 5th annual intergenerational tribute with Eve Soumerai and local students. Come and celebrate the life of Harriet Tubman, a courageous and strong African-American abolitionist and humanitarian who believed that ALL people were created equal. Tubman spent much of her life working not only to end slavery, but to also ensure a woman's right to vote. Not surprisingly, Tubman became a leading nominee when the US Treasury began considering the addition of a woman to the currency "who has contributed to and represents the values of American democracy" earlier this year. To register, please call 617-730-2770.

ANNUAL HOLIDAY CRAFT FAIR

It's that time of year again! Time to start planning for the 31st Annual Holiday Craft Fair in November. 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! **The next planning meeting will take place on Monday, August 31 at 1:00 pm.**

SPECIAL EXHIBIT BEYOND ORIGAMI



Join us for a reception with Sumako Cohn on **Friday, August 14 from 4:00-6:00 pm** in Room 317 at the Senior Center.

ACUPUNCTURE APPOINTMENTS

Dr. Howard Liu, Diplomat of American Board of Medical Acupuncture is now offering monthly acupuncture appointments at the Senior Center. Each patient is limited to three sessions. All appointments are one hour in duration and there is a requested donation of \$15 per session. Please call 617-730-2777 to have your name added to our wait list.

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- Evaluation Process
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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, August 14**. 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.

LET'S WALK THE WALK TOGETHER

Join The Fight to End Alzheimer's – Learn about ways you can help fight this devastating illness including joining The Walk Team or joining in other efforts right here in Brookline. Lance Chapman, Goddard House, and Melissa Shirtcliff, Alzheimer's Association will be at the Senior Center on **Monday, August 17 at 1:00 pm** to provide more information. This year's Walk to End Alzheimer's will take place on **Sunday, September 27**.

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.**

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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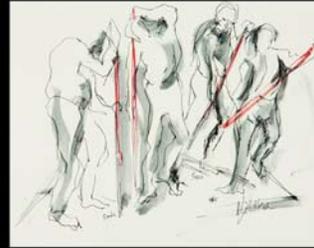
www.HSM-Move.com

"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: Mon-
day-Friday
8:30-5:00



Diane Schodlatz



Margo Volterra



Marie Claire Kamin



Diane Pansen



Marcia Shanbaum



Marcia Hnatowich



Suzanne Teich



Norman Wilson

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

AFTER WORDS

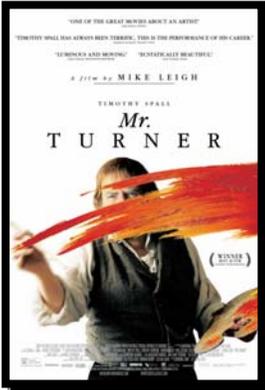
On Thursday, August 20 at 6:00 pm we will show a documentary about Aphasia (lack of language abilities as a result of stroke or other brain injury) produced by Spaulding Rehabilitation Hospital Speech Therapy Department. All are welcome - persons with Aphasia, families, caregivers and interested community members. A question & answer session will follow with the Spaulding Staff Movie Director and cast members. Refreshments will be served and registrations is required by calling 617 730 2770.

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.

MOVIES FOR FILM LOVERS

Come to the Senior Center on **Tuesdays in August 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.



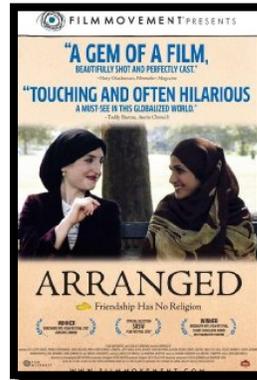
Tuesday, August 4

144 min.

Mr. Turner (2014)

Eccentric British painter J.M.W. Turner (Timothy Spall) lives his last 25 years with gusto and secretly becomes involved with a seaside landlady, while his faithful housekeeper

(Dorothy Atkinson) bears an unrequited love for him.



Tuesday, August 25

90 min.

Arranged (2007)

Centers on the friendship between an Orthodox Jewish woman and a Muslim woman who meet as first-year teachers at a public school in Brooklyn. Over the course of the year they learn they share much in common - not least of which is that they are both going through the process of arranged marriages.



Tuesday, August 11

84 min.

Keep On Keepin' On (2014)

A documentary that follows jazz legend Clark Terry over four years to document the mentorship between Terry and 23-year-old blind piano prodigy Justin Kauflin as the young man prepares to compete in an elite, international competition

the young man prepares to compete in an elite, international competition

FRIDAY FAMILY FLICK 3:00 PM



Friday, August 28

93 min.

Brave (2012) PG

Determined to make her own path in life, Princess Merida defies a custom that brings chaos to her kingdom. Granted one wish, Merida must rely on her bravery and her archery

skills to undo a beastly curse.

All are welcome to bring the young people in your lives to enjoy this family event. Refreshments will be served and registration for this movie will be at 617-730-2770.

Special NOTE:

On Tuesday, August 18 there will NOT be a MOVIE.

join us for the SPRINGWELL BBQ .

To make a reservation, call 617-730-2747 before 10:30 am on Monday, August 17.

Information taken from IMBd

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, and acrylics. Take moment to enjoy the exhibit while at the library this summer.

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, 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.

BROOKLINE LIBRARY BOOK BIKE



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

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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 re-organizing 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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LGBT OUT 2 BRUNCH BUNCH!

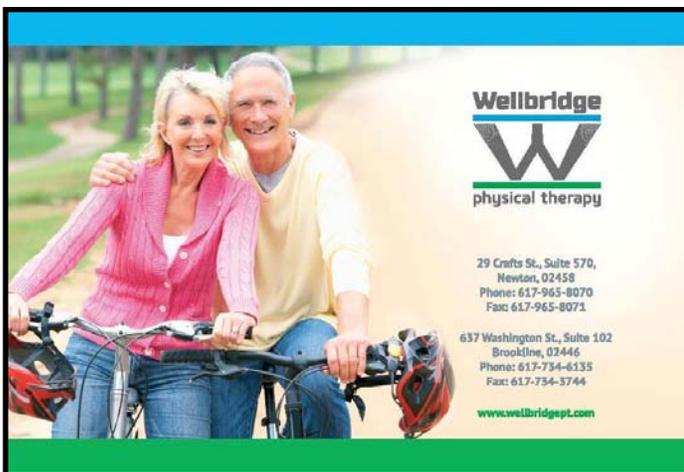
Goddard House, in partnership with the Brookline Council on Aging, ETHOS, the LGBT Aging Project and the City of Boston Commission on the Affairs of the Elderly, announces the start of the LGBT Older Adult Out 2 Brunch Bunch! The group will meet monthly for brunch on **the third Saturday of every month; August 15 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

REMEMBERING WHEN

A fire and fall Prevention Program for older Adults

- What hit television show was set during the Korean War?
- How often should you change the batteries in your smoke alarms?
- What singing legend brought rock-n-roll into popular culture?
- If your clothing catches fire, what should you do?
- Do you want to have fun while learning how to prevent fires and falls?

Check the TAB for more information on an August date and time. To register call 617-730-2700



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Phone: 617-965-8070
Fax: 617-965-8071

637 Washington St., Suite 102
Brookline, 02446
Phone: 617-734-6135
Fax: 617-734-3744
www.wellbridgept.com



MODERN BEADING WORKSHOP

This workshop is for beginners and experienced beaders. We will meet on **Wednesday, August, 19 at 1:30 pm** at the Senior Center.

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. 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.

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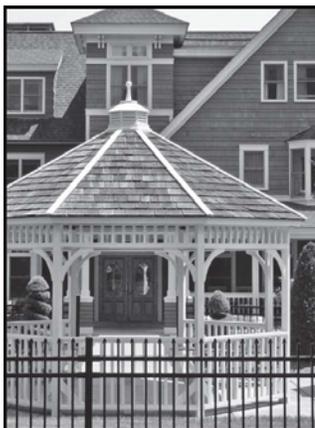
THE PARC PROGRAM

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.



TASTE OF POETRY

On **Thursday, August 6 from 12:00-1:30 pm** bring your lunch and enjoy the poetry of William Blake in the Main Library Conference Room. William Blake was an English painter, poet, and printmaker. Largely unrecognized during his lifetime, Blake is now considered a seminal figure in the history of the poetry and visual arts of the Romantic Age. His prophetic poetry has been said to form "what is in proportion to its merits the least read body of poetry in the English language."



Come for a visit, stay for lunch and experience this lively community of friends.

Lance Chapman
617.731.8500 x105
www.goddardhouse.org



Assisted Living in Brookline

SPRINGWELL BBQ



Springwell's Annual BBQ will take place on **Tuesday, August 18, at 12:00 noon.** And will be followed by entertainment.

Reservations for this event must be made by 10:00 am Monday, August 17 by calling 617-730-2747.

PHOTO'S FROM BROOKLINE PARTY OF THE CENTURY

Photos by Brett Crawford Wicked local Staff Photos



The Party of a Century, a special centenarian party for area residents 100 years or older was held at the Brookline Senior Center on Wednesday, July 15, 2015. We would like to thank our community partners, Brookline Can, Center Communities of Brookline and Goddard House for helping to make this such a successful event.

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.

EASY TRAVEL

Will be on vacation in August returning with new travel adventures in September.

IT'S HERE THE 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.

Center Communities of Brookline

The Lifestyle you want, where you want it.



1550 Beacon Street



100 Centre Street



112 Centre Street

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 scarsen@hrca.harvard.edu



BOOK DISCUSSION GROUP AT THE PUTTERHAM LIBRARY

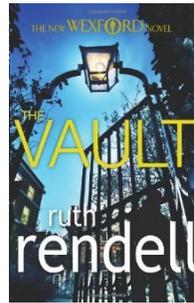
Meetings are in the community room at the Putterham Branch Library. And new members are always welcome. Our meetings are on Mondays from 2 :00–3:00 pm. Books are available at the Putterham Branch Library.

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 her life: to hike the Pacific Crest Trail from the Mojave Desert through California and Oregon to Washington State—and to do it alone. She had no experience as a long-distance hiker, and the trail was little more than “an idea, vague and outlandish and full of promise.” But it was a promise of piecing back together a life that had come undone.

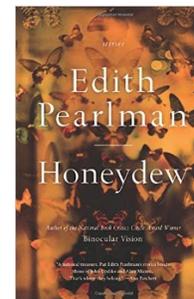


October 19 – Everything I Never Told You by Celeste Ng (This is the Brookline Reads selection. Putterham Branch Library Supervisor, Kelly Unsworth will lead the discussion).



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3. Oriental Vegetable Soup Hot: Chicken Lo Mein; Oriental Vegetable Blend; Roll; Fortune Cookie Cold: Seafood Salad w/Balsamic Vinaigrette; Pasta Salad; Beet Salad; Oat Bread Fruit Loaf	4. Chicken and Wild Rice Soup Hot: Meatloaf; Whipped Sweet Potatoes, Fresh Cauliflower, Rye Bread Cold: Turkey Deluxe Sandwich on roll, Carrot Pineapple Salad, English Pea Salad Mixed Fruit	5. Hot Dog on Bun w/Ketchup, Mustard, Relish; Baked Beans; Cole Slaw Cold: Egg Salad (V); Broccoli Slaw; Orzo Vegetable Salad; Wheat Bread Watermelon	6. Kale Pasta Soup Hot: Fiesta Fish; Corn; Fresh Zucchini; Oat Bread Cold: Roast Beef & American Cheese on Rye Bread; Potato Salad; Spinach & Mandarin Salad w/Lite Italian Dressing Lemon Pudding w/Topping	7. Lentil Stew (V); Roasted Root Vegetables; Salad w/Lite Italian Dressing; Multigrain Bread Cold: Chicken Salad on Scallion Bread; Greek Salad; Pasta Vegetable Salad Cinnamon Applesauce
10. Minestrone Soup Hot: Roasted Turkey w/Gravy; Whipped Sweet Potatoes; Zucchini & Red Peppers; Cranberry Sauce; Wheat Bread Cold: Tuna Salad on Pumpannickel; Summer Potato Salad; Summer Squash Salad Pineapple	11. Beef Vegetable Soup Hot: Tortellini w/Peas & Cream Sauce (V); Fresh Broccoli Florets; Wheat Roll Cold: Chicken Pesto Caesar Salad w/CROUTONS and Parmesan Cheese; Tricolor Pasta Salad; Wheat Roll Peach	12. <i>Summer Special</i> Italian Garden Vegetable Soup; Crab Cake; Corn; Garlic Dinner Roll Watermelon Mousse w/Mini Chocolate Chips and Topping	13. Corn Chowder Hot: Baked Chicken Breast w/Gravy; Whipped Butternut Squash; Spinach & Chickpeas; Multigrain Bread Cold: Seafood Salad; Corn Salad; Root Vegetable Salad; Scallion Bread Mandarin Oranges	14. Spinach & Red Pepper Frittata (V); Potatoes O'Brian; Green Beans; Rye Bread Cold: Roast Beef & American Cheese on Oatmeal Bread; Garden Shell Pasta Salad; Cole Slaw Chocolate Pudding w/Topping
17. Mushroom Barley Soup Hot: Beef & Rice Casserole w/Tomato Sauce; Collard Greens & Onions; Wheat Bread Cold: Seafood Salad on Pumpannickel; Ziti Broccoli Salad; Summer Squash Salad Plum	18. Clam Chowder Hot: Salmon Filet w/Lemon Pepper Sauce; Roasted Potatoes; Braised Red Cabbage; Rye Bread Cold: Roast Beef & Cheddar Cheese on Multigrain Bread; Greek Pasta Salad; Riviera Salad Fruit Flavored Yogurt	19. Stuffed Shells w/Meatball & Tomato Sauce; Italian Green Beans; Oat Bread Cold: BBQ Chicken w/Mozzarella Cheese & Red Onion on Hamburger Roll; English Pea Salad; Roman Blend Salad Tropical Mixed Fruit in Juice	20. White Bean & Kale Stew (V); Carrots; Salad w/Lite Italian Dressing; Scallion Bread Cold: Ham Chef Salad w/Lite Italian Dressing; Potato Salad; Wheat Bread Ice Cream	21. Split Pea Soup Hot: Chicken Marsala; Mashed Potatoes; Fresh Zucchini & Red Peppers; Garlic Dinner Roll Cold: Mediterranean Tortellini Salad (V); Summer Squash Salad; Scallion Bread Pineapple in Juice
24. Roast Pork w/Raisin Pineapple Sauce; Butternut Squash; Fresh Cauliflower; Oat Bread Cold: Curry Chicken Salad on Multigrain Bread; Summer Potato Salad; Roman Blend Salad Tapioca Pudding w/Topping	25. Beef Consommé Vegetable Soup Hot: Ravioli w/Tomato Sauce & Parmesan Cheese (V); Fresh Broccoli; Wheat Bread Cold: Egg Salad on Pumpannickel (V); Cauliflower Carrot Salad; Garden Shell Pasta Salad Birthday Cake	26. Seafood Chowder Hot: Fish Sticks w/Lemon & Tartar Sauces; Sweet Potato Wedges; Peas & Onions; Rye Bread Cold: Turkey & Swiss Cheese on Wheat Bread; Cole Slaw; Potato Salad Pineapple in Juice	27. Cream of Tomato Soup Hot: Honey Mustard Chicken; Mashed Potatoes; Fiesta Blend Vegetables; Garlic Dinner Roll Cold: Vegetarian Chef Salad (V) w/Lite Italian Dressing; Pasta Salad; Multigrain Bread Pears in Juice	28. Veggie Burger w/American Cheese (V) on Hamburger Roll; Roasted Red Potatoes; Cole Slaw Cold: Roast Beef & American Cheese on Oatmeal Bread; Balsamic Vinaigrette Pasta; Broccoli Slaw Nectarine
31. Cheese Lasagna w/Meatball & Parmesan Cheese; California Blend Vegetables; Multigrain Bread Cold: Ham & Swiss Cheese on Oatmeal Bread; Summer Potato Salad; Riviera Salad Peaches in Juice	<p>YOUR NAME: _____</p> <p>Please note the days you have reserved your meals & then submit menus to Springwell Dining Site Staff. If you cannot attend on a day you have reserved your meal, please call to cancel by 11am the day before.</p> <p>(V) = Vegetarian All soups contain beef, chicken, or shellfish bases and are NOT vegetarian; served w/crackers.</p> <p>*** denotes High Sodium \$2 donation suggested per meal.</p>			

LUNCHEON SPECIALS FOR AUGUST

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, August 18** we celebrate August birthdays at the monthly Birthday Lunch. The sponsor of this lunch has happily provided a complimentary lunch and a small gift to all August 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, August 25 at 12 noon** we will be going to VineRipe Grill located at the Robert T. Lynch Municipal Golf Course. Call 617-730-2770 for reservations and transportation.





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AUGUST AT A GLANCE

Monday, August 3

1:00 pm Tribute to the Greatest Generation Concert***

1:00-2:00 pm Brookline Senior Citizen Police Academy***

Tuesday, August 4

10:00 am LinkedIn Workshop***

1:00 pm Movies for film lovers-*Mr. Turner*

Wednesday, August 5

9:00-12:00 pm Brookline Legal Assistance***

1:00-3:30 Chronic Pain Management ***

2:00-3:00 pm Blood Pressure Screening-BPHD

Thursday, August 6

11:00 am Ask A Nurse

6:00 pm Claudia Eliaza –Goddard House Jazz Series *

Friday, August 7

9:00 am-12:00 noon Podiatry Clinic***

Saturday, August 9

2:00 pm Theater Club– Wonderful Town***

Monday, August 10

1:00-2:00 pm Brookline Senior Citizen Police Academy***

1:00 pm Tribute to Harriet Tubman with Eve Soumerai

Tuesday, August 11

11:00 am-1:00 pm BookBike-weather permitting

1:00 pm Movies for film lovers-*Keep on Keepin On*

Wednesday, August 12

1:00-3:30 Chronic Pain Management ***

2:00 pm Blood Pressure Screening-Sussman House*

2:00 pm Dance Caliente***

Thursday, August 13

6:00 pm Lisa Yves –Goddard House Jazz Series*

Friday, August 14

4:00-6:00 pm Room 317 Beyond Origami reception with the Artist, Sumako Cohen

Saturday, August 15

11:00 am-1:00 pm LBGT Out 2 Lunch Bunch*

Monday, August 17

1:00-2:00 pm Brookline Senior Citizen Police Academy***

1:00 pm Alzheimer's Walk Presentation

Tuesday, August 18

12:00 noon BBQ followed by entertainment***

NO Movie

Wednesday, August 19

1:00 pm Low Vision Support Group

1:30 Modern Beading Workshop

Thursday, August 20

9:00-10:00 am Blood Pressure Screening

1:00-2:00 pm Brookline Hearing Services

6:00 pm *After Words* Documentary Screening***

6:00 pm Afrika Gente –Goddard House Jazz Series *

Tuesday, August 25

9:00 am Public Issues Nonfiction Book Group-*What's the matter with Kansas?*

12:00 noon Let's Go Out to Lunch Bunch-VineRipe***

1:00 pm Movies for film lovers-*Arranged*

Wednesday, August 26

1:00-2:00 pm Blood Pressure Screening O'Shea House*

1:30-3:00 pm Memory Café ***

Friday, August 28

3:00 pm Friday Family Flick-*Brave* PG***



ONGOING SENIOR CENTER EVENTS

Monday

8:30 am-4:30 pm Fitness Center Open Membership required
8:45-10:15 Strength training **
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/Scrabble
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***
12:30-3:30 Mah Jongg/ Scrabble
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,
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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

99 Park Street, Brookline, MA 02446 • 617-731-1050
www.healthbridgemanagement.com

416172

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



forms of equipment.

Crutches! Crutches! Come get your crutches! The Equipment Loan Program has plenty available. Please contact Jamie at 617-730-2753 to reserve a pair or to donate other

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.

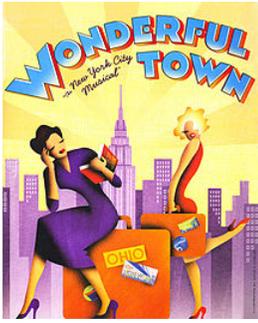
Thrifty Threads

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
at reasonable prices!**

SENIOR CENTER THEATER CLUB



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.

Cost \$5 and free for BHA res-

idents.

To reserve your place call 617-730-2777

BROOKLINE FARMERS MARKET



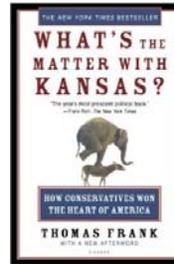
On **Thursdays through October 30** the Brookline Farmers Market will be open from 1:30 until dusk, rain or shine.

Check out the locally grown food items at the Center Street west parking lot.

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.**



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.

NEW SUPPORT GROUP

Are you interested in joining a small and confidential support group for people with physical disabilities? We will be sharing life challenges and resources with others in order to learn and support one another. This group will be commencing in the fall of 2015 if there is sufficient interest. For questions or to express your interest please call Deidre Waxman, LICSW 617-730-2767

**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.

**DON'T IGNORE YOUR MEDICARE
MAIL!**

It's that time of year again! If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO, PPO), you should be receiving information from your plan by the end of September. It is important to **understand** and **save** this information because it explains the changes in your plan for 2016.



During the annual Medicare Open Enrollment (**October 15 - December 7**), you will have a chance to **CHANGE** your plan for next year. SHINE Counselors can help you understand your plan changes, as well as other options you may have. Call early to get a SHINE appointment during Open Enrollment!

DO NOT WAIT UNTIL IT'S TOO LATE!

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.

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.

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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.



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REAP

LINKEDIN BASICS WORKSHOP

Join Patricia Burns on **Tuesday, August 4 from 10:00 am-12:00 noon** for this introductory workshop on LinkedIn. This course is for those who wish to become more familiar with the concept and how it can be relevant in your job search and transition planning. The workshop is free and open to the public but registration is required. To register contact Deidre Waxman at: 617-730-2767 or Patricia Burns at 617 730 2743.

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.

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.



VOLUNTEER CORNER NEWS AND EVENTS

“Volunteering: A Work of Heart.” Volunteer and make a difference. Volunteer openings we are spotlighting this month include: shopping for and with seniors during the summer when Brookline High students are not available, delivering Food Distribution groceries to seniors nearby and not able to come to the BSC, accompanying seniors to the Farmers’ Market and helping them shop and bring purchases home 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.

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BROOKLINE EMERGENCY FOOD BANK

The food bank is in need of the following items:

Toiletries: Shampoo, Conditioner, Moisturizer and Sunscreen. These items are rarely donated because people think first of food and food stamps do not cover these expensive items that people need for good family care.

Food items: Instant coffee and teas, Cooking supplies sugar, oil, flower and spices. Pasta and tomato products and sauces, Canned soups and beans, Canned vegetables and fruit (low sodium and no sugar added), dry beans of all varieties, fresh produce and healthy snacks for children. Recommended items include but are not limited to granola bars, seaweed and other vegetable packages and fruit cups.

Please drop your kind donation at 15 Saint Paul Street or call 617-872-3060 for more information.



WOULD YOU BENEFIT FROM A FREE MONTHLY BAG OF GROCERIES?



Call Rebecca Abelman at 617-730-2772 for more information or to make an appointment to apply. Eligibility for this

program is determined by age, gross monthly income and household size. Verification of identity, age, residence and income will be required upon applying.

SHARE YOUR SIGHT

Volunteer to read or shop with a visually impaired person in your area. Volunteer partnerships allow people to remain independent and you will have an opportunity to meet a new friend.

No special skills are required and you may volunteer at a time that is convenient for you. For more information contact Kyle Robidoux, Director of volunteer and support services for the Massachusetts Association for the Blind at 617-926-4312.

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Ruth Brenner
Frank and Nancy Davis

In honor of Vivian Freeman's 90th Birthday:

From: Charlotte and Arthur Millman
Ruthann Dobek
Sonia and William Wong

FROM THE DIRECTOR

A special thank you goes to our state legislators who worked diligently to increase funding for elders. We will be awarded in the state formula grant \$9.00 per elder in a budget that had much competition. Our legislative team of Frank Smizik, Jeffrey Sanchez, Michael Moran, Ed Coppinger, and Cynthia Creem deserve our gratitude for being strong elder advocates.

Save **Wednesday, October 28**, on your calendars for our 14th Annual Autumn Benefit. This year we will be honoring Frank and Carol Caro for their community advocacy and activism. They were both instrumental in starting Brookline Community Aging Network (BrooklineCan). I am proud to announce that once again Beth Israel Deaconess Medical Center is our diamond sponsor having already committed to this event. We are planning a fabulous evening of delicious food and great entertainment. We expect this to be a sellout. Please consider donating at a sponsorship level to support our critical needs.

Transportation problems abound. Whether it is the high cost of The Ride, the Van driver's leaving for grad school, the Elderbus repairs, or the difficulty with taxi drivers. We are aware of your concerns and will keep advocating for better transportation. The good news is we have hired a new van driver who will be starting the week of August 10th. We are committed to improving the transportation service. One way you can help is by sending a donation to support our Van Fund, which is dependent on your gifts to continue.

While some of our regular classes are on vacation, August still has some great activities here at the Senior Center. Please join us! They include Dance Caliente August 12th (p. 1); the Springwell BBQ on Tuesday, August 18 (p.15).

A warm welcome to our Springwell lunch coordinator Kristine Farley. Kristine will offer Brookline residents a welcoming atmosphere for lunch. See the lunch schedule on (p. 18.)

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

Ruthann Dobek-Director

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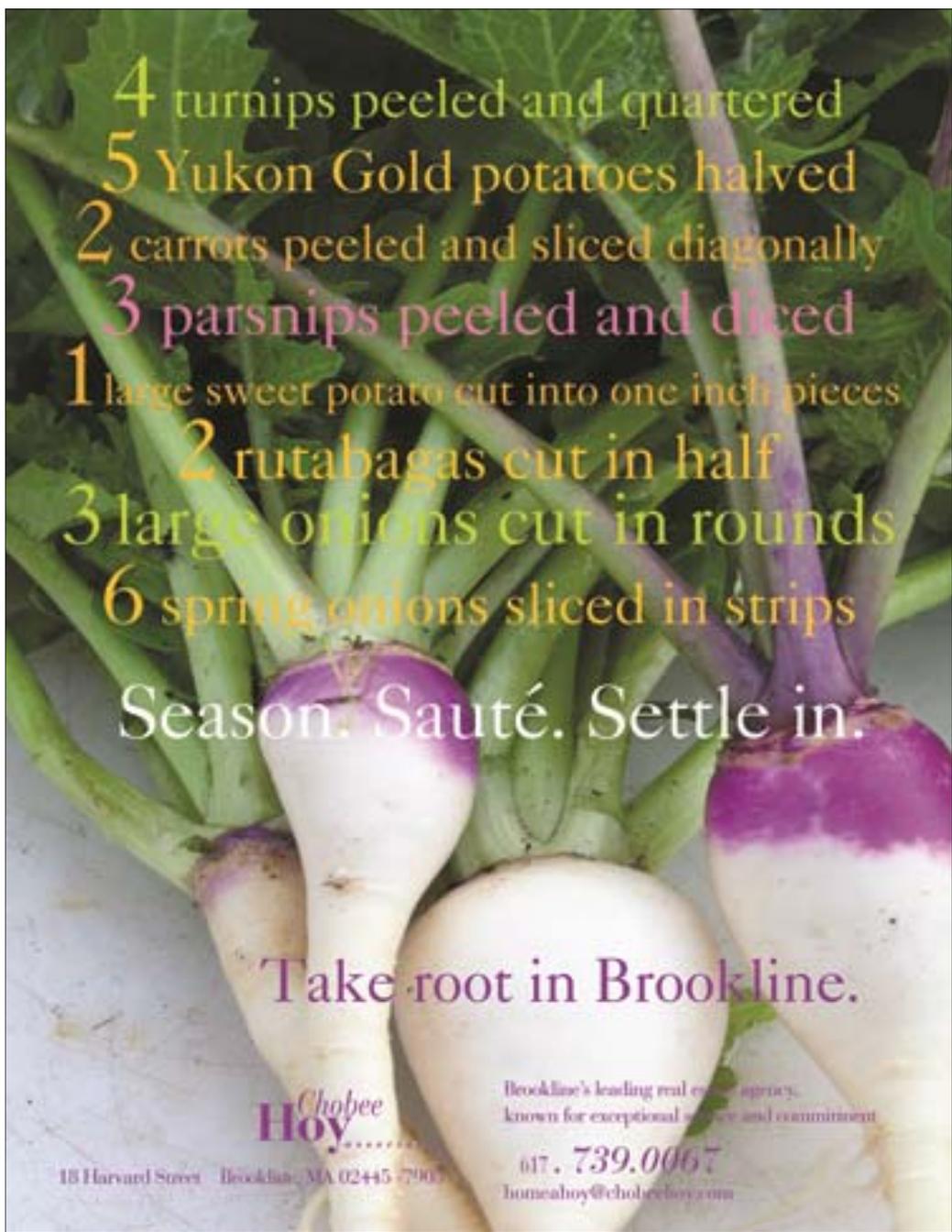


On **Friday September 25 at 7:00-9:00 pm** join us for a good old fashion Sock Hop. Old friend Tommy Bahama will provide the music and we will have games, food and laughter.

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