

TOWN OF BROOKLINE SENIOR NEWS AND EVENTS

Council on Aging

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

Brookline Senior Center
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Brookline, Massachusetts 02446



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617 730 2770 617 730 2750

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

Brookline Community Aging Network
www.BrooklineCAN.org



ELDER RESOURCE GUIDE

Hot off the press and available for free at the Senior Center! It's the 6th Edition of the Brookline Council on Aging/Senior Center *Elder Resource Guide*—with new sections on advocacy, errands, geriatric care advisors, information and referral, and multi-cultural programs; Partners in Care Spotlights on the LGBT Aging Project and residential care homes/retirement homes; and the most current information available on all the resources that were included in the 5th edition of the *Guide*.



This is an invaluable tool for elders and caregivers alike. Stop by the Senior Center and pick a copy up today.

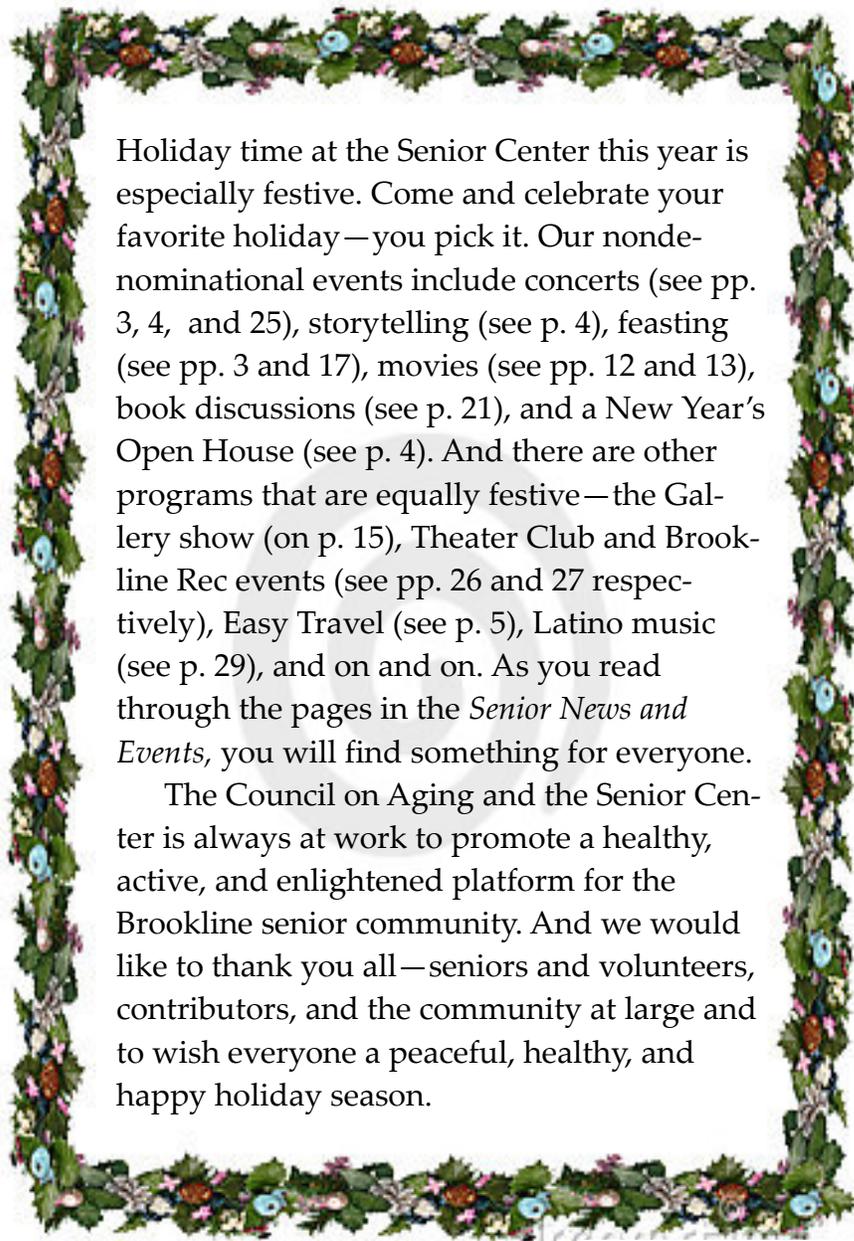


DECEMBER 2012

HOLIDAY HAPPENINGS

Holiday time at the Senior Center this year is especially festive. Come and celebrate your favorite holiday—you pick it. Our non-denominational events include concerts (see pp. 3, 4, and 25), storytelling (see p. 4), feasting (see pp. 3 and 17), movies (see pp. 12 and 13), book discussions (see p. 21), and a New Year's Open House (see p. 4). And there are other programs that are equally festive—the Gallery show (on p. 15), Theater Club and Brookline Rec events (see pp. 26 and 27 respectively), Easy Travel (see p. 5), Latino music (see p. 29), and on and on. As you read through the pages in the *Senior News and Events*, you will find something for everyone.

The Council on Aging and the Senior Center is always at work to promote a healthy, active, and enlightened platform for the Brookline senior community. And we would like to thank you all—seniors and volunteers, contributors, and the community at large and to wish everyone a peaceful, healthy, and happy holiday season.



INDEX

<p>Allston Soup Kitchen, Gifts for 29</p> <p>Alzheimer’s Caregivers Support Group 10</p> <p>At a Glance, December 18-19</p> <p>Autumn Benefit Reprise, 11th Annual..... 29</p> <p>Beading Workshop, Modern..... 4</p> <p>Board President, From the 30</p> <p>BOC Life Solutions 5</p> <p>Book Discussion Group, Public Issues Nonfiction . 21</p> <p>Book Discussion Group, Putterham 21</p> <p>Brookline Recreation..... 26</p> <p>Cinema, Senior 12</p> <p>Cippy MacDougall, Reprise--In Memoriam:..... 30</p> <p>Clear Conversations 14</p> <p>COA Meeting 11</p> <p>Computer Sessions, One-on-One 28</p> <p>Concert, Brookline Music School 3</p> <p>Concert, Russian Tea Room 3</p> <p>Dance and Movement, Modern..... 10</p> <p>Decorators, Senior Center 5</p> <p>Director, From the 9</p> <p>ELF..... 7</p> <p>Elks Holiday Dinner (with Collective Measures entertaining) 3</p> <p>Elks Lodge 886, Thank you 30</p> <p>Fitness Center..... 10</p> <p>Food Distribution Site, Senior Center..... 11</p> <p>French Conversation..... 21</p> <p>Fuel Assistance 21</p> <p>Gallery, At the..... 15</p> <p>Geriatrician, Ask a..... 22</p> <p>Goddard House Lecture/Dinner 14</p> <p>Green Homes Weatherization Workshop..... 24</p> <p>Handicapped Access..... 14</p> <p>Hazardous Stuff, Disposal of..... 28</p> <p>Health Page, The (Ask a Nurse, Podiatry Clinic, Low Vision Group, Blood Pressure Screenings, Flu Clinic, Shingles)..... 6</p> <p>Holiday Happenings..... 1</p> <p>Holidays, December..... 3</p> <p>January, Starts in—SAVE THE DATES (The Senior Citizen Police Academy, Zumba Gold) 25</p> <p>LGBT Meeting..... 12</p> <p>Luncheon Specials for December 17</p> <p>MBTA Senior Access Passes 28</p> <p>Medicare and Prescription Drugs 7</p> <p>Meet Me at Coolidge...and Make Memories 12</p>	<p>Movies for Film Lovers 13</p> <p>Ongoing Senior Center Events..... 19</p> <p>Open House, New Year’s (with John O’Neill concert)..... 4</p> <p>PARC Program, The 10</p> <p>Parkinson Disease Support Group 10</p> <p>Poem by Lila Sesholtz 19</p> <p>Reiki Therapy 28</p> <p>Renewal and donation forms (Support the Senior Center)..... 31</p> <p>Resource Guide, Elder..... 1</p> <p>Senior Center Events, Ongoing..... 19</p> <p>Senior Chorus and Check Presentation 25</p> <p>Senior Scene 4</p> <p>Senior Services (BETS, BLAB, File of Life, HELP, JOBS, SNAP, SHINE, Social Security) 8</p> <p>Social Security Offices, New Hours and Information for 9</p> <p>Spanish Immersion 29</p> <p>Springwell Nutrition Program (menus) 16-17</p> <p>Storytelling, Holiday 4</p> <p>Subscription Renewal Notice 21</p> <p>Suggestions 21</p> <p>Tax Exemptions..... 5</p> <p>Thank You!..... 30</p> <p>Theater Club 27</p> <p>Toy Drive 11</p> <p>Travel, Easy..... 5</p> <p>Vacation in December, On 24</p>
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<p>The Town of Brookline Senior News & Events BROOKLINE COUNCIL ON AGING (COA)</p>
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DECEMBER HOLIDAYS

The Senior Center will be open every weekday in December except for **Tuesday, December 25**. We will be celebrating all month, however, with something for everyone.

Chanukah starts on Sunday, December 9. The Winter Solstice (the shortest day of the year) falls on Friday, December 21; Festivus (for the rest of us) is on Sunday, December 23; and Kwanzaa comes on Wednesday, December 26.

And if that is not enough for you, celebrate National Roof Over Your Head Day on Monday, December 3; Repeal Day (the day Prohibition ended) on Wednesday, December 5; Ice Cream Day on Tuesday, December 13; and National Maple Syrup Day on Monday, December 17.

And on Friday, December 21 the Mayan Calendar Ends. But never fear, this same day is also Look on the Bright Side Day, Forefather's Day, and Humbug Day.

Monday, December 24 is National Chocolate Day AND National Egg Nog Day – followed by (what else?) National Bicarbonate of Soda Day on Sunday, December 30.

So live it up. Enjoy, enjoy. Don't be blue. Remember that 2013 is coming at the end of this month, and it just has to be better than 2012, doesn't it?



ELKS HOLIDAY DINNER

Come to the Senior Center on **Saturday, December 1, at 1:00 pm** for the annual holiday dinner presented by Brookline Elks Lodge 886. Collective Measures, an a cappella group, will entertain with a mix of holiday songs including some old-time favorites. Call 617-730-2770 to reserve your place so you can enjoy the turkey-with-all-the-trimmings dinner.

BROOKLINE MUSIC SCHOOL CONCERT

On **Wednesday, December 5, at 1:00 pm**, Valerie Ross, pianist, and Aubrey Burdick, violinist, will perform in the first Brookline Music School



Valerie Ross

concert of the season at the Senior Center. The performance is free and no reservations are required.



Aubrey Burdick

Valerie and Aubrey are both graduates of the Longy School of Music. They often collaborate for performances. Valerie is also on the faculty of the Brookline Music School.

Everyone is invited to this free concert cosponsored by the Brookline Music School and the Senior Center. No reservations are required.

RUSSIAN TEA ROOM CONCERT

On **Thursday, December 20, at 1:30 pm**, tal-



Tanya Shrago

ented duet Tanya Shrago and Shizue Sano will perform piano music of great composers of the 19th and 20th century:



Shizue Sano

Frenchmen Gabriel Fauré and Claude Debussy, Russian Peter Tchaikovsky, and American Samuel Barber. This concert is free, and no reservations are required.

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HOLIDAY STORYTELLING

On **Wednesday, December 19, at 1:00 pm**, storyteller Marthajoy Aft will be at the Senior Center to take a nostalgic walk through December and share her favorite winter stories and songs. Marthajoy Aft has told stories throughout the Boston area, and in California, Florida, and Nevada as well. She holds a Master's degree in Jewish Communal Service and most recently was a Consultant at the Boston Bureau of Jewish Education.



Joining Marthajoy is Esther Keaney, who comes from a family of musicians and has had the joy of playing music most of her life. She will offer selections of winter music. Esther is also a mother and grandmother and runs a bookkeeping service for small businesses.

Finally, as a special treat (though an integral part of the program, the audience will be invited to share their special memories.

This program is free, and no reservations are required.

NEW YEAR'S OPEN HOUSE

Mark **Friday, December 28**, on your calendars so that you don't miss the New Year's Open House at the Senior Center to celebrate the end of 2012 and the beginning of 2013. **From 2:00 to 3:00 pm**, John O'Neill and a children's choir will give a nostalgic concert—*Home for the Holidays*. Join them as they take you on a sleigh ride of songs and memories of the holiday season from Thanksgiving through New Year's Eve.



Then from **3:00 to 4:00 pm** socialize with friends and peers and enjoy some light refreshments. This program is also free with no reservations required.

MODERN BEADING WORKSHOP

This workshop for both beginners and experienced beaders will meet at the Senior Center on **Wednesday, December 19, at 1:30 pm**. Marge Harvey will be on hand to instruct and help you.



You will learn modern techniques of beading using thin Soft Flex and crimps. Combine old beads and broken strands for new and interesting designs. Make earrings, necklaces, and bracelets for yourself and as last-minute holiday gifts for family and friends.

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

SENIOR SCENE

The *Senior Scene* program on Elderlaw Solutions (wills, health-care proxies, trusts, etc.), featuring attorney Matthew Marcus, Esq., partner at Colucci, Colucci, Marcus, and Slavin, PC, and financial planner Peter Fredericksen, MBA, vice president at Bank of Canton Life Solutions, continues through December.

Senior Scene airs on BATV on Thursdays at 7:00 pm and repeats on Fridays (1:00 pm) and Sundays (7:30 pm).

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Cruise up the coast of Maine and into the Bay of Fundy with Judith Gimple as your tour guide. Visit picturesque coastal villages, the Hopewell Rocks in the Bay of Fundy, and Campobello Island and encounter puffins, eagles, and other Atlantic inhabitants on **Thursday, December 6 at 1:30 pm.**



SENIOR CENTER DECORATORS

Join this fun crafting group on **Mondays, December 3 and 10, from 1:00 to 3:00 pm** and help make stars and stripes for the Fourth of July, goblins for Halloween, snowmen for Christmas, and much more—all to adorn the walls of the Senior Center.

TAX EXEMPTIONS

Once more tax time is approaching so Sandy Spector will be at the Senior Center on **Monday, December 10, from 11:15 am to 1:00 pm**, to offer tax exemption information for seniors.

BOC LIFE SOLUTIONS

Join the Bank of Canton (BOC) Life Solutions group on **Monday, December 10, from 1:00 to 2:00 pm** at the Senior Center to learn about how you can benefit from their new suite of estate planning and asset protection services. BOC Life Solutions Assistant Vice President Peter Fredericksen and attorney Matthew Marcus, Esq., will address such questions as: Who needs an estate plan? What are the benefits of trusts? Can you protect yourself against nursing home costs?

This program is free of charge but space is limited so registration is required. To register, call 617-730-2770. Light refreshments will be served.

Note that Bank of Canton and BOC Life Solutions are not tax or legal advisors.

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Ask a Nurse A nurse from the Greater Medford Visiting Nurse Association will visit the Senior Center on the **first Thursday of each month**—this month that means **December 6—at 11:00 am** to help you with your health questions. For more information, call 781-396-2633.

Podiatry Clinic Routine foot care with Dr. John McLaughlin is available at the Health Clinic at the Senior Center on **Mondays, December 3, 17, and 31 and January 7 from 9:00 am to 12:00 noon**. Sessions, which last 15 minutes each, cost \$30. Appointments are required. Call 617-730-2777.

at the Senior Center on **Thursday, December 20, from 9:00-10:30 am**, and she will also provide blood pressure screenings:

- On **Wednesday, December 5**, at the BPHD building at 11 Pierce St., **from 2:00 to 3:00 pm**
- On **Wednesday, December 12**, at Sussman House, 50 Pleasant St., **from 1:00 to 2:00 pm**
And Megan Cheung, a nurse from the Greater Boston Chinese Golden Age Center will do blood pressure screenings at the Senior Center on **Monday, December 17**, during the Chinese programs—**from 2:30 to 3:30 pm**.



Low Vision Group This peer-led support group for individuals with limited eyesight will meet at the Senior Center on **Wednesday, December 19, from 1:00 to 2:30 pm**.

Blood Pressure Screenings

The nurse from the Brookline Health Care Center will provide blood pressure screenings at the Senior Center on **Monday, December 3, from 1:00 to 2:00 pm**.

Barbara Westley, the nurse from the Brookline Public Health Department (BPHD), will be



Flu Clinic The BPHD will hold its last free Flu Clinic for this season **at the BPHD building from 4:00 to 6:00**

pm on Tuesday, December 4. Remember to bring all your health insurance records with you and to wear loose-sleeved clothes.

Shingles is a painful skin condition. Immunization is highly recommended for those aged 60 or over especially if you ever had chicken pox.

You can get the vaccination from your primary care physician and at many pharmacies. Call your primary care office or your pharmacist for more information.

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

The Health Page is sponsored by
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MEDICARE AND PRESCRIPTION DRUGS

For many Medicare plans, the pharmacy you use can make a big difference in the cost of your drugs! All Medicare drug and Medicare Advantage plans (HMOs and PPOs) have network pharmacies. Most pharmacies accept most plans. But if your pharmacy isn't in your plan's network, your drugs will not be covered. If you find that your pharmacy does not accept your plan, switch to one that does.

This year about half of the Medicare drug plans have preferred pharmacies in addition to network pharmacies. And if your plan has preferred pharmacies, you may save money by using those pharmacies. By using them, your prescription drugs may cost much less. There are plans where a drug may cost nothing at a preferred pharmacy, whereas the same drugs might cost \$7 at a nonpreferred pharmacy.

Some plans also offer a mail-order program that allows you to get up to a 90-day supply of your covered prescription drugs sent directly to your home. This is sometimes a cheaper and easier way to fill your prescriptions.

Time is getting short! *The Medicare Open Enrollment Period ends on Dec. 7!* Be sure you order your supplemental health and Part D medication insurance plans for 2013 by Dec. 7!

ELF

When you are using your walker, do you ever find that your hands may be full or that you would like to transport something small from one place to another? The Equipment Loan Fund (ELF) program has a stock of baskets that clip onto a standard walker.



Contact Karin Wannamaker at 617-730-2753 to borrow or donate an item. Because of space limitations and other guidelines, ELF cannot accept all items. Be sure to call ahead and speak to Karin before dropping items off.



Trained SHINE (Serving Health Information Needs of Elders) volunteers offer free, confidential counseling on all aspects of health insurance to anyone on Medicare. There are no more appointments available at the Senior Center, so call the Callahan Center at 508-532-5980 and at the message press 4120. Leave your name and phone number, and someone will contact you in a couple of days. They have SHINE phone appointments as well as office appointments.

You can also call 1-800-633-2273, to connect to the Medicare Customer Service Center. Representatives are available 24/7 to help callers choose a drug plan. Or you can go to the Medicare web site—www.medicare.gov—for help.

And last but not least, Part D help is available at the MCPHS Pharmacy Outreach Program (formerly MassMedLine) at 1-866-633-1617.

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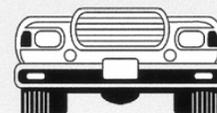
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SENIOR SERVICES

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

BETS (Brookline Elder Taxi System), the cab discount program that allows income-eligible Brookline residents over 60 to buy up to five (5) coupon books a month at a 50% discount (\$25 a month yields \$50 worth of cab rides as each coupon book has 10 coupons each worth \$1 and a book costs \$5.).

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

If you want to apply for the first time, or be recertified, for the BETS program, bring your 2011 income tax returns when you meet with Alicia. If you do not have to file tax returns, check with Alicia before you come in about what documentation you will need to bring. (All riders must be recertified every year in order to be able to buy BETS coupon books.) Eligibility requirements: An individual's maximum annual income cannot exceed \$45,500; a couple's, \$52,000.

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

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

BLAB The Brookline Legal Assistance Bureau volunteer lawyer will be at the Senior Center to consult with legal expertise on matters of law as well as information and referrals on **Wednesday, December 5, from 9:00 am to 12:00 noon**. This service is offered free of charge, and no appointment is needed.

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

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

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

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

SHINE counselors Sonia Wong, Ed Levin, and Sybil Levisohn are on hand at the Senior Center to help individuals explore their health-insurance options. For an appointment with a SHINE counselor, call 617-730-2777. (See p. 7 for more open enrollment and SHINE information.)

There is no longer a **SOCIAL SECURITY** Contact Station at the Senior Center. (See p. 9 for new Social Security information.)

NEW HOURS AND INFORMATION FOR SOCIAL SECURITY OFFICES

Effective November 19, all Social Security offices will be open to the public Monday through Friday from 9:00 am to 3:00 pm – a reduction of 30 minutes each weekday. In addition, beginning January 2, offices will be closed to the public at noon every Wednesday.

While agency employees will continue to work their regular hours, this shorter public window will allow them to complete face-to-face interviews and process claims work without incurring overtime costs. The significantly reduced funding provided by Congress under the continuing resolution for the first six months of the fiscal year makes it impossible for the agency to provide the overtime needed to handle service to the public as in the past.

Most Social Security services do not require a visit to a local office. Many services, including applying for retirement, disability or Medicare benefits, signing up for direct deposit, replacing a Medicare card, obtaining a proof of income letter or informing Social Security of a change of address or telephone number, are conveniently available at www.socialsecurity.gov or by dialing the toll-free Social Security number – 1-800-772-1213. People who are deaf or hard of hearing may call the TTY number, 1-800-325-0778. Many social security online services also are available in Spanish at www.segurosocial.gov.

FROM THE DIRECTOR

“Not he who has much is rich, but he who gives much.”

Erich Fromm, psychoanalyst and author (1900-1980)

Statistics show that more than half of all charitable giving takes place between Thanksgiving and the new year. This holiday season, I am especially grateful for all your generosity. Our seniors give their time, energy, and money to keep the Brookline Senior Center a welcoming haven for our community’s elders.

I know that many of you share this vision, and I hope that you will consider a holiday gift to the Senior Center. Please know that no matter whether it is a few dollars or a large gift all donations are appreciated and will be well used.

We are still collecting in memory of Cippy MacDougall and are now close to the \$3000 mark. Please make your donation today. My staff thrilled me by making a generous donation in memory of Cippy in honor of Boss’s Day.

I want to invite everyone to come celebrate the holidays at the Senior Center. There is an abundance of riches to be enjoyed. I hope to see you all here, and feel free to invite a friend.

In addition, my holiday wish to all is that no one ever goes to bed cold, hungry, or lonely, and I am convinced in this remarkable Town—with your help—we can ensure that all our seniors are warm, well fed, and befriended. Peace to all.

Ruthann Dobek, Director

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PARKINSON DISEASE SUPPORT GROUP

Come to the **December 7** meeting from **1:00 to 2:30 pm** at the Senior Center. This month, guest speaker Ruth Beckerman-Rodau will give an overview on how to access resources within the community. Ms. Beckerman-Rodau is the Assistant Director at Springwell, a private nonprofit agency that has been creating, managing, and coordinating services for seniors, individuals with disabilities, and caregivers for over 30 years. There will be time for questions. Friends, family members, and care partners are welcome. We hope to see you there!

This program is cosponsored by the Council on Aging and the American Parkinson Disease Association. For more information, contact Vanessa Blais at 617-638-7729 or vblais@bu.edu.



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 meets next on **Friday, December 14**. Call group leader Elaine Yanowitz at 617-730-2751 for additional information.

The evening group will meet on **Thursday, December 27**—call Susan Kanian-Andriole at 617-730-2754 for time and for other information. This group is full at the moment. However, Susan will be happy to put you on the waiting list or give you a referral to another local group.

FITNESS CENTER

Members of the Fitness Center can still take advantage of the weekly drop-in classes that are offered:

- *Flexibility and stretching* on **Mondays from 10:00 to 10:30 am, Tuesdays from 4:00 to 4:30 pm, and Wednesdays from 2:30 to 3:00 pm**
- *Balance* on **Mondays from 10:30 to 11:00 am, 3:00 to 3:30 pm, and Thursdays from 3:30 to 4:00 pm**
- *Hand exercises* for dexterity and strength on **Fridays from 10:00 to 10:30 am**

And beginning in December: *Chinese Exercises for Health and Rejuvenation* on **Tuesdays from 2:00 to 3:00 pm**.

MODERN DANCE AND MOVEMENT

Lynn Modell's popular workshop will meet on **Fridays, December 7 and 14, at 3:30 pm** at the Senior Center. This is a great way to exercise and have fun at the same time...and for only \$2 per session.

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.

Eligibility criteria:

- You must be a Brookline resident, or a
- Caregiver for a Brookline resident and be/have a
- Caregiver who drives, whose working time exceeds 2 hours at a time or involves working overnight

For more information and help in navigating the PARC process, call 617-730-2752.

SENIOR CENTER FOOD DISTRIBUTION SITE

Remember that there is free food distribution at the Senior Center **every Tuesday from 1:00 to 3:30 pm**. Hours vary slightly depending on when the food arrives and when it has all been distributed. Get a number in the coffee lounge. **Do not** go down to the basement until your number is called. (Note that there will be no food distribution on December 25 as the Senior Center will be closed.)

A variety of food is available at the site—many choices of bread and rolls and lots of produce. And you might just find some wonderful soups, specialty salads, and sandwiches. A varied group of offerings is always available.

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

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

TOY DRIVE

For the 18th year, the Town is sponsoring a collection of holiday gifts for disadvantaged Brookline children. If you would like to donate to this worthy undertaking, leave new toys unwrapped in the designated box under the holiday tree at the Senior Center **by Thursday, December 20**.



You can also leave gifts in the Mailroom/Print Shop Hallway at Town Hall, on the first floor of the Brookline Public Health Department building, and on the 1st floor of the Public Safety Building (the Police Department).

For more information, call the Town Counsel's office at 617-730-2190 or Tim Sullivan at 617-730-2186.





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COA MEETING

The Council on Aging (COA) board will meet on **Wednesday, December 12, at 1:00 pm** at the Senior Center. Everyone is encouraged to attend as there will be a very special speaker—Dr. Darria Long Gillespie (BIDMC emergency room physician and Harvard Medical School instructor) who will address the current prescription drug abuse epidemic. In 2008, deaths from misused prescription drugs were higher than deaths from automobile accidents. And bathroom medicine cabinets are holding the supply of drugs.

In just four years, emergency room visits for nonmedical use of painkillers like Percocet, Oxycontin, and Vicodin have **doubled**. Dr. Gillespie will talk about this growing epidemic and will give practical ideas and advice on how to avoid the abuse of prescription drugs in your household.

BU AGING STUDY

- Healthy Adults: Age 65 and up
- Good or Corrected to Normal Vision (May Wear Glasses)
- Computerized Visual Task
- \$ 8 per visit (hour)
- Please contact Li-Hung Chang at **617-410-6998** for more information.



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

MEET ME AT THE COOLIDGE... AND MAKE MEMORIES

On **Thursday, December 13, from 10:00 am to 12:00 noon**, come to the Coolidge Corner Cinema and



experience this interactive film program accessible for all. *Meet Me at the Coolidge...and Make Memories* is a one-of-a-kind film experience, designed specifically for seniors and for people with memory loss and their care partners. Short clips from classic films are shown, followed by audience discussion and reminiscence, guided by a moderator.

This program demonstrates how film can be a form of treatment for some of the symptoms associated with memory loss and related dementia. Cinema has the power to connect us with our deep-rooted emotional memories—the kind that never leave us. For more information and to RSVP, contact Dee Brenner at 781-844-4671 or Brenner@artzalz.org. Admission and refreshments are complimentary, and there is free parking behind the cinema.

This series is graciously supported by The I'm Still Here Foundation, Brookline Community Foundation, The Llewellyn Foundation, and The Jame B. Cook 1992 Charitable Trust.

LGBT MEETING

This month's meeting at the Senior Center on **Thursday, December 13, at 3:00 pm** features *Happy Holidays*, a comedy about Alden, Kirby, and Patrick—three childhood friends—who reunite in their Connecticut hometown over the holidays. The film revolves around Patrick—an atheist living in his childhood home and the only *openly* gay man in town. It is a comedy of growing up, growing apart, and then coming back together.

There will be coffee and conversation after the film. The film is free and no registration is required. For more information, Call Sharon at 617-730-2769 or Karin at 617-730-2753.

SENIOR CINEMA

You can also see free movies at the Coolidge Corner branch of the Library **every Thursday**. There are **refreshments at 1:00 pm**, and the **movie starts at 1:30 pm**. December's lineup is:

December 6

Moonrise Kingdom (2012) 94 min.
This drama follows the frantic search that ensues in a small New England town when two 12-year-olds fall in love and run away together. The cast includes Bruce Willis, Edward Norton, and Bill Murray.

December 13

Wonder Boys (2000) 107 min.
This slice of life centers on unraveling English professor Grady Tripp (Michael Douglas), who's forced to confront his writer's block, fear of aging, and irresponsibility as he watches a student (Tobey Maguire) surpass him. Meanwhile, he contends with the consequences of an affair and fends off the advances of a young boarder (Katie Holmes).

December 20

Christmas in Connecticut (1945) 102 min.
Barbara Stanwyck plays Elizabeth Lane, a magazine columnist who touts herself as a blissful wife, mother, and expert homemaker living on an idyllic Connecticut farm. Trouble is, it's all a lie. When her publisher (Sydney Greenstreet) cooks up a scheme to boost circulation by having Elizabeth entertain a war veteran (Dennis Morgan) on Christmas Eve, her charade unravels.

December 27

Holiday (1938) 95 min.
Engaged to wealthy Julia Seton (Doris Nolan), freethinker Johnny Case (Cary Grant) discovers that her family wants to remake him into their idea of the perfect son-in-law—and he's beginning to consider compromising his values. But as he gets to know Julia's headstrong sister (Katharine Hepburn), he realizes he has more in common with her.

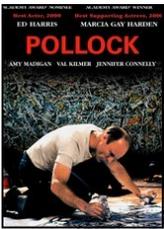
MOVIES FOR FILM LOVERS

Every Tuesday in December (except, of course, December 25, when the Senior Center is closed) at 1:00 pm. enjoy a first-class film at the Senior Center.



December 4
My Afternoons with Marguerite
(2010) 82 min.

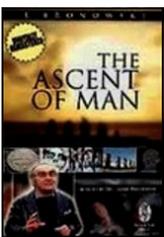
An illiterate handyman named Germain (Gérard Depardieu) befriends Margueritte (Gisèle Casadesus), a highly educated 95-year-old woman. The two couldn't be more different, with the oafish Germain bewildered by the literature that gives Margueritte such pleasure. Slowly the two form an unusual and intense bond, leading them to a greater understanding of their place in the world, and in each other's lives.



December 11
Pollock (2000) 122 min.

This riveting biopic follows abstract painter Jackson Pollock (played by Ed Harris)—who's alternately neurotic, misogynistic and brilliant—from the start of his career through his marriage to fellow artist Lee Krasner (played by Marcia Gay Harden), a union tested by his adultery and alcoholism.

December 18



The Ascent of Man
(1972) Disc 3

This disc includes two episodes of this prestigious BBC television series narrated by Jacob Bronowski that traces human development from the dawn of evolution and the creation of rudimentary tools to the rise of technology and the computer age. The two episodes on this disc are "Grain in the Stone" and "The Hidden Structure."

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(1-800-AGE-INFO)



DECEMBER AT A GLANCE*

Saturday, December 1

1 pm Elks Holiday Dinner***

Monday, December 3

9 am-12 noon Podiatry Clinic***

1-2 pm Blood pressure screening with nurse
from Brookline Health Care Center

1-3 pm Senior Center Decorators

Tuesday, December 4

1 pm Movie for Film Lovers—"My Afternoons
with Marguerite"

4-6 pm Free Brookline Flu Clinic at Brookline
Public Health Department (BPHD) building*

7-8:30 pm Green Homes Weatherization Work-
shop at the Coolidge Corner Branch Library*

Wednesday, December 5

9 am-12 noon BLAB lawyer

1 pm Brookline Music School Concert—Valerie
Ross (piano) and Aubrey Burdick (violin)

2-3 pm Blood pressure screening with Barbara
Westley, nurse from the BPHD at the BPHD
building*

Thursday, December 6

11 am Ask a Nurse

1 pm Senior Cinema—"Moonrise Kingdom" at
the Coolidge Corner Branch Library*

1:15-2:15 Beginning Spanish***

1:30 pm Easy Travel with Judith Gimple to
coastal Maine and the Bay of Fundy

6-7:30 pm Elder Veterans' Lecture/Dinner at
Goddard House* & ***

Friday, December 7

MEDICARE OPEN ENROLLMENT PERIOD
ENDS!

1-2:30 pm Clear Conversations***

1-2:30 pm Parkinson Disease Support Group

3:30 pm Modern Dance and Movement

Monday, December 10

11:15 am-1 pm Tax Exemption information with
Sandy Spector

1-2 pm BOC Life Solutions

1-3 pm Senior Center Decorators

Tuesday, December 11

1 pm Movie for Film Lovers—"Pollock"

Wednesday, December 12

1 pm COA meeting—Dr. Darria Long Gillespie
on prescription drug abuse

1-2 pm Blood pressure screening with Barbara
Westley, nurse from BPHD, at Sussman
House

Thursday, December 13

10 am-12 noon Meet Me at the Coolidge...and
Make Memories at the Coolidge Corner
Theatre*

1 pm Senior Cinema—"Wonder Boys" at the
Coolidge Corner Branch Library*

1:15-2:15 pm Beginning Spanish***

3 pm LGBT meeting—movie "Happy Holidays"

Friday, December 14

Last day to donate gifts for the Allston Soup
Kitchen

10:30 am Senior Chorus performance and Check
Presentation

3:30 pm Modern Dance and Movement
Afternoon Alzheimer's Caregivers Support
Group—call for time

Saturday, December 15

6:30 am-11 pm Brookline Rec New York City
Holiday trip* & ***

Sunday, December 16

2 pm Theater Club excursion to "Pippin" in
Cambridge* & ***

Monday, December 17

9 am-12 noon Podiatry Clinic***

2-3 pm Putterham Book Discussion Group—
"Light a Penny Candle" by Maeve Binchy

2:30-3:30 pm Blood pressure screening with
Megan Cheung, nurse from the Greater Bos-
ton Chinese Golden Age Center

Tuesday, December 18

9-10 am Public Issues Nonfiction Book Discus-
sion Group—"That Used to Be Us: How
American Fell Behind in the World It
Invented and How We Can Come Back" by
Thomas L. Friedman and Michael
Mandelbaum

12 noon Holiday Special and Birthday Lunch***

1 pm Movie for Film Lovers—"The Ascent of Man" Disc 3

Wednesday, December 19

1 pm Holiday Storytelling with Marthajoy Aft

1-2:30 pm Low Vision Group

1:30 pm Modern Beading Workshop

Thursday, December 20

Last day to donate toys to the Town Toy Drive

9-10:30 am Blood pressure screening with Barbara Westley, nurse from the BPHD

1 pm Senior Cinema—"Christmas in Connecticut" at the Coolidge Corner Branch Library*

1:30 pm Russian Tea Room Concert—Tanya Shrago and Shique Sano (pianists)

Friday, December 21

12:30-4 pm Brookline Rec excursion to "The Nutcracker"

Tuesday, December 25

Christmas Day. Senior Center is closed.

Thursday, December 27

1 pm Senior Cinema—"Holiday" at the Coolidge Corner Branch Library*

Evening Alzheimer's Caregivers Support Group—call for time

Friday, December 28

2-4 pm New Year's Open House with John O'Neill and a children's choir

Monday, December 31

9 am-12 noon Podiatry Clinic***

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

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

***Registration, appointments, or reservations required.

*Is forgetting part of being old?
It's not serious, so I'm told.
What's important you won't forget,
Other things—have no regret.
Sooner or later you'll recall.
Or else, it doesn't matter at all.*

Thoughts by Lila Sesholtz
10 October 2012

ONGOING SENIOR CENTER EVENTS

Monday

am One-on-One Computer Sessions

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

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

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

12 noon-4 pm BETS

1 pm Mah jongg/Scrabble

1-3 pm Reading the Book of Genesis**

2-4 pm Open computer lab

2:30-4:30 pm Chinese programs

Tuesday

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

10 am Flexibility, Resistance Training, and Balance Exercise

10:15 am Brookline Bees, Quilters

12 noon French Conversation

12 noon-4 pm BETS

1-3:30 pm Food distribution (hours are approximate)—not on December 25

1 pm Bingo

1 pm Movies for Film Lovers—no movie on December 25

2-3 pm Chinese Exercises for Health and Rejuvenation for Fitness Center members***

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

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

pm One-on-One Computer Sessions***

Wednesday

9-10 am Living Our Values

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

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

10:30 am Retired Men's Club

12 noon-4 pm BETS

12:30 pm Bridge

12:30-3 pm Reiki Therapy***

2-4 pm Open Computer Lab

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

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

Thursday

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

9:30-11:30 am Drawing for Pleasure—Drawing and Watercolor***

9:30-11:45 am Drawing for Pleasure—Figure Drawing***

10:30-11:30 am Arthritis Exercise Class***

10:30 am and 1:30 pm Knit and Crochet

12:30 pm Mah Jongg (US)

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

2:30-3:30 pm Spanish Conversation Group***

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

Friday

9 am Bridge

9:30 am Solemates, Walking Group

10 am-3 pm Fitness Center open—membership required

10 am Project Volunteer

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

10:30 am Current Events Discussion Group

10:30 am Senior Chorus

10:30 am-1 pm South Brookline Senior Social

12:30-2 pm Basic Computer for Spanish-speaking Seniors***

12:45-4:30 Mah Jongg (Chinese)

1-2 p Meditation in Movement

GODDARD HOUSE LECTURE/DINNER

Do you know that veterans and/or their surviving spouses may be entitled to a cash Veterans' Aid and Attendance Benefit that will help pay for assisted living and other medical expenses? To learn more about this important, and little-known VA benefit and more, elder veterans and their families are invited to Goddard House in Brookline on **Thursday, December 6, from 6:00 to 7:30 pm** for dinner and a lecture. An "all-American" dinner will be served.

RSVP to Lance Chapman at 617-285-0129 or lchapman@goddardhouse.org.

CLEAR CONVERSATIONS

Do you ever feel rushed during a doctor's visit? Do you leave confused or wishing you had asked more questions? If the answer to either or both of these questions is yes, come to this workshop on **Friday, December 7, from 1:00 to 2:30 pm** at the Senior Center. Learn ways to talk with your health-care provider so when you leave the visit, you have the information you need to take the best care of your health.



Cartoon from *chronic curve.tumblr.com*

As part of this exciting program, there will be a role play between Linda MacIntosh, the program facilitator, and Dr. Peter Stringham.

Since space is limited, reservations are required. For more information or to register, call 617-730-2770.

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.



Bed, Breakfast & Beyond

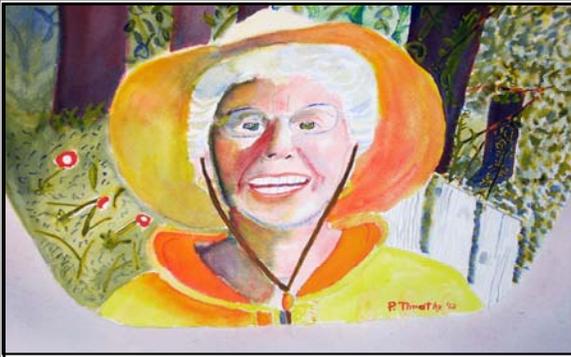
Our new Bed, Breakfast and Beyond program lets Mom or Dad "try us out" for a few weeks in a furnished apartment at Goddard House Assisted Living in Brookline.

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

For a taste of Goddard House call Lance Chapman 617.731.8500 x105 or go to www.goddardhouse.org.
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The Senior Center cordially
invites you to
As the Paint Meets the Water
a group exhibit of watercolor artists
from Vanessa Irzyk's
ARTreach
painting and drawing class.

**AT THE
GALLERY**

Through
Monday, December 31

8:30 am to 5 pm

Monday through Friday

(Above—left to right: Pat Timothy, Olga
Goldus, Natasha Rutkevich.

Below—left to right: Elana Khanina,
Millicent Holder, Lyudmila Rudyakov)



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DECEMBER 2012

617-730-2770

MONDAY	TUESDAY	WEDNESDAY
<p>3) Beef Stew, Peas, Multigrain Bread OR Seafood Salad w/Lettuce Leaf, Tri Color Pasta Salad, Carrot Pineapple Salad, Rye Bread Mandarin Oranges</p>	<p>4) Italian Vegetable Soup Penne Pasta w/Meatballs & Tomato Sauce, Parmesan Cheese, Riviera Vegetable Blend, Whole Wheat Bread OR Chef Salad w/Turkey, Cheese & Egg, Lite Italian Dressing, Corn Salad, Wheat Roll Vanilla Pudding</p>	<p>5) Chicken Marsala w/Sauce, Collard Greens w/Onions, Rice Pilaf, Tossed Garden Salad w/Lite Dressing, Cornbread Loaf OR Roast Beef w/American Cheese, Lite Mayo, Lettuce Leaf, German Potato Salad, Beet Salad, Oat Grain Bread Pears</p>
<p>10) Lentil Stew, Spinach & Mushrooms, Whole Wheat Dinner Roll OR ***Ham w/American Cheese, Mustard, Lettuce Leaf, English Pea Salad, Carrot Pineapple Salad, Bulkie Roll Vanilla Cake w/Chocolate Frosting</p>	<p>11) Corn Chowder Salmon Boat w/Lemon Dill Sauce, Mashed Potatoes, Diced Beets, Oat Grain Bread OR Egg Salad w/Lettuce Leaf, Potato Salad, Spinach Mandarin Orange Salad, Lite Italian Dressing, Pumpnickel Bread Peaches</p>	<p>12) Sloppy Joe on Hamburger Bun, Baked Beans, Cole Slaw OR Tuna Salad w/Lettuce Leaf, Tossed Garden Salad, Lite Italian Dressing, Pasta Salad w/Cheese, Wheat Bread Tapioca Pudding</p>
<p>17) Minestrone Soup Stuffed Pepper w/Tomato Sauce, Creamy Parmesan Polenta, Zucchini, Oat Grain Bread OR Egg Salad w/Lettuce Leaf, German Potato Salad, Tomato Red Pepper Salad, Whole Wheat Bread Apricots</p>	<p>18) <u>Holiday Special and Birthday Lunch</u> Baked Chicken Breast w/Gravy Apple Raisin Stuffing Roasted Root Vegetables Cinnamon Dinner Roll Boston Cream Cup</p>	<p>19) Mushroom Barley Soup Beef Stroganoff w/Noodles, Brussels Sprouts, Snowflake Dinner Roll OR Chicken Salad w/Lettuce Leaf, Potato Salad, Broccoli & Tomato Salad, Hamburger Roll Pistachio Pudding</p>
<p>24) Tomato Fish Stew w/Ditalini Pasta, Caesar Salad, Lite Creamy Italian Dressing, Corn Bread OR ***Ham w/American Cheese, Mustard, Lettuce Leaf, Carrot Raisin Salad, Macaroni Salad, Pumpnickel Bread Cranberry Bread Pudding</p>	<p>25) Christmas Day  Senior Center is closed. No meal service.</p>	<p>26) ***Hot Dog, Ketchup/Mustard/Relish, Baked Beans, Cole Slaw, Hot Dog Roll OR Egg Salad w/Lettuce Leaf, Macaroni Salad, Broccoli & Tomato Salad, Multigrain Bread Peaches</p>
<p>31) Corn Chowder Beef Burgundy, Buttered Noodles, Broccoli & Cauliflower, Whole Wheat Roll OR Tuna Salad w/Lettuce Leaf, Beet Salad, Garden Shell Pasta Salad, Multigrain Bread Fruited Jello</p>	<p>All meals include 8 oz. of 1% milk and margarine. All soups come with crackers. Low sugar desserts are available, and need to be ordered with the site manager.</p> <p>***Higher Sodium Content Menu subject to change \$1.75 suggested donation</p> <p>For meal reservations on Monday, call the previous Friday by 11:00 am. For meal reservations on Tuesday through Friday, call the previous day by 11:00 am.</p> <p>Please note that the only foods that can be taken from the dining site are fresh fruit, unopened milk, wrapped bread, and baked desserts. These rules, which come from the Massachusetts Executive Office of elder Affairs, are for your safety and well-being. If you have questions, contact Springwell at 617-826-4100.</p>	

LUNCHEON SPECIALS FOR DECEMBER

THURSDAY	FRIDAY
6) Vegetable Orzo Soup Vegetable Cheese Quiche, Lyonnais Potatoes, Broccoli & Cauliflower Marinara, Oat Grain Bread <p style="text-align: center;">OR</p> Turkey w/Provolone Cheese, Lite Mayo, Potato Salad, Cole Slaw, Pumpernickel Bread <p style="text-align: center;">Carnival Cookie</p>	7) Florentine Soup Tuna Noodle Casserole, Green Beans & Carrots, Snowflake Dinner Roll <p style="text-align: center;">OR</p> Egg Salad w/Lettuce Leaf, Orzo Vegetable Salad, Garden Salad w/Lite Italian Dressing, Rye Bread <p style="text-align: center;">Fresh Fruit</p>
13) Chicken Consommé w/Vegetables Cheese Lasagna w/Meatball & Tomato Sauce, Parmesan Cheese, Broccoli & Cauliflower, Whole Wheat Bread <p style="text-align: center;">OR</p> Chef Salad w/Turkey, Cheese, Egg, Lite Italian Dressing, Corn Salad, Apple Cinnamon Muffin <p style="text-align: center;">Mixed Fruit Compote</p>	14) Cream of Tomato Soup Greek Chicken w/Sauce, Wild Rice, Butternut Squash, Pumpernickel Bread <p style="text-align: center;">OR</p> Chicken Salad w/Lettuce Leaf, Potato Salad, Riviera Salad, Oat Grain Bread <p style="text-align: center;">Fresh Fruit</p>
20) Italian Vegetable Soup Fish Sticks w/Lemon Butter Sauce, Tartar Sauce, Whipped Sweet Potatoes, Green & Waxed Beans, Multigrain Bread <p style="text-align: center;">OR</p> Turkey w/Swiss Cheese, Lite Mayo, Roman Blend Salad, Macaroni Salad, Multigrain Bread <p style="text-align: center;">Fresh Fruit</p>	21) ***Baked Crumb Macaroni & Cheese, Broccoli Cauliflower Marinara, Whole Wheat Bread <p style="text-align: center;">OR</p> Roast Beef w/American Cheese, Lite Mayo, Lettuce Leaf, Carrot Pineapple Salad, Three Bean Salad, Oat Grain Bread <p style="text-align: center;">Peaches</p>
27) Minestrone Soup Whole Grain Stuffed Shells w/Meatball & Tomato Sauce, Tuscany Style Blend Vegetables, Rye Bread <p style="text-align: center;">OR</p> Chicken Caesar Salad, Croutons & Parmesan Cheese, Lite Creamy Italian Dressing, Summer Potato Salad, Whole Wheat Roll <p style="text-align: center;">Fresh Fruit</p>	28) Cream of Pumpkin Soup Bone-In Chicken w/Gravy, Baked Red Potatoes, Sour Cream, Brussels Sprouts, Whole Wheat Bread <p style="text-align: center;">OR</p> Seafood Salad w/Lettuce Leaf, Potato Salad, Tossed Garden, Lite Italian Dressing, Oat Grain Bread <p style="text-align: center;">Pears</p>

Reservations for ALL Springwell lunches must be made by 11:00 am on the weekday preceding the day on which you want to have lunch. For reservations for Monday, call the previous Friday by 11:00 am. Call 617-730-2770 for reservations.

On **Saturday, December 1**, the Elks are having their annual holiday dinner. See p. 3 for details.

On **Thursday, December 6**, Goddard House in Brookline is hosting a dinner and lecture at Goddard House for elder veterans and their families. See p. 14 for details.

On **Tuesday, December 18**, enjoy our combination Holiday Special and December Birthday Lunch. Don't forget to tell us if you or someone in your party has a December birthday when you call to make reservations.

The Let's Go Out to Lunch group is taking a holiday in December, but they will be back in January with a trip to Bertucci's on VFW Parkway on Tuesday, January 29.

Happy Holidays to all!



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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:

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- Speech-Language Pathologists
- Certified Physicians
- Nurses
- Social Workers
- Dieticians

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- 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



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A Nursing and Rehabilitation Center

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www.healthbridgemanagement.com

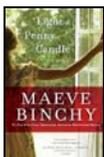
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FUEL ASSISTANCE

Our social work interns—Delisa, Julie, and Kerri—are once again available for assisting people with applying for or renewing their fuel assistance benefit for the 2012-2013 heating season. Make an appointment by calling 617-730-2777. Note that you don't have to be an elder to apply, but you do have to meet eligibility requirements. For more information, call 617-730-2772.

PUTTERHAM BOOK DISCUSSION GROUP



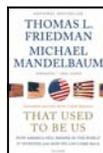
On **Monday, December 17, from 2:00 to 3:00 pm**, the group will meet at the Putterham Branch Library to discuss *Light a Penny Candle* by Maeve Binchy.

As a child, Elizabeth White was sent from her war-torn London home to a safer life in the small Irish town of Kilgarret. It was there, in the crowded, chaotic O'Connor household, that she met Aisling, who became her very best friend, sharing her pet kitten and secretly teaching her the intricacies of Catholicism. Aisling's boldness brought Elizabeth out of her shell, and her support carried Elizabeth through the end of her parents' marriage. In return, Elizabeth's friendship helped Aisling endure her own unsatisfying marriage to an alcoholic. Through the years, they always believed they could overcome any conflict, conquer any hardship, and survive anything, as long as they had each other.

PUBLIC ISSUES NONFICTION BOOK DISCUSSION GROUP

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

December 18



That Used to Be Us: How America Fell Behind in the World It Invented and How We Can Come Back by Thomas L. Friedman and Michael Mandelbaum

(Farrar, Straus and Giroux)

January 22

The Checklist Manifesto: How to Get Things Right by Atul Gawande (Picador/Henry Holt)

February 26

Freakonomics: A Rogue Economist Explores the Hidden Side of Everything by Steven D. Levitt and Stephen J. Dubner (William Morrow/HarperCollins)

FRENCH CONVERSATION

Parle français, avec Agnes Serenyi and the group **every Tuesday in December at 12:00 noon.**

SUGGESTIONS

If you have any suggestions for programs, classes, and/or activities that you would like to see offered at the Senior Center or at other locations in the community, during December put your ideas in the Suggestion Box on the information table in the coffee lounge. Please provide your phone number if you'd like Sharon to call you to discuss your ideas. We value, and thank you for, your input.

ASK A GERIATRICIAN

Dr. Suzanne Salamon, Chief Associate of Clinical Geriatrics at Beth Israel Deaconess Medical Center, answers your general questions about aging and geriatric medicine in this column every month.

(Editor's note: *If you have questions, e-mail them to me at jgimple@brooklinema.gov or call at 617-730-2790. I will make sure that Dr. Salamon gets the questions and answers them in the Senior News & Events.*)

Question: I seem to get more constipated these days. How can I manage this?

Answer: You are not alone. Constipation gets more common as we get older. There is no absolute definition of what constitutes constipation, but usually going longer than 3 days without a bowel movement is too long.

There are several reasons people get constipated. When activity slows down, bowels slow down, so moving around during the day can help jump start the colon. Inadequate fluid and/or fiber intake add to the problem. Drinking more fluids and eating four to five helpings of high-fiber foods such as prunes—or other fruits, vegetables, or high-fiber cereals—can help.

Some medicines can also contribute to constipation. These include calcium carbonate, Pepto-Bismol, iron, narcotic painkillers, antidepressants, some blood pressure medicines, antihistamines, and diuretics.

Often when people travel, the upset in routine and diet can affect their bowels.

To prevent constipation, try to drink several glasses of liquid daily to keep bowels moving along. Eat high-fiber foods every day. Try to walk or do some exercise daily.

If you still get constipated, there are many types of laxatives to help. Stool softeners are mild and help some people. It is best not to use stronger laxatives for more than two to three weeks. MiraLAX, senna, milk of magnesia, and docusate are some laxatives to try. While they *are* safe for the short term, it is far better to try to prevent constipation than to treat it once it occurs.

If you suddenly become constipated when it has not been a problem before, be sure to tell your doctor, as this could signal a problem in your colon.

With that note, I wish you all a healthy, happy, *active* 2013!



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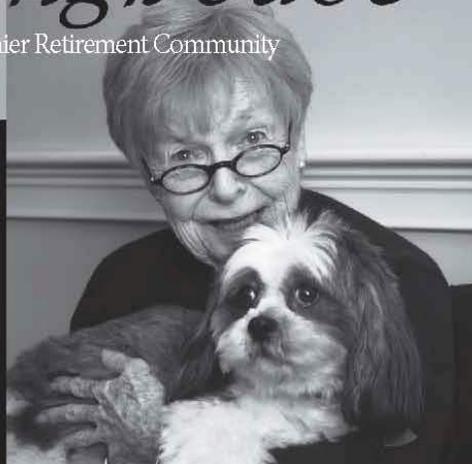
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ON VACATION IN DECEMBER

Stay tuned to the January *Senior News and Events* for announcement of resumption of classes for:

- Most of the Brookline Adult & Community Education courses.
- Mass College of Pharmacy workshops. (In January, they will tackle high blood pressure; in February, vitamins, minerals, and over-the-counter medications.)
- Zumba Gold (See p. 25 for details for January.)
- Drawing for Pleasure will start a new series of classes in January.

GREEN HOMES WEATHERIZATION WORKSHOP

Come to this free workshop on lowering home heating costs on **Tuesday, December 4, from 7:00 to 8:30 pm** at the Coolidge Corner Branch Library. Learn about generous incentives for energy upgrades to homes or properties of one to four units.

Energy efficiency experts will explain the latest in building science and Green Homes Brookline program elements that include: a discount of 75%—up to \$2,000—off energy improvements in each unit, no-cost home energy assessments and “air sealing” to



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STARTS IN JANUARY — SAVE THE DATES —

The Senior Citizen Police Academy is a six-week program, running on **Fridays from 1:00 to 2:30 pm, January 4 through February 8**, designed to give participants an understanding of the Brookline Police Department and its operations. It consists of a series of classes and discussions held weekly and concludes with a graduation ceremony. During the course of this program, you will:

- Meet members of the Police Department and develop an understanding of its operations
- Learn crime prevention strategies for protecting yourself from crime
- Develop an understanding of community-oriented policing
- Learn about cons, scams, and frauds
- Tour of the Public Safety Building

The program is free and open to all Brookline seniors, but space is limited so registration is required. To register, call 617-730-2770.

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

The winter season of Zumba Gold will start with a **free introductory class on Thursday, January 10, at 1:30 pm. The full semester will run on Thursdays from January 17 through March 7, from 1:30 to 2:30 pm.** The cost for the full semester is \$45, but drop-ins are always welcome at \$7/session.

This course is free for residents of the Brookline Housing Authority thanks to a grant from the Brookline Community Foundation.



SENIOR CHORUS AND CHECK PRESENTATION

The 28th Annual Holiday Craft Fair was a great success. We made more than \$3100 that will help provide Senior Center programs, activities, and services. Join us at **10:30 am on Friday, December 14**, for the official check presentation. There will be a performance of the Senior Center Chorus and light refreshments—another festive holiday happening!

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BROOKLINE RECREATION

New York City Holiday Trip

Saturday, December 15, 6:30 am to 11:00 pm

The day will begin with boarding the coach that will whisk you all to New York City— unloading in the heart of Midtown near Rockefeller Center. The rest of the day is yours to enjoy the city—shop, take in one of the incredible museums—do your thing in the Big Apple.

Cost: Residents-\$55, nonresidents-\$75

The Nutcracker

Friday, December 21, 12:30 to 4:00 pm

The Boston Ballet outdoes itself every year with this beautiful fantasy. Join Clara on her journey through an enchanted winter wonderland to a palace of confections and magical creatures.

Cost: Residents-\$40, nonresidents-\$54

Mary Baker Eddy Library Mapparium

Thursday, January 10, 11:00 am to 2:00 pm

Since 1935, more than 10 million people have traversed the 30-foot glass bridge that spans the Mapparium, taking visitors to a unique spot: the middle of the world. This world-famous, three-

story, painted-glass globe is one of the key attractions of the Library.

The Mapparium’s three-dimensional perspective of the world of 1935 is enhanced by *A World of Ideas*, an original presentation that features a rich orchestration of words, music, and LED lights to illustrate how ideas have traversed time and geography and changed the world.

Cost: Residents-\$10, nonresidents-\$14

The Clayroom

Friday, January 18, 11:00 am to 2:00 pm

A visit to The Clayroom in Brookline for an afternoon with pottery. When we arrive, you will have the opportunity to pick out a piece of clay (think mug, bowl, plate) and paint it any way you like! There will be a pizza lunch.

Cost: Residents-\$25, nonresidents-\$34

Pick ups and drop offs will be at the Soule Recreation Center and the Senior Center. Additional pick up locations may be arranged. Please inquire by calling Elizabeth Gugliotti at 617-730-2082. Register online at www.brooklinerec.com.

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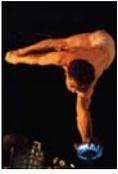
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Hebrew SeniorLife is about options and choices for seniors. Nowhere is this more evident than at Center Communities of Brookline—three buildings in the heart of Brookline. These buildings provide an affordable home to 600 seniors who live independently, 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



THEATER CLUB

The Senior Center Theater Club once again offers a dazzling menu of shows for seniors to pick from. Enjoy, in the next few months:



Pippin

Sunday, December 16 (2:00 pm) \$38
at the American Repertory Theatre at the Loeb Drama Center in Cambridge

A bold new staging of the dark and existential musical you thought you knew. Pippin, on a death-defying journey to find his "corner of the sky," must choose between a life that's ordinary or a flash of singular glory. Original Bob Fosse choreography has been recreated by Chet Walker.



Marry Me a Little

Sunday, January 6 (2:00 pm) \$40
at the Charles Mosesian Theater at the New Repertory Theatre in Watertown

Enjoy this updated take on Sondheim's charming musical revue—and on modern-day marriage. *Marry Me a Little* weaves songs from Sondheim's vault of unproduced shows and cutouts from his known musicals. Through bittersweet soliloquies and song, lonely New York singles fantasize romantic adventures, join in emotional conflict, and question the commitment of marriage—all the while never actually meeting.



Haydn in Paris

Sunday, February 24 \$40
Discussion at 2:00 pm, concert at 3:00 pm at Symphony Hall in Boston

Program: Haydn #6 Le Matin, Violin Concerto #4, Overture to L'Isola disabitata, and Symphony #82 The Bear



The Glass Menagerie

Sunday, March 3 (2:00 pm) \$38
at The American Repertory Theatre (ART) in Cambridge

While Amanda Wingfield desperately struggles to provide her fragile daughter with at least one "gentleman caller," her son, Tom, dreams of escaping from his job at a warehouse and his oppressive life at home. This is exquisite family drama filtered through Tom's memory.



Concert

Sunday, March 17 (2:00 pm) \$45
at Symphony Hall

Discussion period at 2:00 pm, concert at 3:00 pm) Program: Mozart: Masonic Funeral Music, Mozart: Clarinet Concerto, Beethoven: Symphony No. 7. Richard Egarr conducting with clarinet solo by Eric Heoprich.



And more and more:

Saturday, April 20 *Master Class* \$40

Saturday, May 11 *Amadeus* \$40



Romeo and Juliet

Sunday, April 14 (1:30 pm) \$25
at the SENIOR CENTER

Arguably one of the greatest tragic love stories of all time. Revel in the story of young love foiled by an old feud between two families. And weep for the fate of teen love. And you don't even have to leave Brookline. Just come to the Senior Center.

There will be a discussion period and refreshments after the performance.

Please pay for the tickets in cash or by check and pay in full when you make the reservations. Checks should be made payable to the "Brookline Senior Center."

Our Senior Center Theater Club Rules are available on request from the Senior Center.

DISPOSAL OF HAZARDOUS STUFF

Last month the *Senior News and Events* carried a notice about *Hazardous Stuff* that unfortunately gave some erroneous information. We apologize profusely for our carelessness. However, some of the information was valid, and since it is important news, we are correcting the notice here:

- You *can* take your sharps boxes for disposal to the SHARPS MACHINE on the 2nd floor of the Brookline Public Health Building (*not* Town Hall)
- You *can* take your outdated medications for disposal to the blue receptacle in the lobby of the Public Safety Building (Police Department headquarters)
- At present, we have no official information on what you can do about disposing of small articles containing mercury. We will keep looking and report the results to you all in the January 2013 *Senior News and Events*.

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 **Wednesdays from 12:30 to 3:00 pm** for a donation of \$5 per session. If you are interested in Reiki treatment, be sure to consult with your physician before deciding if this or any treatment is right for you.

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

MBTA SENIOR ACCESS PASSES

The MBTA senior reduced-fare CharlieCard events at the Senior Center have been a huge success, and will be scheduled again in 2013. These events are on hiatus for the rest of this year as the MBTA is reorganizing its operations center. The MBTA is totally reorganizing the management and physical presence of their services group and has already opened a new and improved, 1800 square-foot CharlieCard Store inside the concourse of Downtown Crossing to replace the old Downtown Crossing and Back Bay service centers, which are now closed.

If you need a first-time card, go to the MBTA CharlieCard Store. Bring with you a photo ID (such as a driver's license or RMV [Registry of Motor Vehicles]-issued ID) as proof of age eligibility.

To renew an expired or about-to-be-expired Senior CharlieCard, either bring the card or the above-listed forms of ID to the above listed store or call 617-222-3200 to renew. If you go to an office in person, you will be able to get the card while you wait. If you renew by telephone, the new card will be sent to you in two to six weeks.

ONE-ON-ONE COMPUTER SESSIONS

If you are computer phobic but eager to overcome it, call 617-730-2777 and make an appointment to get help with basic computer skills and looking up, and applying for, benefits online. If you have questions, call Olga Sliwa at 617-730-2768. Preregistration is required.

Sessions are being held **on Monday mornings and Tuesday afternoons in November**. Each appointment is for 1 hour. Note that while follow-up appointments are available, preference will be given to those who have not yet had an appointment and that repeaters are limited to two sessions per month. Also note that we now have trainers available for both PCs and MACs.

GIFTS FOR ALLSTON SOUP KITCHEN

Once again this year, we are providing gifts of warm clothing to the 65 to 70 homeless men and women who come to dinner every Monday evening at a church-run soup kitchen in Allston. If you would like to give warm hats, scarves, and/or gloves (hand-knitted or purchased new) to the soup kitchen's guests, give the items to Dotty Bell on the 2nd floor of the Senior Center before the pick-up date of **Friday, December 14.**

SPANISH IMMERSION

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

1. There are one-hour one-on-one Spanish conversation sessions with native seniors from many Latin American countries.
2. 10-week Beginning Spanish classes on **Thursday afternoons from 1:15 to 2:15 pm**, with small groups in a relaxed, friendly atmosphere.
3. Spanish conversation small group meetings on **Thursday afternoons from 2:30 to 3:30 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.
4. Latino instrumental and vocal music on **Tuesday afternoons from 3:00 to 4:45 pm** with instructor Eduardo Rojas.
5. Basic Computer Class in Spanish on **Fridays from 12:30 to 2:00 pm.**

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

These programs are cosponsored by the Brookline Senior Center and JPC: Spanish Immersion Jamaica Plain.



11TH ANNUAL AUTUMN BENEFIT REPRISE

Once again, the Autumn Benefit was a great success. A large crowd came to show their support of the Senior Center and their respect for the honoree—Barney Frank—and to have a great evening in the bargain. We thank everyone for their show of support and especially we want to thank our sponsors:



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To BrooklineCAN Donors Arthur Fredheim, Eve Glick, Robert Lees, Julius B. Levine, Bette & Alexander Mandl, Ruth Nemzoff, and Mary H. Stevenson

To Fitness Scholarship Fund Donor Claire Goodwin

To Rhona Hirschowitz and Amelia Winograd for their gifts in honor of Livia Frank's 85th birthday

To Lila Sesholtz in honor of Livia Frank's and Rhona Hirschowitz's birthdays

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

To the Brookline Senior Center Stretch Class for their gift in memory of Robert Meister, Peter Serenyi, and Virginia Rice

To Patricia Dobek (supporting the Senior Van) for her gift in memory of Gladys Boghosian

To Georgia Haramis for her gift in memory of deceased members

To the family of Sally Levine, c/o Dianne Kahalas for their gift in memory of Sally Levine

To Dr. Kim Michelson for her gift in memory of Edith Sperber

To the Tatelman Family Foundation for its gift in memory of Charlotte Sokoloff

Every year Elks Lodge 886 provides wonderful feasts—a barbecue in the summer and a holiday feast in December complete with entertainment and delicious food with all the trimmings. In addition, they give us a magnificent tree as a centerpiece for our holiday decorations. We want to take this opportunity to thank the lodge profusely for their thoughtful gifts to the Brookline senior community and to wish the members of the lodge the best and greatest for the new year!

REPRISE — IN MEMORIAM: CIPPY MACDOUGALL



Donations in memory of Cippy are still coming in—a tribute to her endless love for, and incalculable contribution to, the Brookline senior community. We thank all the donors for continuing to put Cippy's stamp on Senior Center programs and services. In December, we thank especially:

Robert L. Allen, Clementine Brown, Bank of Canton, Michael Chambers, Helen L. Elias, Lucie Gershon, Kay Glass, Goddard House in Brookline, Nina Lebel (supporting the Senior Van), Milesa Panich, Blanche Steinman, Blanche

Steinman, Jean & Peter Stringham, Arlene Strowmen, Doreen Vittori, Constance Warshowsky, Ruth Werksman, and Sylvia Zack



FROM THE BOARD PRESIDENT

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

Again we want to thank everyone who has donated to the Cippy MacDougall Memorial Fund. And we encourage more donations so that the fund can include money for cultural and other programs that were close to Cippy's heart.

We also want to encourage you to remember the Senior Center in your end-of-year giving plans. We are proud of our strong community and depend on 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, Brookline Senior Center Board

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



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