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

BrooklineCan Annual Meeting Thursday, September 17 (See p. 13)

August Moon Festival Monday, September 21 (See p. 7)

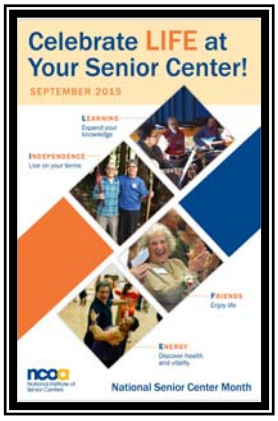
Blood Sugar Screening Thursday, September 24 (See p. 4)

Sock Hop Fundraiser to support Rotary Dancing with Stars Nancy Daly Friday, September 25 (See p. 3)

Making Connections Around Memory Loss in the Brookline Community Wednesday, September 30 (See p. 10)

SEPTEMBER 2015

IT'S NATIONAL SENIOR CENTER MONTH



This year's theme is Celebrate LIFE at Your Senior Center. The Brookline Senior Center has resources and tools to empower you to make choices that will enhance your lives and help your LIFE. In Brookline our Senior Center offers a variety of health and fitness classes and lifelong learning opportunities. Everyone is encouraged to be involved in the Senior Center and the Brookline community. Whether it's trying Zumba, attending a literature or watercolor class, learning about current health issues enjoying a concert, or using our gym, all these activities add richness to our lives. So this September, celebrate the programming and services that enable older adults to become live LIFE.

To celebrate Senior Center Month, get involved with our Senior Center. Volunteer for a committee or help with a program. Join the Brookline Community Aging Network (BrooklineCAN) and get involved in one of their many programs.

COUNCIL ON AGING MEETING

On **Wednesday, September 9** at 1:00 pm Gary McCabe, Chief Assessor for the town of Brookline, will discuss property tax exemptions for seniors. We are always welcoming new members. If you are interested, please contact Ruthann at 617-730-2756 or e-mail her at rdobek@brooklinema.gov.

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

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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.

SEPTEMBER HOLIDAYS

Monday, September 7, is Labor Day. The staff will have a holiday and the Senior Center will be closed. Labor Day is traditionally celebrated with parades, picnics, BBQs with family and friends and back to school preparations.

As an appropriate companion to National Senior Center Month, September is designated as a month to educate ourselves about Atrial Fibrillation, Cholesterol Education and Prostrate Cancer Awareness.

Rosh Hashanah, The Jewish New Year, begins on **Sunday, September 13** at sunset. Yom Kippur, also known as the Day of Atonement, the holiest day of the year for Jewish people begins at sunset on **Wednesday, September 23.**

SOCK HOP FUNDRAISER

In Support of the Rotary Dancing with the starts Nancy Daly

On **Friday September 25 at 7:00-9:00 pm** join us for a good old fashioned Sock Hop. Old friend Tommy Bahama will provide the music and we will have games, food and laughter. The price for this event is $25 for seniors and $30 for non-seniors. This event promises to bring back wonderful memories and a good time for all.

"I GOT RHYTHM" MUSIC GROUP FOR SENIORS

Sing, reminisce, write songs, play instruments, connect with friends, and make new ones in a music group for seniors. This group will be led by Adrienne Flight MMT, MT-BC, who is a board-certified music therapist at Brookline Music School. **Please note:** We need a minimum of six people to run the program.

On Friday, September 11 from 9:30-10:20 am there will be a free trial session. On five consecutive Fridays beginning **Friday September 25 though Friday October 23** we will have 50 minutes classes at 9:30 am.
Cost: $45. To register call the Brookline Music School (617) 277-4593.

AGING BACKWARDS AT THE FITNESS CENTER AS SEEN ON WGBH

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

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THE HEALTH PAGE

Beth Israel Deaconess Medical Center

Ask a Nurse, Lynn Schuster a nurse from the Greater Medford Visiting Nurse Association will visit the Senior Center on **Thursday, September 3 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, September 4 and Friday, September 18 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, September 16 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, September 17 from 9:00 to 10:00 am at The Senior Center.
Wednesday, September 2 from 2:00-3:00 pm at the BPHD building on Pierce Street
Wednesday, September 9 from 1:00 to 2:00 pm at Sussman House, 50 Pleasant Street.
Wednesday, September 23 from 1:00 to 2:00 pm at O'Shea House, 61 Park Street.

Blood Sugar Screening Olga Abamelik, RN, now affiliated with Suburban Home Care, will return to the Center to do blood sugar screening on **Thursday, September 24 from 11:00 am-12:00 noon.**

Health Coach Ilse Leeser, 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, September 17 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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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.*

Question: I am worried that I am losing my hearing. What should I do?

Answer:
Hearing loss is a common health problem in the US. Nearly 1/3 of people age 65-75 will have some hearing loss, and it affects half of people over the age of 75.

We don't know exactly why hearing gets worse with age. For some people, it's their genes, where hearing loss runs in families. It is believed that loud or ongoing noise may damage our ears. For example, people who are exposed to very loud noises, such as musicians or people who work with heavy machinery are at increased risk. Many now wear special ear protectors to help prevent this damage.

Certain medications may cause hearing loss, especially in large doses such as some antibiotics, chemotherapies, diuretics and high doses of aspirin. Sudden hearing loss, which usually affects only 1 ear, affects about 4000 people every year, and we really don't know what causes it. More commonly, hearing gets worse slowly, so that we only know it when we have trouble hearing when there is too much background noise, think that people are mumbling, have to ask people to repeat themselves or hear a constant noise (known as tinnitus). Hearing can also be damaged by trauma, which is one of the reasons cotton tipped applicators (Q-tips) are not supposed to be used to clean the ears.

If hearing loss becomes severe, one may need hearing aids or cochlear implants to be able to have satisfactory conversations. This is very important, to prevent social isolation.

Treatment for hearing loss depends on what causes it. If there is wax in the ears, this can be cleaned at home NOT with a cotton tipped applicator, but rather with a rubber syringe bulb and warm water done in the shower or over the sink. (Pharmacies carry inexpensive ear cleaning kits consisting of earwax softening drops and the bulb. Using these every month can help keep ears free of wax.) An ear infection is often treated with antibiotics. Sometimes surgery can help with certain types of hearing loss. Hearing aids can benefit many people, but there is often reluctance to wear them.

New technologies can be helpful, including phone and TV amplifiers. Cochlear implants, which used to be used only on children, are now being used successfully in older people with severe hearing loss.

It is important to protect your ears from loud noise. Wear ear plugs when you are near loud sounds such as vacuuming, loud music, or loud traffic. Be sure to get your ears checked by an ear doctor if you suspect that you are having trouble hearing.

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.

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 return in October (No CLINC in September)** to consult on legal matters of law. This service is offered for Brookline residents only and is free of charge, and no appointment is needed. **Please pick up a number at the reception desk or the COA office on the second floor.**

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

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

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

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

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

AUGUST MOON FESTIVAL

Our Senior Center celebration of the August Moon Festival will be held on **Monday, September 21, from 12:30-2:00 pm**. This event, cosponsored by the Senior Center and the Greater Boston Chinese Golden Age Center, is always colorful and lively. Tickets are $7 and will go on sale on Tuesday, September 8. For more information and to make reservations, call 617-730-2777.

LOOKING FOR A RIDE? SO ARE WE!

We are hoping to create and organize information on a range of transportation options to better serve our seniors. In order to do so, we need your input, based on your experiences, when "looking for a ride."

Through your participation, you will be assisting in the establishment of a Resource Guide that will contain all of the best available, accessible and affordable transportation options.

During the month of September, Ruth Brenner will be available to meet with you on **Tuesdays, September 8, 22, and 29 from 10:00-11:30 am.** If you would like to share your wisdom and experience, please call 617-730-2777 to schedule a time to meet with Ruth.

-SAVE THE DATE-

Wednesday, October 28—Mark that date on your calendars and plan on attending the 14th annual Autumn Benefit at the Senior Center. Starting at 6:00 pm, it is a gala event and our major fundraising event of the year.

The Autumn Benefit will be special this year as we celebrate Frank and Carol Caro our guests of honor for 2015.

The Senior Center will be transformed for the evening into a spectacular ballroom with hors d'oeuvres, wine, a sumptuous buffet, a dance band, and more. Tickets are $100 per person ($65 per senior). Or, if you can, become a sponsor, and be acknowledged in our program book. Sponsorship levels start at $300. If you would like to sponsor the Brookline Senior Center call Ruthann at 617-730-2756.
For more information, call Ruthann at 617-730-2756 or e-mail her at rdobek@brooklinema.gov.

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.

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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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, September 11.** Please note: the afternoon support group is currently full. If you would like to be put on the waiting list 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.

ALZHEIMER'S WALK

Let's Walk the Walk Together

This year the Walk to End Alzheimer's will take place on **Sunday, September 27 from 8:30-10:30 am.** There are two routes to choose from a 1.5 mile and a 3.5 mile walk. We ask walkers to get sponsors which will help pay for much needed research. The Goddard House Van will pick walkers up at the Senior Center for this event. To register call Dotty at 617-730-2759.

If you are unable to walk consider a donation to show support by purchasing a Alzheimer's purple flower.

THE SOLEMATES

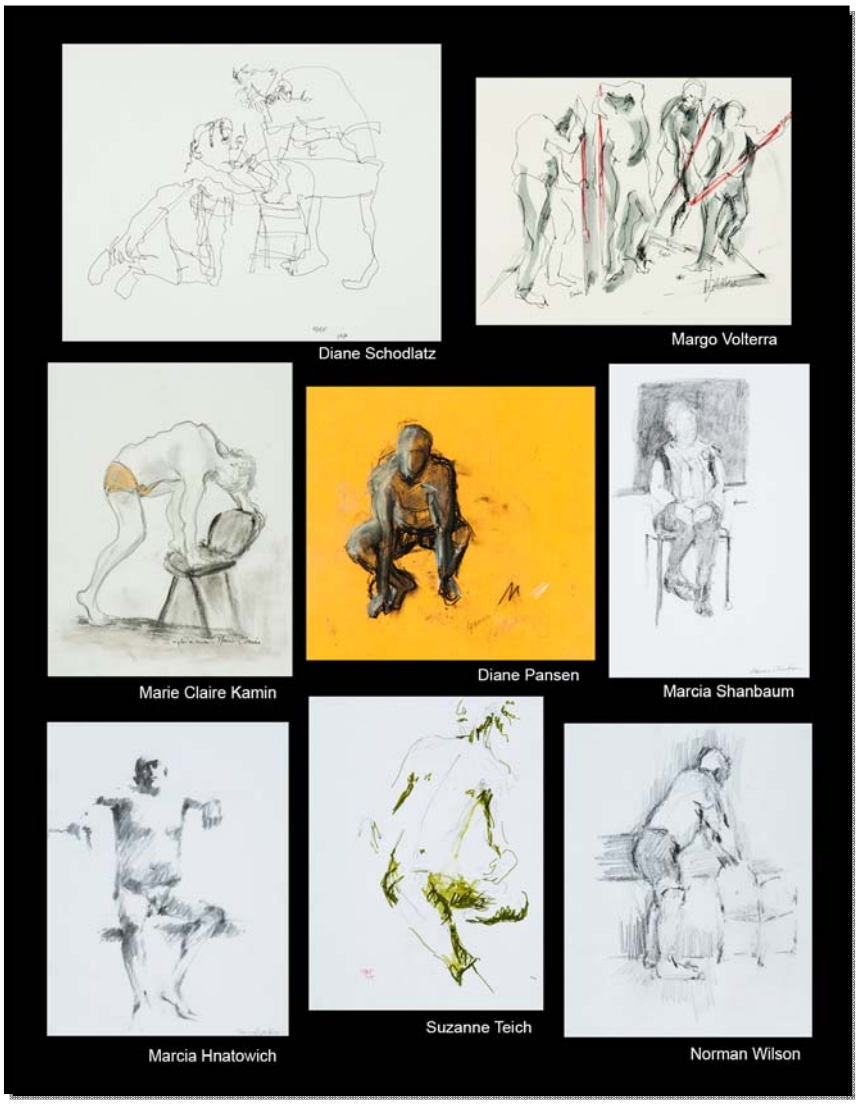
Walking is a great way of keeping fit. It gets you out in the fresh air and gives you the opportunity to socialize with friends. And it doesn't cost a thing. The Solemates walking group meets **on Friday mornings at 10:00 am** at the Senior Center for a ride to Jamaica Pond for a pleasant walk. To register 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.

"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 through **Friday October 30 Hours: Monday-Friday 8:30-5:00**



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

MAKING CONNECTIONS AROUND MEMORY LOSS IN THE BROOKLINE COMMUNITY

On **Wednesday, September 30 from 1:00-2:00 pm,** an educational panel will help individuals and their families affected by memory loss understand and learn to cope. This panel of local dementia experts will share the basics of dementia and what resources, programs, and services their organizations offer for those facing these memory challenges in Brookline and its surrounding communities. Many informative materials will also be available. Whether you're an individual concerned with memory loss or a care partner concerned about a loved one, come with your questions and find out how to get the best community supports possible. Please RSVP to Jamie at 617-730-2753.

MOVIES FOR FILM LOVERS

Come to the Senior Center on **Tuesdays in September 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, September 1
Black and White (2014)
212 min.
When his wife dies in a car crash, Elliott Anderson (Kevin Costner) fields another blow: the realization that he must raise his biracial granddaughter, Eloise (Jillian Estell), alone. However, the child's paternal grandmother, Rowena (Octavia Spencer) feels that she is better equipped to take care of the child, and sues for custody. With Eloise caught in the middle, both Elliott and Rowena are forced to confront their true feelings about race, forgiveness and understanding.

Tuesday, September 8
Iris (2015)
80 min.
A documentary about fashion icon Iris Apfel from legendary documentary filmmaker Albert Maysles.

September 15
Spirited Away Academy Award Winner for Best Animated Feature (2001)
125 min.
During her family's move to the suburbs, a sullen 10-year-old girl wanders into a world ruled by gods, witches, and spirits, and where humans are changed into beasts.

Tuesday, September 22
Woman in Gold (2015)
109 min.
WOMAN IN GOLD is the remarkable true story of one woman's journey to reclaim her heritage and seek justice for what happened to her family. Sixty years after she fled Vienna during World War II, an elderly Jewish woman, Maria Altmann (Mirren), starts her journey to retrieve family possessions seized by the Nazis, among them Klimt's famous painting 'Portrait of Adele Bloch-Bauer I'. Together with her inexperienced but plucky young lawyer Randy Schoenberg (Reynolds), she embarks upon a major battle which takes them all the way to the heart of the Austrian establishment and the U.S. Supreme Court, and forces her to confront difficult truths about the past along the way.

Tuesday, September 29
114 min.
Meet Me in St. Louis (1944)
In the year before the 1904 St Louis World's Fair, the four Smith daughters learn lessons of life and love, even as they prepare for a reluctant move to New York.
Stars: Judy Garland, Margaret O'Brien, Mary Astor

Information Taken from: www.rottentomatoes.com

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.

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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 Fall semester **at the Senior Center will run on Thursdays, September 24 through November 12 from 1:30-2:30 pm**. The entire 8 weeks session is $45 or $7 for individual classes. Free for Brookline Housing Authority residents thanks to a grant from the Friends of Brookline Public Health.

A FREE introductory class will be held on Thursday, September 17 at 1:30 pm.

SOUTH BROOKLINE SOCIAL

The South Brookline Senior Social will meet at the Putterham Branch Library in the Community Room at **10:30 am on Friday, September 11 through October 16.** Our opening event will be a cookout provided by the Brookline Recreation Department. Contact Regina Millette Frawley for reservations and information 617-469-0052.

Tea and coffee are provided by the senior center and kosher pastries by Cheryl Ann's.

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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 Jamie Donchin, Chair at 617-730-2753 or e-mail jdonchin@brooklinema.gov.

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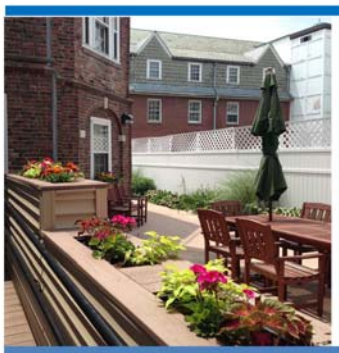
BROOKLINECAN 2015 ANNUAL MEETING

BrooklineCAN expo and annual meeting will be on **Thursday, September 17 from 5:00 - 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. To register call 617-730-2770.

BROOKLINECAN

-SAVE THE DATE-

Dr. Ann Webster, Director of the Mind Body Program for Successful Aging at the Benson-Henry Institute for Mind Body Medicine will present on the mind body connection as it relates to successful aging on **Monday, October 19 from 6:30-8:00 pm**. More details to follow in the October Newsletter.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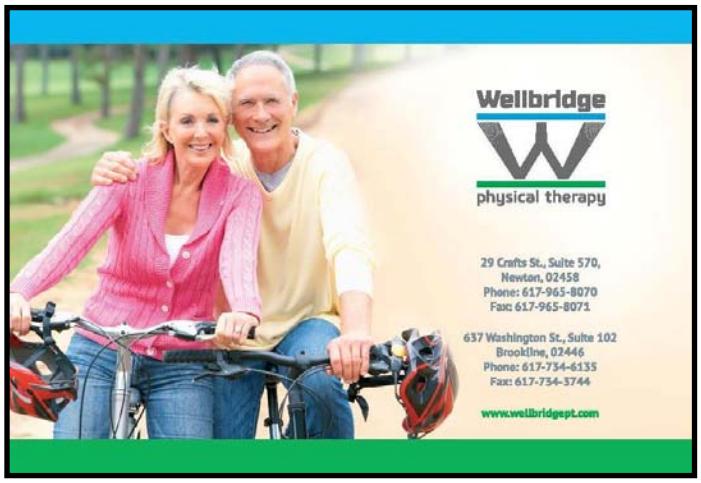
LANDMARK SENIOR LIVING COMMUNITIES LONGWOOD

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; September 19 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



MODERN BEADING WORKSHOP

This workshop is for beginners and experienced beaders. We will meet on **Wednesday, September, 16 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.

MASS COLLEGE OF PHARMACY

The students at the Mass College of Pharmacy and Health Sciences will be back with workshops beginning **on Thursday, September 24 1:00 pm.** The students discuss topics of general interest to us all and answer questions.

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, September 28 at 1:00 pm.

BROOKLINE ADULT & COMMUNITY EDUCATION FALL OFFERINGS

Brookline Adult & Community Education (BA&CE) offers many courses at the Senior Center each term, and the Fall term is no exception. For more information about these courses, consult the BA&CE Fall 2014 catalog available widely in Brookline or online at brooklineadulted.org. To register for these courses, call BA&CE at 617-730-2700 or access it online at brooklineadulted.org. Fall courses are:

TECHNOLOGY

Getting to know Your Digital Camera
Tuesdays, September 22- October 20
11:45 am-1:45 pm
Instructor: Phyllis Mays
Tuition $80

HEALTH AND YOGA

Bootcamp for Seniors: Balance and Strength Training
Fridays, September 25- December 4
1:00-2:00 pm
Instructor: Steven Shain
Tuition $60

Senior S-T-R-E-T-C-H
Mondays and Wednesdays, September 21-November 23
10:30-11:30 am
Instructor: Steven Shain
Tuition $82

Tai Chi for Seniors
Fridays, September 25-November 6
2:00-3:30 pm
Instructor: Vincent Chu
Tuition: $74

Yoga for Older Adults *Chair*
Tuesday, September 22-November 24
2:00-3:00 pm
Instructor: Steffi Shapiro
Tuition $76

Yoga for older Adults *Floor*
Tuesdays, September 22-December 26
3:00-4:00 pm
Instructor: Steffi Shapiro
Tuition $76

LIBERAL ARTS

Telling Your Story: Senior Seminar in Autobiographical Writing
Wednesdays, September 30-December 9
10:15-11:45 am
Instructor: Irving Schwartz
Tuition: $74

To register call BA&CE office at 617-730-2700

BROOKLINE DAY

On **Sunday, September 20, come one come all to the annual Brookline Day Festival from 11:00 am to 3:00 at Larz Anderson Park!** This event celebrates Brookline's residents and all the great things the Town of Brookline has to offer. It was created to promote a sense of community pride, town spirit, and interest in Brookline while educating residents about Brookline's wide variety of service organizations and programs—all in an atmosphere of fun. The day will include activities for all including inflatables, face painting, balloon artists, touch a truck, rock climbing wall, and much more! The Senior Center and BrooklineCan will have tables so come and see us. There will also be food trucks, live local bands, a pie-eating contest, trivia, and games! For more information, call 617-730-2069.

EASY TRAVEL

Join our armchair travel host, Julie Washburn on **Thursday, September 3 at 1:30 pm** as she takes us on a tour of Hershey, Pennsylvania, the "Sweetest Place on Earth."

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.

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.

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.

Center Communities of Brookline

The Lifestyle you want, where you want it.

1550 Beacon Street

100 Centre Street

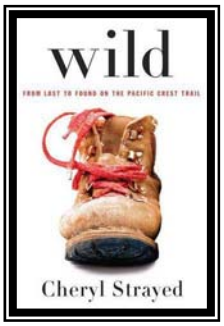
112 Centre Street

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 scarlsen@hrca.harvard.edu

Center Communities of Brookline
Hebrew SeniorLife

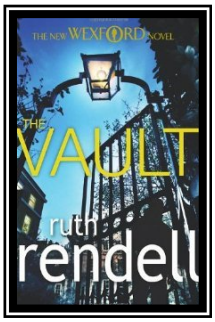
BOOK DISCUSSION GROUP AT THE PUTTERHAM LIBRARY

Meetings are in the community room at the Putterham Branch Library. And new members are always welcome. Our meetings are on Mondays from 2:00–3:00 pm. Books are available at the Putterham Branch Library. The discussion leaders for this Book Group are Charlotte Millman and Roberta Winitzer.



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

Your Attorneys for Wills, Probate, Medicaid/Long Term Care & Gift and Estate Tax Planning

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$100 Discount!
Applies to Will package or to Initial Conference

COUPON

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1. Lentil Spinach Soup w/Crackers **Hot:** Roast pork w/apple glaze; Butternut Squash; Spinach; Multigrain Bread; **Cold:** Tuna Salad Sandwich on oatmeal bread with lettuce, three bean salad, carrot pineapple salad. **Tropical Fruit**	2. Seafood Chowder w/ Crackers **Hot**: Baked Fiesta Fish; Herbed Brown Rice; Collard Greens; Oatmeal Bread **Cold**: Mediterranean Tortellini Salad (V); Summer Squash Salad; Rye Bread. **Pear**	3. **Labor Day Special** Cream of Sweet Potato Soup **Hot**: Oven Fried Chicken Breast; Mac & Cheese; Fresh Broccoli; Whole Wheat Roll;**** **Strawberry Trifle**	4. **Hot**: Tossed Green Salad w/ Lite Italian Dressing; Tortellini w/Pesto Cream Sauce (V); Tuscan Blend Veggies; Italian Bread. **Cold**: Garden Salad w/Chicken Breast; Lite Ranch Dressing; Greek Pasta Salad; Scali Bread. **Fruit Muffin Loaf**
7. **Labor Day Closed**	8. Tomato Soup w/ Crackers **Hot**: Salmon Filet w/Honey Mustard Sauce; Cabbage & Carrots; Rice, Orzo, Peas; Rye Bread. **Cold**: Turkey Sandwich on Wheat Bread w/Cheese, Lettuce, Lite Mayo; Orzo Veg. Salad; Cauliflower &Carrot Salad. **Peach**	9. **Hot**: White Bean & Kale Stew (V); Herbed Brown Rice; Dinner Roll; Tossed Garden Salad. **Cold**: Chicken Salad Sandwich on Oatmeal Bread; Cord Salad; Tomato Red Pepper Salad. **Mixed Fruit in Juice.**	10. Beef Vegetable Soup **Hot**: Greek Chicken; Couscous w/Veg; Red Peppers, Onions, Mushrooms; Wheat Dinner Roll. **Cold**: Vegetarian Chef Salad (V); Lite Italian Dressing; Potato Salad; Pumpernickel Bread; Margarine. **Apple Cinnamon Muffin**	11. **Hot**: Ground Beef Stuffed Peppers; Italian Green Beans; Parmesan Polenta; Rye Bread. **Cold**: Tuna Salad Sandwich on Rye w/Lettuce; English Pea Salad; Spinach & Mandarin Salad. **Sherbert**
14. Tomato Basil Soup w/ Crackers **Hot**: Fish, Florentine w/Sauce; Whipped Sweet Potatoes; Fresh Broccoli & Cauliflower Blend; Rye Bread. **Cold**: Turkey Deluxe Sandwich w Ranch Dressing, Boiled Egg, and Spinach, Summer Potato Salad; Cauliflower Carrot Salad. **Cherry Snack Loaf**	15. Beef and Bean Soup w/Crackers **Hot**: Honey Mustard Chicken; Zucchini and Red Peppers; Red Bliss Potatoes; Oat Bread **Cold**: Roast Beef Sandwich on Pumpernickel w/Provolone, Mayo, Lettuce; Balsamic Vinaigrette Pasta Salad; Three Bean Salad. **Lemon Pudding**	16. **Hot**: Garden Salad; Lasagna with Tomato Sauce (V); Spinach and Chick Peas; Oat Bread **Cold**: Curry Chicken Salad; Garden Shell Pasta Salad; Carrot Pineapple Salad **Applesauce**	17. **Hot**: Meatloaf w gravy; Dill Carrots; Mashed potatoes; garlic wheat roll **Cold**: Mediterranean Tortellini Salad (V); Summer Squash Salad; Scali Bread **Tropical Mixed Fruit in Juice**	18. **Hot**: Hot Dog; Baked Beans; Cole Slaw*** **Cold**: Seafood Salad on Multigrain bread; Broccoli Tomato Salad, Corn Salad; Multigrain Bread **Banana**
21. Minestrone Soup w Crackers **Hot**: Sweet Potato Pollock Filet; Herbed Brown Rice; Kale; Wheat Bread **Cold**: Ham & Swiss Cheese on Rye Bread***; Summer Potato Salad; Broccoli Slaw **Yogurt**	22. **Hot**: Lentil Stew (V); Broccoli; Brown Rice; Garden Salad; Whole Wheat Roll **Cold**: Chicken Salad on Oatmeal Bread; Lo Mein Pasta Salad; Roman Blend Salad **Birthday Cake**	23. Split Pea Soup **Hot**: Broccoli and Mushroom Quiche (V), Stewed Tomatoes; Potatoes in Cream Sauce; Dinner Roll **Cold**: Chef Salad with Turkey; Pasta and Vegetable Salad; Pumpernickel Bread **Tropical Mixed Fruit**	24. **Hot**: Chicken w/ Creamy Italian Sauce; Orzo Pilaf; Italian green Beans; Scali Bread **Cold**: Seafood Salad on Multi Grain Bread; Carrot Pineapple Salad; Tri Color Pasta Salad **Apple**	25. **Hot**: Roast Pork w/ Raisin Pineapple Sauce; Cauliflower; Butternut Squash; Oatmeal Bread **Cold**: Egg Salad (V) on Wheat bread; Summer Squash Salad; English Pea Salad **Pears**
28. **Hot**: Chicken Picatta; Red Bliss Potatoes; Kale; Oatmeal Bread **Cold:** Roast Beef w Swiss Cheese on Pumpernickel Bread; Root Vegetable Salad; Cole Slaw **Vanilla Pudding**	29. Chicken and Veg Soup w Crackers **Hot**: Turkey, Broccoli, and Penne Casserole; Peas and Mushrooms; Wheat Bread **Cold**: Egg Salad (V) on Multigrain Bread; Potato Salad: Chickpea, Cucumber and Tomato Salad **Watermelon**	30. **Traveling Chef Special** **Note: All Panini orders must be pre-made in advance.** Panini Choices Chicken Parmesan Panini or Vegetable Panini; Garden Salad w/lite Italian Dressing **Pears**	**YOUR NAME:** _____ **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.** (V) = Vegetarian | All soups contain beef, chicken, or shellfish bases and are NOT vegetarian; served w/crackers.	

September

LUNCHEON SPECIALS

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, September 15** we celebrate September birthdays at the monthly Birthday Lunch. The sponsor of this lunch has happily provided a complimentary lunch and a small gift to all September 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 TO LUNCH BUNCH

On Tuesday, September 29 at 12:00 noon we will dine at Galway House at 710 Centre St, Jamaica Plain, MA. For reservations and transportation, call 617-730-2770.

SEPTEMBER AT A GLANCE

Tuesday, September 1
1:00 pm Movies for film lovers-Black and White
Wednesday, September 2
2:00-3:00 pm Blood Pressure Screening BPHD*
Thursday, September 3
11:00 am Ask a Nurse
1:30 Easy Travel with Julie Washburn-Hershey PA.
Friday, September 4
9:00 am-12 noon Podiatry Clinic ***
Monday, September 7
Labor Day –Closed
Tuesday, September 8
1:00 pm Movies for film lovers-Iris
Wednesday, September 9
1:00 pm COA Meeting
1:00-2:00 pm Blood Pressure Screening Sussman House 50 Pleasant Street*
3:00 pm Tax Abatement Meeting
Thursday, September 10
4:00-6:00 pm Drawing for Pleasure Artist Reception
Friday, September 11
9:30-10:20 am Brookline Music School Music Therapy Group I Got Rhythm-free trial ***
10:30 am South Brookline Social***
Alzheimer's Caregiver Support Group call 617-738-1790***
Tuesday, September 15
12:00 noon Celebrate September Birthdays Lunch***
1:00 pm Movies for film lovers-Spirited Away
Wednesday, September 16
1:00 pm Peer-led low Vision Support Group
1:30 Modern Beading Workshop
Thursday, September 17
9:00-10:00 am Blood Pressure Screening
1:00-2:00 pm Brookline Hearing Services
1:30pm Free Zumba Introductory Class
5:00-7:00 pm BrooklineCan Annual Meeting
Friday, September 18
9:00 am-12 noon Podiatry Clinic ***
Saturday, September 19
11:00am-1:00pm LGBT Out to Lunch Brunch*
Sunday, September 20
Brookline Day –Stop by the Senior Center and BrooklineCan Tables
Monday, September 21
12:30 pm August Moon***
2:00-3:00pm Book Discussion group at the Putterham library –WILD by Cheryl Strayed*
Tuesday, September 22
9:00am Public Issues Non-fiction Book Group-*The Canon**
1:00 pm Movies for film lovers-Women in Gold
Wednesday, September 23
1:00-2:00 pm Blood Pressure Screening O'Shea 61 park Street*
Thursday, September 24
11:00 am Blood Sugar Screening
1:00 pm Mass College of Pharmacy
Friday, September 25
9:30-10:20 Brookline Music School Music Therapy Group ***
7:00-9:00 pm Sock Hop Fundraiser***
Sunday, September 27
8:30-10:30 am Alzheimer's Walk
2:00 pm New Rep at the Senior Center 1984***
Monday, September 28
1:00 pm Holiday Craft Fair planning Meeting
Tuesday, September 29
12:00 noon Let's Go To Lunch Bunch***
1:00 pm Movies for film lovers-Meet Me in St. Louis
Wednesday, September 30
1:00-2:00 pm Making Connections Around

BOOKBIKE

The Bookbike will make its monthly visit to the Senior Center in September watch the TAB for date and time. Come meet the Roving Librarian and find out what the BookBike has to offer you! Weather Permitting

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 ***
2:00-3:00 pm Aging Backwards***
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 Figure Drawing Begins 9/24***
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
2:00-3:30pm Tai Chi **
3:00 pm Latino Instrumental and Vocal ***

*Not at the Senior Center
** This is a Brookline Adult and Community Education (BA&CE) course so registration with them is required. Call 617-730-2700 or go to www.brooklineadulted.org to register
*** Registration Required

Brookline Health Care Center
A HealthBridge Management Company

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

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

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

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

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

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

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

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

Brookline Health Care Center

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 please contact Patricia Burns our volunteer coordinator 617-730-2743.

E.L.F. MONTHLY FEATURED ITEMS AND NEWS

The Equipment Loan Program (ELF) has a unique item available this month a shower wheelchair. If you or anyone you know has this need or has another item to donate, please contact Jamie at 617-730-2753.

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!

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.

PROUD TO SUPPORT THE BROOKLINE SENIOR CENTER

BrooklineBank
BrooklineBank.com
Member FDIC

SENIOR CENTER THEATER CLUB

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 residents.
To reserve your place call 617-730-2777

GRANDPARENT ALIENATION SUPPORT GROUP

Are you experiencing the heartbreak of grandparent alienation? If so, please join us for a support group of approximately 10 people which will meet at the Senior Center **on the first Friday of each month from 11 am-1 pm, beginning Friday, September 4th.** We are part of a national organization called Alienated Grandparents Anonymous. E-mail Sandy: sgk5257@gmail.com if you are interested and put GPAL in the subject line.

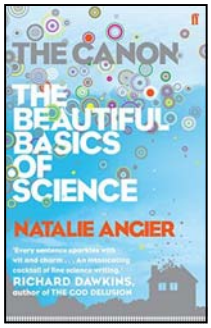
BROOKLINE FARMERS MARKET

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.**



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.

-SAVE THE DATE-

Our monthly Brookline Music School Concerts will return beginning on Wednesday, November 4 at 1:00 pm.

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.

SENIOR CENTER POLICE ACADEMY GRADUATION

Thank you to the Brookline Police Department for all of the wonderful information.

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.

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.

-SAVE THE DATE-

The Piatigorsky Foundation Concert will be held on **Wednesday, October 7th at 1:00 pm** and will feature Igor Begelman, clarinet. To register call 617-730-2770.

BOYLSTON PLACE
at Chestnut Hill

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REAP PROGRAMS

TAX ABATEMENT

On **September 9 at 3:00 pm** learn more about this program. 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.

SEPTEMBER JOB OPPORTUNITIES

Job Openings at Northeastern University Food Service hiring food service workers for their food court for the beginning of the school year. Job hours are flexible and some part-time work is available. This is a fast paced work environment which requires ability to stand through most of a shift with 15 minute breaks. Starting salary is $11 +/hour. This is a Union job and employees must join the Union and pay membership dues.

Look on the website for further information. If you need assistance applying on-line, please contact Deidre Waxman at 617-730-2767
Several types of jobs are available including these job titles and their requisition numbers-

- Cashiers: 27941
- General Food Service Workers: 27942
- Baristas (Starbucks): 27932

Please refer to the requisition numbers when you are searching online for a particular job. Applications and information can be found on the website: www.compassgroupcareers.com

VOLUNTEER CORNER NEWS AND EVENTS

Volunteering: A Work of Heart - The Brookline Council on Aging and the Brookline Senior Center are always happy to enlist new volunteers who can share their talents and program ideas.

Current volunteers report that their experience is rewarding and satisfying, provides an opportunity for personal growth and a feeling of belonging to a great community that is improving daily because of their contributions. Your contributions would enable us to expand the high level of service and activities that are provided for all elders in Brookline

If you would like to actively pursue volunteer service, please make an appointment with Patricia, the Volunteer Coordinator for an opportunity to learn more about the Center and how you might best use your time and talent/skills (617 730 2743).

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.

BROOKLINE EMERGENCY FOOD BANK

The food bank is in need of the following items:

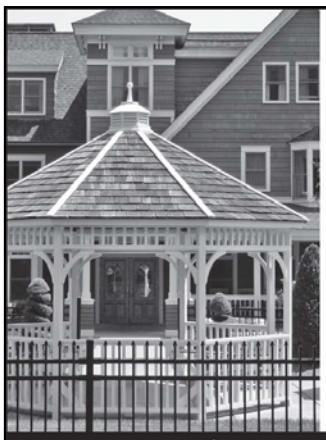
Toiletries: Shampoo, Conditioner, Moisturizer and Sunscreen. These items are rarely donated because people think first of food and food stamps do not cover these expensive items that people need for good family care.

Food items: Instant coffee and teas, Cooking supplies: sugar, oil, flour 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?

The Greater Boston FOOD BANK

Call Prisca Fongum at 617-730-2777 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.



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FROM THE DIRECTOR

I want to give a special welcome to people who may be reading this publication for the first time. Our *News and Events* is a great way to be educated about important programs and services and stay informed about all the fabulous events that happen here in Brookline. Not one senior should ever be bored with the wealth of activities that are available and many remain free due to the commitment of our non-profit to keep program costs low. We are proud to mail this month's copy to a wider audience and encourage you to subscribe (Use the form on page 27) to stay abreast of all our exciting happenings!

September is Senior Center Month and this year's theme is Celebrate LIFE at Your Senior Center. and I personally invite you to attend our senior center this month. We offer an exciting variety of classes and programs. All the different activities will help keep you feeling healthy and involved. Try ZUMBA, tai chi, chair yoga, a literary discussion class, or join the chorus. You can even offer to teach a new class yourself. In addition, if that is not enough to keep you involved, join our theater club for some great shows this fall.

The Asian community celebrates the Harvest and their gratitude for abundance in September with the August Moon Festival here on September 21 and our Jewish friends celebrate the New Year Rosh Hashanah beginning on the evening of September 13. We extend our warm wishes to both communities as they celebrate these festive holidays.

I urge you to make plans to attend our annual Autumn Benefit next month on October 28, 2015. This year we are honoring Frank and Carol Caro for their community advocacy and activism. This annual event is our biggest fundraiser of the year. The evening is sure to be great fun. I guarantee a phenomenal time of celebrating our community with scrumptious food, fabulous music, entertaining conversation, and mingling with your neighbors. Buy your tickets early, and show your support for the Center.

This is a great time of year. The weather is glorious and the trees begin to wear their beautiful fall colors. Enjoy the month. Special thanks to our early sponsors: **Beth Israel Deaconess Medical Center, Michael Merrill, Harold Brown, Chobee Hoy, and Elias Audy.**

Ruthann Dobek, Director

FROM THE BOARD PRESIDENT

On Wednesday, October 28 at 6:00 pm, come to the Senior Center's 14th Annual Autumn Benefit. This year we are honoring Frank and Carol Caro for their loyal support of the Senior Center and Community Advocacy Activism.

The evening will include great food (catered by Vine Ripe Caterer), raffles, and entertainment. Proceeds will go toward important improvements that the Town does not pay for.
Sponsorships are welcome from individuals, companies, and nonprofit organizations. For more information, contact Ruthann Dobek at 617-730-2756. This is a wonderful way to show your support of the Senior Center. We also welcome gift certificates, merchandise, and services to be raffled.
P.S. Special thanks to our **Diamond Sponsors: Beth Israel Deaconess Medical Center and Michael Merrill** for their early support of the autumn benefit.

I and the board, and the entire Senior Center family thank you for your on going support.

Elizabeth (Betsy) Pollack, President, Senior Center Board

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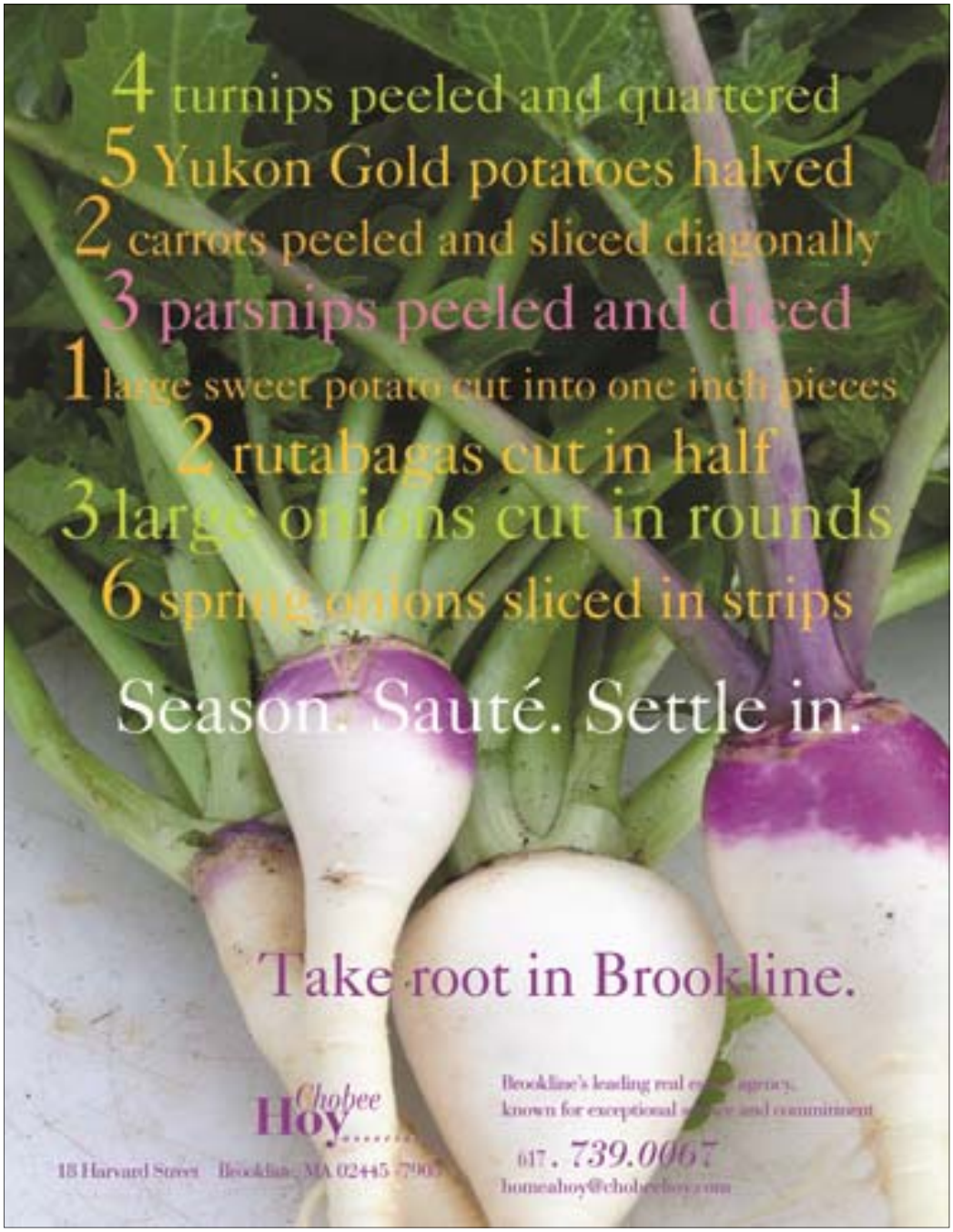
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