TOWN OF BROOKLINE
SENIOR NEWS AND EVENTS

Council on Aging

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

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Brookline, Massachusetts 02446

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

Brookline Community Aging Network
www.BrooklineCAN.org

HIGHLIGHTS

Come to the BMS concert on **February 1** (see p. 3)

Give your heart a boost at Zumba Gold—starting **February 2** (see p. 5)

Hear the call of the Silver Leaf Gospel Singers on February 15 (see p. 1)

Get the Mass College of Pharmacy scoop on high blood pressure and cholesterol on **February 16** (see p. 8)

Grandparenting children with special needs? Need support? Come to the **February 23** event. (see p. 13)

Party Mardi Gras style on Leap Day, **February 29** (see p. 3)

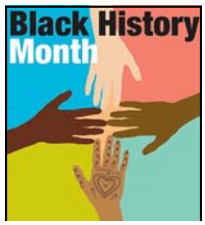
See an electrifying play set around the birth of modern China with the Theater Club on **February 29** (see p. 25)

FEBRUARY 2012

SILVER LEAF GOSPEL SINGERS

Photo courtesy of *Spirit of Change online.*

The old-time sounds of jubilee are being kept alive by our old friends, the Silver Leaf Gospel Singers of Roxbury, Massachusetts. This group was formed over 60 years ago by Deacon Randy Green who grew up singing in the hot cotton fields and churches of segregated Alabama. Their motto testifies to the strength of the commitment of the group: "Coming together means beginning. Working together means progress. Keeping together means success." (Motto quoted from *Spirit of Change online*.) The Senior Center is proud to host a concert by this group on **Wednesday, February 15, at 1:00 pm** in honor of Black History Month. This is a "don't miss" event.



Black History Month is an observance of the history of the African diaspora. Since 1976, it has been observed annually in the United States in February. In the United States, Black History Month is also referred to as African-American History Month.

Black History Month was begun as Negro History Week by historian Carter G. Woodson in 1926. His goal was to educate the American people about African-American history, focusing on African Americans' cultural backgrounds and many accomplishments and achievements. (From *Wikipedia*)

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

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FEBRUARY HOLIDAYS

This is a special year—no, not because it is Presidential Election Year—but because it is a Leap Year! So called because hundreds of years ago it had no official recognition in English law, so the day was ignored—actually "leapt over." The Scottish considered it unlucky to be born on February 29—Leap Day. But in Scotland, it was the only day on which a woman could propose to a man, and woe betide the man who refused the proposal. He could actually be in for a whopping big fine.

In America, in 1937, cartoonist Al Capp introduced Sadie Hawkins Day—named after the quintessential old maid—as the day Daisy Mae spent trying to track down Li'l Abner so's she could marry him, a clear borrow from the old Scottish tradition.

February is always, of course, the month in which we celebrate love—Valentine's Day (February 14)—and George's and Abe's birthdays—Presidents Day (February 20). It is only on the latter, Presidents Day, that the Senior Center is closed for the day.

FEBRUARY 29 PARTY!

And what can the Senior Center do with this

extra day—February 29? What else, but have a party? And what party could be better than a Mardi Gras party? So plan on coming to the Senior Center on **Wednesday, February 29 at 1:00 pm** and joining the fun with Big Smile Productions. There will be songs of New Orleans and Bourbon Street and dancing to Cajun and Jug Band music.

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BROOKLINE MUSIC SCHOOL CONCERT

The Senior Center and Brookline Music School invites everyone to the Senior Center on **Wednesday, February 1, at 1:00 pm** to a concert featuring Atsuko Jozaki, pianist, and Emily Jane Taubl, cellist.

A native of Japan, pianist Atsuko Jozaki has studied in several prestigious institutions worldwide and earned her doctoral degree (DMA) from Boston University. She has received many scholarships, including the Hiroshima Scholarship (Japan) and Mención Honorifica (Spain) and has won the Student Soloist Award from Stanford University. She is a member of Pi Kappa Lambda, an honorary music society, at Boston University. Her orchestral and solo experiences include performances with the Elisabeth University Orchestra and the Stanford Symphonic Orchestra. She is on the faculty of the Brookline Music School, is Choir director of the Glendale United Methodist Church, and organist First United Parish of Everett.

Cellist Emily Jane Taubl has attracted attention for her expressive playing and uncommon poise. Having performed throughout the country, she has appeared as a soloist with the Hartford Symphony, the Granite State Symphony, Boston Virtuosi, the New England String Ensemble, the Nashua Chamber Orchestra, and the Julliard Pre-College Symphony. In addition, she has been a top prizewinner in the Van Rooy Competion, the Lake Winnepesaukee Music Festival Young Artist Competition, and the concerto competitions of the Boston Virtuosi, New England String Ensemble, and Julliard precollege division. She has studied at the Julliard School, Yale School of Music, and the Hartt School. Emily is currently a student at the New England Conservatory.

Podiatry Clinic Routine foot care with Dr. John McLaughlin is available on **Mondays, February 6 and 13, from 9:00 am to 12:00 noon**. Sessions, which last 15 minutes each, cost $30. Appointments are required. Make one by calling 617-730-2777.

Low Vision Group This peer-led support group for individuals with limited eyesight will not meet in February.

Blood Pressure Screenings
Come to the Senior Center on **Monday, February 6**, **from 1:00 to 2:00 pm** when a nurse from the Brookline Health Care Center (BHCC) will provide blood pressure screenings.

And there will be blood pressure screenings by Barbara Westley, the nurse from the Brookline Public Health Department (BPHD) at the Senior Center on **Thursday, February 16, from 9:00 to 10:30 am** and additional screenings with the BPHD nurse:

- On **Wednesday, February 1,** at the BPHD building, 11 Pierce St., **from 2:00 to 3:00 pm**
- On **Wednesday, February 8,** at Sussman House, 50 Pleasant St., **from 1:00 to 2:00 pm**
- On **Wednesday, February 22,** at O'Shea House, 61 Park 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, February 27**, during the Chinese programs—**from 12:30 to 2:00 pm**.

Health Clinic Note that the Podiatry Clinic and blood pressure and other screenings are now being held in our Health Clinic on the second floor as part of our space reallocations.

Flu How do you know if you have the flu? You may have some or all of these symptoms: fever (note that not everyone with flu will have a fever), cough, sore throat, runny or stuffy nose, body aches, headache, chills, fatigue, and sometimes diarrhea and vomiting

What should you do if you have flu-like symptoms? Stay home and avoid contact with other people except to get medical care. Most people with the flu have mild illness and do not need medical care or antiviral drugs.

Those who are 65 and older or have asthma or diabetes are more likely to get flu complications so they should talk to a health-care provider about whether they need to be examined if they get flu symptoms. There are emergency warning signs. Anyone who has them should get medical care right away. (from the *CDC*)

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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PHYSICAL FITNESS

We sometimes slow down, do less, develop more aches and pains, and generally become more sedentary as we age. The best way to address this is to keep as physically fit as we can. Luckily, the Senior Center has a plethora of programs to help seniors keep in shape. On Mondays, you can do some line dancing; on Tuesday, there's a morning Flexibility, Resistance Training, and Balance Exercise class, on Wednesday, go bowling, and on Friday, walk with the Solemates Walking Group.

And then there is our Fitness Center—with exercise machines, hand and ankle weights, and bicycles—all great tools for maintaining cardio health and for weight loss, too. The Fitness Center is now ***open to members*** Monday through Thursday from 9:30 am to 4:30 pm and on Fridays from 10:00 am to 3:00 pm. The cost of membership in the Senior Center Fitness Center is very low, and the benefit of using it to exercise regularly is high. Not only do you have the machines, but there are now some special exercise classes for members to participate in.

For those of you who are low-income, the Council on Aging has received a grant from the Brookline Community Foundation, a non-profit organization that promotes a strong, engaged, and inclusive community). This grant is for outreach and services to low-income elders.

For general and cost information about the Fitness Center, call Program Coordinator Sharon Devine at 617-730-2741.

Renovating the old Rogerson Day Health space and expanding our Fitness Center is central to our *Strengthen Our Seniors!* fundraising campaign. Envision a Fitness Center with more equipment, many special exercise classes for members, and scholarships for low-income seniors. That is the future of the program. And some of it will happen in 2012—as much as is possible. Your donations will help move the renovations along!

ZUMBA GOLD!

A winter Zumba series on ***Thursdays*** begins on **February 2 with a free session**. The series will run from **February 9 through March 29** at the Senior Center **from 1:30 to 2:30 pm**. The fee for the whole series is $45, but drop-ins are welcome at $7/session. For more information and to register, call 617-730-2770. Mary Stevenson is the instructor for this series, filling in for ailing Alicia Ebrat.

Zumba is a fusion of Latin and international music and dance that creates a dynamic cardio workout. Zumba Gold is a less-intense form of Zumba intended for active older adults and those just starting a fitness program. This class offers a safe and effective total body workout and includes dances such as salsa, merengue, tango, rumba, and cha cha. Wear comfortable clothing.

Brookline Community Foundation

NOTE: The whole series is free for Brookline Housing Authority residents thanks to the grant from the Brookline Community Foundation.

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

BETS (Brookline Elder Taxi System), the cab discount program that allows income-eligible Brookline residents over 60 to buy up to five (5) coupon books a month at a 50% discount ($25.00 a month yields $50.00 worth of cab rides as each coupon book has 10 coupons each worth $1.00 and a book costs $5.00).

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

If you want to apply for the first time, or be recertified, for the BETS program, bring your 2010 (or 2011 if they are done) income tax returns when you meet with Alicia. If you do not have to file tax returns, check with Alicia before you come in about what documentation you will need to bring. (All riders must be recertified every year in order to be able to buy BETS coupon books.)

To be eligible, an individual's maximum annual income cannot exceed $45,500; a couple's, $52,000.

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

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

BLAB The Brookline Legal Assistance Bureau volunteer lawyers will be on hand on **Wednesday, February 1, from 9:00 am to 12:00 noon** at the Senior Center, offering individuals legal expertise on matters of law as well as information and referrals. This service is offered free of charge, and no appointment is needed.

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

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

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

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 also p. 8.)

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

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 and Events.)

Question: Sometimes I have trouble sleeping. What can I do about this?

Answer: Nearly half of the population complain about their sleep, especially difficulty falling and staying asleep. A good night's sleep is important because it helps improve concentration and memory, and it allows the body to repair any damage that occurred during the day, which in turn helps to prevent disease. Most people need between seven and nine hours of sleep. If you don't sleep this much at night, late morning or early afternoon naps have been shown to be refreshing without impairing nighttime sleep.

Some of the most common causes of sleep problems are: pain, need to urinate, certain medications, inactivity, and stress. Sleeping pills often cause problems with memory, sluggishness, falls, constipation, and dry mouth.

To improve sleep:

- If you have pain at night, try taking a pain medication, such as Tylenol, 1 hour before bedtime.
- Try not to drink any liquids within 1½ hours of bedtime.
- Do not drink caffeine or alcohol in the evening. Alcohol may make you sleepy at first, but it interferes with sleep later in the night.
- Get some form of exercise every day. This can help reduce stress and anxiety which interfere with sleep.
- Sleeping pills often cause more harm than good. However, a combination of melatonin (5 mg), magnesium (225 mg), and zinc (11.25 mg)—all available over the counter—has been shown in a recent study to improve the quality of sleep. Unless you have kidney problems, these are safe, but check with your doctor to be sure!

SLEEP WELL!

ALZHEIMER'S CAREGIVERS SUPPORT GROUP

There are two groups per month—one in the afternoon and one in the evening. Both are designed to help caregivers cope with the stresses and demands of helping their loved ones who struggle with Alzheimer's Disease.

The **Afternoon** group will meet on **Friday, February 10**. Call group leader Elaine Yanowitz at 617-730-2751 to register to attend and/or for further information about this group and for time of meeting.

The **Evening** group will meet **Thursday, February 23.** Please note that this group is temporarily full. However, we do have a waiting list. Please call group leader Susan Kanian-Andriole at 617-730-2754 if you are interested in being put on the waiting list or for referral information for another local group.

Moving? Downsizing?

the move maven

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617.455.1964

karen@movemaven.com

HELP! MY NEW PART D PLAN DOESN'T COVER ALL MY MEDICATIONS!

If you have a ***new*** Medicare Part D plan and have just found out that your new plan does not cover a drug you have been taking, you should know about ***transition refills*** (which may give you temporary coverage [a 1-time, 30-day supply] for a drug that is not on your new plan's formulary or that has restrictions [prior authorization or step therapy]).

It is important to understand that a transition refill is only a temporary solution. You need to call your doctor immediately to talk about switching to a drug your plan does cover or filing a request with your Part D plan for a ***formulary exception*** (which may or may not be approved).

A transition refill is not for new prescriptions. You can only get one if you were already taking the drug before you signed up for the plan. Also, a transition refill does *not* apply to drugs that Medicare doesn't require Part D plans to cover (like Valium and Ativan).

If you have opted for the same plan you had last year, you may still be able to get a transition refill ***if*** your plan removed a drug you had been taking in 2011 from its 2012 formulary for reasons other than safety.

Not all pharmacists know about transition refills. Ask your pharmacist to call your Part D plan for special instructions.

Trained SHINE (Serving Health Information Needs of Elders) volunteers can help you! They offer free, confidential counseling on all aspects of health insurance to anyone on Medicare. Call the senior center at 617-730-2777 and ask for a SHINE appointment.

You can also 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.

MASS COLLEGE OF PHARMACY WORKSHOPS

Our friends from the Mass College of Pharmacy are back and are presenting a series of workshops on **the third Thursday of each month at 11:00 am** at the Senior Center. Scheduled in winter and spring of 2012 are:

February 16
High blood pressure and high cholesterol

March 15
Diabetes

April 19
Drugs affecting cognition and balance

May 17
Pain management

These workshops are cosponsored by the Senior Center and Mass College of Pharmacy.

PARKINSON DISEASE SUPPORT GROUP

The group will meet at the Senior Center on **Friday, February 3, from 1:00 to 2:30 pm**.

Please join the group in welcoming Naomi Goodman, MPH. Using her background in yoga and dance, Naomi developed and teaches a dance program for individuals living with Parkinson's Disease (PD). Her dance program is focused on combating rigidity, smallness of motion, and freezing. Following her presentation, Naomi will lead an abbreviated dance class. All are welcome to attend.

These meetings are cosponsored by the Brookline Senior Center and the American PD Association (APDA). For more information, contact Vanessa Blais at 617-638-7729 or online at vblais@bu.edu. Note: In case of inclement weather, contact Vanessa Blais by phone or e-mail (see above).

ARTHRITIS EXERCISE CLASS

There will be another series of Arthritis Exercise Classes at the Senior Center in the Spring at a date to be announced.

These gentle stretching and muscle-building exercises benefit people with arthritis and others interested in improving their flexibility, muscle strength, and general fitness level. The use of both hand weights and stretch bands are incorporated into the program. Ilse Leeser, PhD, RN, will instruct the class with guidelines developed by the Arthritis Foundation.

Call the Senior Center at 617-730-2770 to be put on the waiting list for the next series.

A health care provider authorization form must be filled out by your health-care provider if you are new to the course. For previous participants, health-care provider information that has been provided within the last year will not need to be updated.

The Arthritis Exercise Class is sponsored by the Brookline Council on Aging and the Arthritis Foundation Exercise Program.

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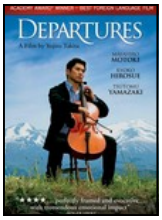
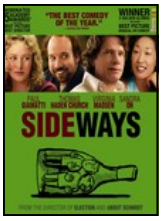
MOVIES FOR FILM LOVERS

Take a break from the winter. Come to the Senior Center and warm up with an afternoon movie on Tuesdays at 1:00 pm. February's bill of fare:

February 7
Midnight in Paris (2011) 94 minutes
In this bittersweet dramatic comedy, legendary director Woody Allen focuses his lens on a young engaged couple (Owen Wilson and Rachel McAdams) whose experiences traveling together in Paris make them begin to question the kind of life they want to live as a couple.



February 14
Departures (2008) 130 minute
In Japanese
Young cellist Daigo has an epiphany in which he realizes he's been heading down the wrong career path. Retreating to his hometown, he trains for a new professional role as a *nakanshi* -- one who prepares the dead for burial.



February 21
Sideways (2004) 126 minutes
Two men reaching middle age with not much to show for it but disappointment, embark on a week-long road trip through California's wine country, just as one is about to take a trip down the aisle.

February 28
The Debt (2010) 113 minutes
Rachel Singer (Helen Mirren) is a former Mossad intelligence agent forced to relive her 1965 pursuit of a notorious Nazi war criminal when the bold and dangerous fugitive is thought to have reemerged 30 years later in the Ukraine. Director John Madden's suspense piece also features Jessica Chastain as the young Rachel Singer.

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SENIOR CINEMA

The Public Library of Brookline offers a treasure trove of services and events. It not just a place to get books (although it has a wonderful collection—books, magazines, reference materials, movies, audio tapes—virtually anything you want is available either at the library or through its interconnections with other libraries. And there are lectures, concerts, and many other events and programs. To find out about the rich offerings available, access the Library on the internet at brooklinelibrary.org.

The Coolidge Corner branch of the Library has a Senior Cinema **every Thursday** with refreshments at 1:00 pm and a film starting **at 1:30 pm**. In January, the films are:

February 2
Moneyball (2011) 133 minutes
The story of Oakland A's general manager Billy Beane's successful attempt to put together a baseball club on a budget by employing computer-generated analysis to draft his players.

February 9
Rebecca (1940) 130 minutes
When a naïve young woman marries a rich widower and settles in his gigantic mansion, she finds the memory of the first wife maintaining a grip on her husband and the housekeeper.

February 15
Of Gods and Men (2010) 122 minutes
In French and Arabic
Under threat of fundamentalist terrorists, a group of Trappist monks stationed in an impoverished Algerian community must decide whether to leave or stay.

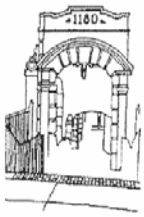
February 23
An American in Paris (1951) 113 minutes
Three friends struggle to find work in Paris. However, things become more complicated when two of them fall in love with the same woman.

DOWNSIZING?

The Friends of the Brookline Library welcome donations of materials such as CDs, DVDs, tapes, videos, audio books, LPs, and magazines. The Brookline librarians examine them first, to see what can be added to the Library's current collections. The rest are turned over to the Friends who sort them for the Ongoing Book Sale at the Main Library. Those books that do not sell to the community will be donated to various nonprofits, such as prisons, Third-World projects, and needy schools.

Exclude books missing covers or pages (including those that are brittle or loose) or books with mold or mildew, textbooks more than 5 years old, travel books, or encyclopedias.

Drop items on the Main library loading dock at the rear of the building off School Street at any time, but if you want a tax receipt, drop them off between 9:00 am and 4:00 pm weekdays. Just ring the bell and a staff member will give you a signed receipt. If you need help unloading, also ring the bell, and we will try to find someone to help you. One or two bags may be brought to the first floor main desk. If you can't bring your materials to the Library, we will try to arrange a pick up. To arrange this help, e-mail bookpickup@aol.com or call 617-835-7114.



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COMPUTER COURSES FOR SENIORS

The computer is here to stay. In this century, it has become ubiquitous—affecting every area of our lives. It has virtually consumed all other forms of human interaction—with instant access to all sorts of information, instant communication all over the world, and record keeping the scope of which takes our breath away. Our children and grandchildren—and some of us—see the computer as a necessity of life.

BA&CE, in cooperation with the Brookline COA, offers a variety of computer courses for senior citizens that are given at the Senior Center. Students interested in taking courses, but unsure of which class to enroll in, should contact Bob Roll at 617-730-2782. Courses still open for winter are:

Introduction to Computer Basics for Seniors
Bob Roll, Instructor
4 Thursdays from 9:30 to 11:30 am
Section 2: beginning February 9

Intermediate Computer Basics for Seniors
Bob Roll, Instructor
4 Fridays from 9:30 to 11:30 am
Section 2: beginning February 10

Introduction to the Internet for Seniors
Mimi Katz, Instructor
4 Wednesdays from 9:30 to 11:30 am beginning February 8

Each 4-week course costs $72. Since these courses are designed for, and open only to, seniors, the senior discount does not apply to them. For more information and to register for these courses, call BA&CE at 617-730-2700 or access it online at brooklineadulted.org.

CANASTA PLAYERS WANTED

Players are needed for this group that meets **Tuesdays from 12:30 to 3 pm**. Some knowledge of the game is helpful. Call Earl at 617-735-9662 if you are interested. Anyone interested in playing Euchre should also call Earl.

AT THE GALLERY

Watercolor and oil paintings by Francine Schachter

Through Friday, April 13

Hours: 8:30 am to 5:00 pm
Monday through Friday

ON VACATION IN FEBRUARY

Several regular events will be on vacation in February. They are:

- ***Council on Aging Board of Directors***, but there will be an orientation meeting for new board members (see p. 13)
- ***Low Vision Group***
- ***Modern Beading Workshop***
- ***One-on-One Computer Sessions*** and ***JOBS Computer Assistance***—both on hiatus during tax preparation season (see p. 27)
- ***Putterham Book Discussion Group***

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www.edwardjones.com

GRANDPARENTING CHILDREN WITH SPECIAL NEEDS —A SUPPORT GROUP?—

Stanley D. Klein, PhD, will be on hand at the Senior Center on **Thursday, February 23, at 1:00 pm** to lead a discussion of issues faced by grandparents with a grandchild with special needs. Among the topics under discussion will be whether the Senior Center should offer a support group for these grandparents.

Dr. Klein, a clinical psychologist and educator, has worked with children with disabilities and their families for over 50 years. Recently, he has co-edited three books and published more than 10 books in his field. Several of Dr. Klein's books will be available for sale at the meeting.

COUNCIL ON AGING

There will be no Council on Aging meeting in February. However, there will be an orientation meeting for new board members and a discussion of the Council on Aging/Senior Center budget on **Wednesday, February 8, at 1:00 pm**. Ruthann encourages everyone to attend—not just the new board members. RSVP to Ruthann 617-730-2756 or rdobek@brooklinema.gov.

FRIENDSHIP, LOVE, AND BEYOND —SAVE THE DATE—

Come to the Senior Center for this 4-week group designed to help you enhance your social life. This group, which is open to all Brookline residents 60 years of age or older, will explore building healthy relationships later in life. The group will meet every Wednesday in March from 1:00 to 2:00 pm. The group is free of charge, and no registration is necessary. Drop-ins for individual sessions are welcome. For more information, call Senior Center interns Lauren Dupuis or Katie Kelley at 617-730-2772.

MODERN DANCE AND MOVEMENT

Lynn Modell, Brookline High School Dance Coach, will lead another of her dance and movement workshops at the Senior Center on **Fridays, February 3, 10 and 17, at 3:30 p.m**. There is a $2/session fee.

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BROOKLINE-CAN NEWS

Join BrooklineCAN on **Wednesday, February 1, at 6:00 pm** at the main branch of Brookline Public Library as the organization is honored with the 2011 Carlin Community Health Award by the Friends of Brookline Public Health. The award recognizes BrooklineCAN's efforts to promote the health and well-being of older residents in Brookline.

Since its launch last April, BrooklineCAN has spread the word about available support services and educational forums; advocated to make the town more livable; established an exchange of information about carpenters, computer repair workers, and other vendors; recruited 50 businesses to offer member discounts; and built their membership roster to more than 300.

*****

Are you looking for a new challenge? A new way to use your skills to help others? **BrooklineCAN** is looking for someone to be ***chair of the Membership Committee.*** This working committee needs someone (or perhaps some two) to take on the leadership role. In addition to recruiting new members, the committee plans events for prospective members and sessions to orient and involve new members. The outgoing chair will help the new leader(s) during a transition period. For more information about this opportunity, contact either Ruthann Dobek (rdobek@brooklinema.gov or 617-730-2756) or Frank Caro (frank.g.caro@gmail.com or 617-739-9228).

*****

BrooklineCAN's second year is starting, and renewal notices are going out now to the charter members. Don't forget to renew. And if you are not yet a member, check out the website—www.BrooklineCAN.org—to learn about this exciting new organization, what it is doing, and what benefits are available. You can even join the organization on the website. If you do not have access to the internet, call the Senior Center at 617-730-2777 and ask to speak to someone about the organization and what it has to offer you.

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FROM THE DIRECTOR

February brings some of the coldest weather and with it the winter blues. We at the Senior Center are here to help make the days go by in a warm and enjoyable way with lots of wonderful programs and activities. One of my favorite programs—one I promise will have you feeling great happiness this month—is the fabulous gospel singing Silver Leaf Singers (see p. 1). Join us for this magical program and your blues will melt away!

I am always in awe of our elders who bundle up and refuse to let the weather get them down. I urge you to dress warmly and in layers when you are going out.

Your hearty disposition inspires us all. There is much to do at the Senior Center to keep you active and engaged. And recent research shows that being active and social is good for your health. If you are looking for something a little different, we are offering theatre trips (see p. 25) and exciting day trips with Brookline Recreation (see p. 22).

Finally, we are recruiting some special volunteers with specific talents or interests. We still need someone to chair the membership committee of BrooklineCAN—a great opportunity for someone (see p. 14) who enjoys meeting people and planning events.

Keep warm and remember the days are getting longer as the light returns this month. On January 1, sunset was at 4:22 pm; on February 1, it will be at 5:12 pm; and by February 28, at 5:44 pm. And in March—ta dah!—Daylight Savings time will return on the 11th.

Wish you had a little extra help at home?

WE CAN HELP!

Our caregivers and nurses are a vital link between the client, the family and other health care providers. Services include:

- Personal care *(bathing, grooming, dressing)*
- Companionship & housekeeping
- Transportation to appointments
- Post-operative care
- Medication management

For more information or to schedule services, call (781) 431-1484 or visit www.vnaprivatecare.com.

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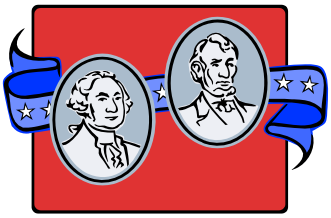
Springwell Nutrition Program FEBRUARY 2012

617-730-2770

MONDAY	TUESDAY	WEDNESDAY
Soup is always served with crackers. **Meals are served at 12:00 noon unless otherwise noted.** **For meal reservations on Mondays, call the previous Friday by 11:00 am.** **For meal reservations on Tuesdays through Fridays, call the previous day by 11:00 am.** *Snow drops—the first harbingers of spring—often show up shyly at the end of February.*		1) Mixed Bean Soup Stuffed Shells, Meatball w/Tomato Sauce, Brussels Sprouts, Tossed Garden Salad, Lite Italian Dressing, Whole Wheat Dinner Roll **OR** Tuna Salad w/Lettuce Leaf, Wheat Bread, Garden Shell Pasta Salad, Tossed Garden Salad w/Lite Italian Dressing Chef's Choice Dessert
6) Vegetable Soup Turkey Marsala, Creamy Parmesan Polenta, Parsley Carrots, Oatnut Bread **OR** Egg Salad w/Lettuce Leaf, Orzo Pilaf, Cole Slaw, Wheat Bread Fresh Fruit	7) Minestrone Soup Tuna Noodle Casserole w/Mushroom & Bread Crumb Topping, Cauliflower & Green Beans, Multigrain Bread **OR** Roast Beef w/American Cheese, Lite Mayo, Lettuce Leaf, German Potato Salad, Tossed Garden Salad w/Lite Italian Dressing, Rye Bread Pumpkin Pudding w/Topping	8) Garden Vegetable Soup Greek Chicken, Lemon Olive Rice, Spinach & Mushrooms, Corn Bread Loaf **OR** Chicken Caesar Salad, Croutons, Parmesan Cheese, Lite Creamy Italian Dressing, Three Bean Salad, Apple Cinnamon Muffin Pineapple
13) Wild Rice Soup Honey Mustard Chicken, Whipped Sweet Potato, Broccoli & Cauliflower, Rye Bread **OR** ***Ham w/American Cheese, Mustard, Lettuce Leaf, Greek Pasta Salad, Carrot Pineapple Salad, Bulkie Roll Peaches	14) **<u>Valentine's Day Special</u>** Hearty Vegetable Soup Roast Turkey w/Jardinière Gravy Baked Stuffed Potato w/Broccoli Cheese Sauce Cinnamon Dinner Roll Raspberry Mousse w/Chocolate Chips Hershey's Kiss 	15) Beef Stew, Peas, Tossed Garden Salad, Lite Italian Dressing, Corn Bread **OR** Chicken Salad on a Lettuce Leaf, Oatnut Bread, German Potato Salad, Tomato Pepper Salad Tropical Mixed Fruit
20) **President's Day**  **Senior Center Closed.** **No Meal Service**	21) **<u>Birthday Lunch</u>** Vegetable Rice Soup Beef Burgundy, Creamy Parmesan Polenta, Roasted Mixed Vegetables, Garlic Whole Wheat Roll **OR** BBQ Chicken Patty w/Mozzarella Cheese, Sliced Red Onions, Hamburger Roll, Balsamic Vinaigrette Pasta, Riviera Blend Salad Ice Cream Cup	22) Baked Macaroni & Cheese, Broccoli & Cauliflower Marinara, Whole Wheat Bread **OR** Seafood Salad w/Lettuce Leaf, Tossed Garden Salad w/Lite Italian Dressing, German Potato Salad, Oatnut Bread Peaches
27) Italian Vegetable Soup Pot Roast w/Onion & Mushroom Gravy, Mashed Potatoes, Harvard Beets, Multigrain Bread **OR** California Chicken Salad, Tossed Garden Salad, Lite Italian Dressing, Corn Salad, Multigrain Bread Oatmeal Raisin Cookie	28) Potato Kale Soup Chicken Breast w/Gravy, Apple Raisin Bread Stuffing, Butternut Squash, Rye Bread **OR** Tuna Salad w/Lettuce Leaf, Wheat Bread, Cucumber Dill Salad, Rice Tomato Black Olive Salad Fresh Fruit	29) American Chop Suey, Parmesan Cheese, Italian Vegetable Blend, Tossed Garden Salad, Lite Dressing, Oat Dinner Roll **OR** Egg Salad w/Lettuce Leaf, English Pea Salad, Broccoli Tomato Salad, Multigrain Bread Tapioca Pudding w/Topping

THURSDAY	FRIDAY
2) Orzo Vegetable Soup Burger w/American Cheese, Ketchup & Mustard, Lettuce & Tomato, Sweet Potato Wedges, Green & Wax Beans, Hamburger Roll **OR** Seafood Salad on Lettuce Leaf, Potato Salad, Roman Blend Salad, Multigrain Bread Vanilla Pudding w/Topping	3) Cream of Butternut Squash Soup Potato Crunch Fish w/Lemon Dill Sauce, Tartar Sauce, Brown Rice Pilaf, Zucchini, Muffin **OR** Breaded Chicken Breast, Lite Mayo, Lettuce Leaf, Spinach Mandarin Orange Salad, Lite Italian Dressing, English Pea Salad, Hamburger Roll Fresh Fruit
9) ***Reduced Sodium All Hot Dog, Baked Beans, Coleslaw, Ketchup/Mustard/Relish, Hot Dog Roll **OR** Cottage Cheese Fruit Plate, Garden Shell Pasta Salad, Dinner Roll Vanilla Cake w/Chocolate Frosting & Sprinkles	10) Pasta Fagioli Soup Meatloaf w/Gravy, Mashed Potatoes, Beets, Whole Wheat Dinner Roll **OR** Turkey w/Provolone Cheese, Lite Mayo, Corn Salad, Broccoli Tomato Salad, Multigrain Bread Fruited Gelatin w/Topping
16) Italian Garden Vegetable Soup Salmon Boat w/Lemon Dill Sauce, Diced Carrot Barley Pilaf, Spinach, Multigrain Bread **OR** Chef Salad w/Turkey, Cheese, & Boiled Egg, Lite Italian Dressing, Caribbean Salad, Apple Cinnamon Muffin Fresh Fruit	17) Minestrone Soup Cheese Lasagna, Meatball w/Tomato Sauce, Parmesan Cheese, Vegetable Medley, Whole Wheat Bread **OR** Seafood Salad w/Lettuce Leaf, Tomato Cucumber Salad, Pasta Salad w/Cheese, Wheat Bread Peanut Butter Cookie
23) Pasta Fagioli Soup Creamy Italian Chicken, Mashed Potatoes, Green & Waxed Beans, Multigrain Bread, **OR** Roast Beef w/Swiss Cheese, Lite Mayo, Lettuce Leaf, Spinach Mandarin Salad w/Lite Italian Dressing, Corn Salad, Rye Bread Crumb Cake Loaf	24) Seafood Chowder Baked Fish w/Lemon Sauce, Lemon Wedge, Orzo Pilaf, Lima Beans & Corn, Rye Bread **OR** Cottage Cheese and Fruit Plate, Dinner Roll, Garden Shell Pasta Salad Fresh Fruit

ALL MEALS INCLUDE 8 OZ. OF 1% MILK AND MARGARINE.

Low sugar desserts are available, and need to be ordered with the site manager

*****Higher Sodium Content**

Menu subject to change. $1.75 donation

LUNCHEON SPECIALS FOR FEBRUARY

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.

Be our Valentines on **Tuesday, February 14**, at the Springwell **Valentine's Day Special** lunch. Dine on turkey with yummy trimmings and love and kisses (Hershey, that is).

Monday, February 20 is **Presidents Day**. The Senior Center is closed so there will be no meal service that day.

And on **Tuesday, February 21**, celebrate February birthdays at the **Birthday Lunch**. Don't forget to tell us if you or someone in your party has a February birthday when you make the reservation.

On **Tuesday, February 28**, join the **Let's Go Out to Lunch group at 12 noon** on an outing to Café Brazil at 421 Cambridge Street in Allston. Treat your taste buds to something very special.

FEBRUARY AT A GLANCE

Wednesday, February 1
9 am-12 noon BLAB lawyer
9:30-11:30 am e-Mail Workshop for Seniors**
1 pm Brookline Music School Cocert (Atsuko Jozaki, pianist, and Emily Jane Traubl, cellist
2-3 pm Blood pressure screening *at Brookline Public Health Department building*
6 pm Presentation of 2011 Carlin Community Health Award to BrooklineCAN *at main branch of Brookline Public Library*

Thursday, February 2
9:30-11:30 am Introduction to Computer Basics for Seniors—Section 1 (last class)**
1:30 pm Senior Cinema *at Coolidge Corner branch of Brookline Public Library—Moneyball*
1:30 pm Easy Travel—the Arnold Arboretum with Judith Gimple
1:30-2:30 Zumba Gold—free session

Friday, February 3
9:30-11:30 am Intermediate Computer Basics for Seniors—Section 1 (last class)**
10:30 am-12 noon Visual Fundamentals
1-2:30 pm Parkinson Disease Support Group—speaker Naomi Goodman, MPH
3:30 pm Modern Dance and Movement

Sunday, February 5
3:30 pm Nancy Scariati photographic presentation *at Goddard House*

Monday, February 6
9 am-12 noon Podiatry Clinic
9:30-11:30 am Basic Computer Maintenance for Seniors**
1-2 pm Blood pressure screening (BHCC)
1-3 pm Senior Center Decorators

Tuesday, February 7
1 pm Movies for Film Lovers—*Midnight in Paris*

Wednesday, February 8
9:30-11:30 am Introduction to the Internet for Seniors**
1 pm Council on Aging orientation meeting for new board members and the public
1-2 pm Blood pressure screening *at Sussman House*

Thursday, February 9
9:30-11:30 am Introduction to Computer Basics for Seniors, Section 2 begins**
1:30 pm Senior Cinema *at Coolidge Corner branch of Brookline Public Library—Rebecca*
1:30-2:30 pm Zumba Gold

Friday, February 10
9:30-11:30 am Intermediate Computer Basics for Seniors**
10:30 am-12 noon Visual Fundamentals
11 am Pickup at Senior Center for Brookline Recreation trip to the New England Aquarium
3:30 pm Modern Dance and Movement
Afternoon Alzheimer's Caregivers Support Group—call for time

Sunday, February 12
3:30 pm Boston Impromptu concert *at Goddard House*

Monday, February 13
9 am-12 noon Podiatry Clinic
1-3 pm Senior Center Decorators
6-7:30 pm Caregivers discussion and supper *at Goddard House*

Tuesday, February 14
12 noon Springwell Valentine's Day Special lunch
1 pm Movies for Film Lovers—*Departures*

Wednesday, February 15
9:30-11:30 am Introduction to the Internet for Seniors**
1 pm Silver Leaf Gospel Singers
1:30 pm Senior Cinema *at Coolidge Corner branch of Brookline Public Library—Of Gods and Men*

Thursday, February 16
9-10:30 am Blood pressure screening
9:30-11:30 am Introduction to Computer Basics for Seniors—Section 2**
10:30-11:30 am Arthritis Exercise Class
11 am Mass College of Pharmacy Workshop on high blood pressure and high cholesterol
1-4 Job Search Skills sessions
1:30-2:30 pm Zumba Gold

Friday, February 17
9:30-11:30 Intermediate Computer Basics for Seniors**
10:30 am-12 noon Visual Fundamentals
3:30 pm Modern Dance and Movement

Monday, February 20
Presidents' Day. SENIOR CENTER IS CLOSED.

Tuesday, February 21
12 noon Birthday Lunch
1 pm Movies for Film Lovers—*Sideways*

Wednesday, February 22
9:30-11:30 am Introduction to the Internet for Seniors**

1-2 pm Blood pressure screening *at O'Shea House*

Thursday, February 23

9:30-11:30 am Introduction to Computer Basics for Seniors—Section 2**

1 pm Grandparenting Children with Special Needs

1:30 pm Senior Cinema *at Coolidge Corner branch of Brookline Public Library—An American in Paris*

1:30-2:30 pm Zumba Gold

Evening Alzheimer's Caregivers Support Group—call for time

Friday, February 24

9:30-11:30 am Intermediate Computer Basics for Seniors**

10:15 am Pickup at Senior for Brookline Recreation trip to the Museum of Fine Arts

Sunday, February 26

7 pm Trio Spirito concert *at Goddard House*

Monday, February 27

12:30-2 pm Blood pressure screening (GBCGAC)

Tuesday, February 28

9-10 am Public Issues Nonfiction Book Discussion Group discusses *Bobos in Paradise*

12 noon Let's Go Out to Lunch *at Café Brazil*

1 pm Movies for Film Lovers—*The Debt*

Wednesday, February 29

9:30-11:30 am Introduction to the Internet for Seniors**

1 pm February 29 Mardi Gras Party

2 pm Theater Club excursion to *Wild Swans at the American Repertory Theatre*

** 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.*

DIABETES SELF-MANAGEMENT WORKSHOP

Attention people with diabetes or prediabetes, caregivers, and companions. Join a free evidence-based Springwell diabetes workshop at Temple Reyim (1860 Washington Street in Newton). Learn about preventing and delaying complications, preventing low blood sugar, planning healthy meals, managing stress and difficult emotions, managing medication, administering food care remedies, improving communication with your doctor, handling stress and increasing your energy, and making choices about your treatment.

The workshop in on Tuesdays from 1:00 to 3:30 pm—February 7 to March 13—at Temple Reyim (1860 Washington Street, Newton). For more information or to join the group, call 617-926-4100 or e-mail jjoffe@springwell.com.

ONGOING SENIOR CENTER EVENTS

Monday

8-9 am Chair Exercises for Seniors *at Goddard House***

8:45-10:15 am Strength Training for Seniors**

9:30-4:30 Fitness Center open—membership required

10:30-11:30 Senior S-T-R-E-T-C-H**

12:30 pm Chinese programs

12 noon-4 pm BETS

1 pm Mah jongg

1 pm Scrabble

1-2 pm Line dancing $2.00/session

2-4 pm Open computer lab

Tuesday

Income Tax Preparation

9:30-4:30 Fitness Center open—membership required

10 am Flexibility, Resistance Training, and Balance Exercise

10:15 am Brookline Bees, Quilters

10:30-12:30 pm Literary Discussion: Winter Term**

12 noon-4 pm BETS

12 noon French Conversation

12:30-3 pm Canasta

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

1 pm Bingo

1 pm Movies for Film Lovers

2-3 pm Yoga for Older Adults (chair class)**

3-4 pm Yoga for Older Adults (mat class)**

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

Wednesday

8-9 am Chair Exercises for Seniors *at Goddard House***

8:45-10:15 am Strength Training for Seniors**

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—membership required

10:15-11:45 am Telling Your Story**

10:30 am Retired Men's Club

10:30-11:30 Senior S-T-R-E-T-C-H**

12 noon-4 pm BETS

12:30 pm Bridge

1-3 pm Jane Eyre and Wuthering Heights**

2-4 pm Open Computer Lab

Thursday

9:30-11:30 am Drawing for Pleasure—still life

9:30-11:45 am Drawing for Pleasure—figure drawing

9:30-4:30 Fitness Center open—membership required

10:30 am Knit and Crochet

10:30-11:30 am Arthritis Exercise Class

1:30 pm Knit and Crochet

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

Friday

9 am Bridge

10am-3 pm Fitness Center open—membership required

10 am Solemates, Walking Group

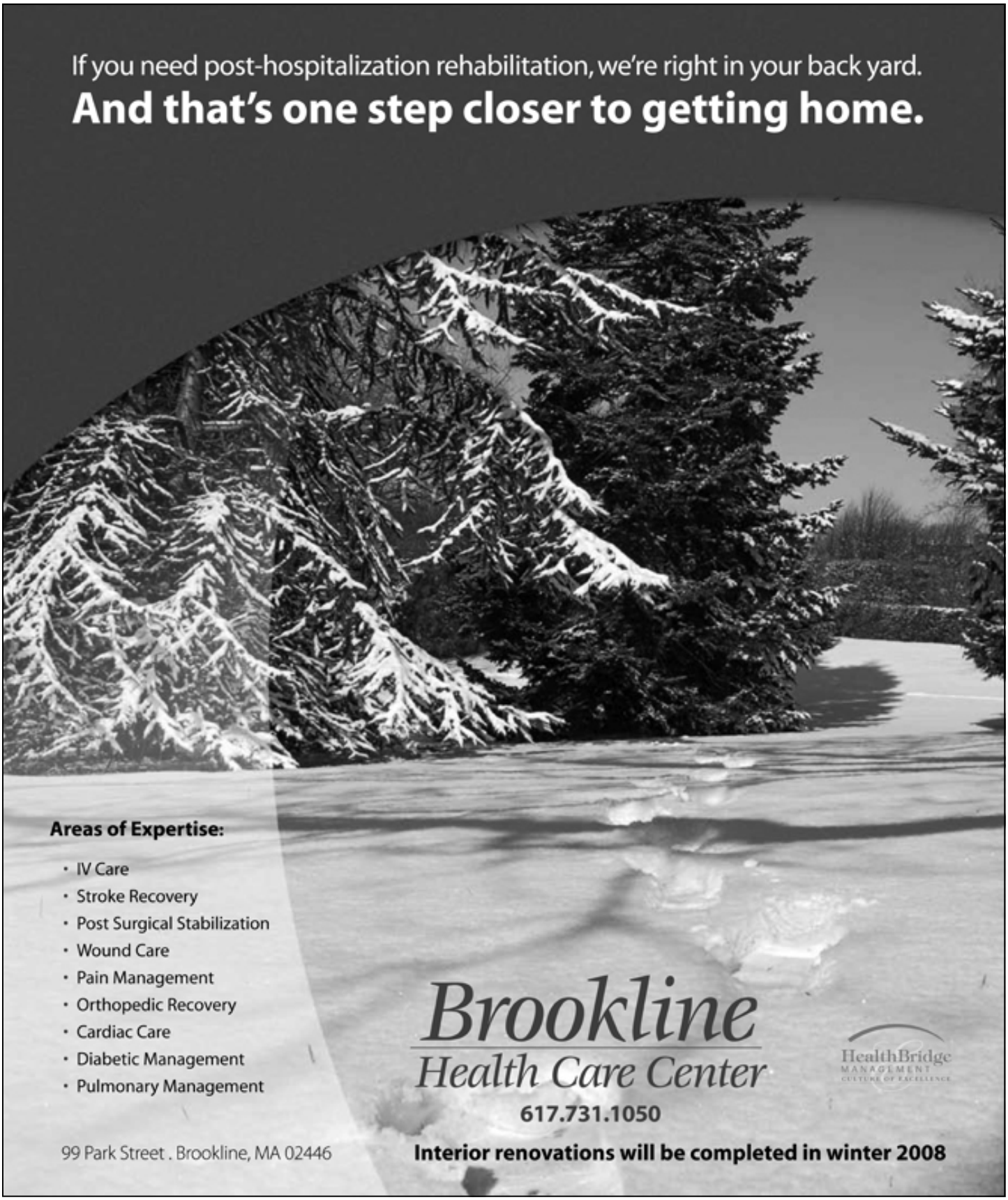
10 am Project Volunteer

10:30 am Current Events Discussion Group

10:30 am Senior Chorus

1-2 pm Muscle Conditioning for Seniors**

2-3:30 pm Introduction to Tai Chi Chuan**

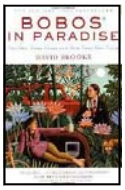


WANTED!

The Senior Center's venerable electric typewriter has finally given up the ghost. We would be very grateful to anyone who can donate a working electric typewriter to us. If you have one or know where we can get one, please call Dotty Bell at 617-730-2759.

PUBLIC ISSUES NONFICTION BOOK DISCUSSION GROUP

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



February 28
Bobos in Paradise: The New Upper Class and How They Got There by David Brooks (Simon & Schuster)

March 27
Deadly Spin: An Insurance Company Insider Speaks Out on How Corporate PR Is Killing Health Care and Deceiving Americans by Wendell Potter (Bloomsbury Press)

SENIOR CENTER DECORATORS

Join this fun crafting group (formerly called the Crafty Holiday Group) and help make stars and stripes for the Fourth of July, goblins for Halloween, snowmen for Christmas, and much more—all to adorn the walls of the Senior Center! The group will meet **from 1:00 to 3:00 pm on Mondays, February 6 and 13**.

FUEL ASSISTANCE

Our social work interns—Lauren Dupuis, Katie Kelley, and Jessica Moss—are assisting people with applying for or renewing their fuel assistance benefit this year. Appointments can be scheduled by calling 617-730-2777.

Please note that you do not have to be an elder to apply for fuel assistance. For more information and answers to your questions, call the Senior Center social work interns at 617-730-2772. If you get a message at this phone number, leave your name and telephone number, and one of the interns will call you back as soon as possible.

Other intake sites that are available to Brookline residents are:

- ABCD, Inc. (central office), 178 Tremont St., 4th Floor, Boston. Phone: 617-357-6012
- Alston/Brighton APAC, 143 Harvard Ave. Allston. Phone: 617-783-1483.

There are multilingual intake workers at both these sites.

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.

BROOKLINE RECREATION—IT'S WHAT WE DO!*

If you have questions about, or want to make reservations for, Brookline Recreation's excursions, call Elizabeth Gugliotti—the new Active Adults program coordinator—at 617-730-2082 or e-mail her at egugliotti@brooklinema.gov. You can also use the Brookline Recreation mailbox in the reception area on the 2nd floor of the Senior Center to make reservations, pay, comment, or ask questions.

Friday, February 10
New England Aquarium
Founded in 1969, the New England Aquarium is a global leader in ocean exploration and marine conservation. Take a trip to exotic waters and experience more than 70 exhibits featuring aquatic animals from around the world.
Pickup will be at the Soule Recreation Center at 10:45 am and at the Senior Center at 11:00 am.
Cost: $22 for residents, $30 for nonresidents

Friday, February 24
Museum of Fine Arts (MFA)
The MFA is one of the most comprehensive art museums in the world; the collection encompasses nearly 450,000 works of art.
Pickup will be at the Soule Recreation Center at 10:00 am and at the Senior Center at 10:15 am.
Cost: $30 for residents, $41 for nonresidents

Friday, March 2
Wrentham Outlets
Located in Wrentham, these premium outlets are home to 170 shops and stores where you can find impressive savings.
Pick up will be at the Soule Recreation Center at 10:45 am and at the Senior Center at 11:00 am.
Return to the Soule Recreation Center at 4:00 pm and at the Senior Center at 3:45 pm
Cost: $15 for residents, $21 for nonresidents

Friday, March 16
Boston Flower and Garden Show
Set to the backdrop of over 25 garden displays, the 2012 Boston Flower and Garden show offers lectures, demonstrations, shopping galore (200 vendors featuring thousands of plants and gardening products), and the chance to take home exciting giveaways.
Pickup will be at Soule Recreation Center at 11:15am and at the Senior Center at 11:30 am
Return to the Soule Recreation Center at 5:00 pm and to the Senior Center at 4:45 pm
Cost: $24 for residents, $33 for nonresidents

Friday March 30
Warren Lobster House/Kittery Outlets
Join the group for a delicious lunch at Warren's Lobster House—voted best lobster dinner by *Seacoast Magazine*—followed by shopping at the Kittery Outlets.
Pickup will be at Soule Recreation Center at 8:45am and at the Senior Center at 9:00 am
Return to the Soule Recreation Center at 5:00 pm and to the Senior Center at 4:45 pm
Cost: $28 for residents, $37 for nonresidents

And in April, Brookline Recreation is planning excursions:

- On Friday, April 13, to the Newport, Rhode Island, Mansions
- On Friday, April 27, a Duck Tour of Boston

*****

*Note that additional stops may be made. Contact Elizabeth at 617-730-2082 or by e-mail at egugliotti@brooklinema.gov for new (additional) pickup and return locations.

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SENIOR CENTER FOOD DISTRIBUTION SITE

Remember that there is free food distribution at the Senior Center **every Tuesday from 1:00 to 3:30 pm**. Hours vary slightly depending on when the food arrives and when it has all been distributed. Get a number in the coffee lounge. ***Do not*** go down to the basement until your number is called.

A wide variety of food is available at the site every week. There are always many choices of bread and rolls and lots of produce. In addition, 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.

EQUIPMENT LOAN FUND

Are you in need of a walker, raised toilet seat, or sock donner? Is medical equipment gathering dust in your home? If you need medical equipment or are looking for a place to donate items, keep the Equipment Loan Fund (ELF) in mind! Call Karin Wannamaker at 617-730-2753 to borrow or donate an item. Because of space and other limitations, ELF is not able to accept all items, so instead of just dropping off items, please call ahead and speak with Karin first.

CAREGIVERS EVENING AT GODDARD HOUSE

If you are caring for a loved one who is ill, join other caregivers for an evening discussion and complimentary Valentine's supper on **Monday, February 13, from 6:00 to 7:30 pm** at Goddard House.

The featured speaker, Boston University epidemiologist Lisa Fredman, will describe her study on the health effects of care-giving in older women. She has uncovered measurable health benefits and resilience in caregivers and also found that the positive effects of care-giving may outweigh the stress.

Goddard House Assisted Living in Brookline is at 165 Chestnut St.

RSVP by e-mail to pbarrows @radiusmanagement.com or call 617-731-8500.

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THE ASSISTANCE YOU NEED TO STAY INDEPENDENT

ALSO AT GODDARD HOUSE

Sunday, February 5 at 3:30pm
Nancy Scariati,
Nancy, a professional sports photographer, has become a pioneer in her field and was the first female to photograph professional football in the United States. About her job, Nancy once said, "I photograph the finest athletes in their prime or as I like to kid 'men in tights—what's not to like?'"

Sunday, February 12 at 3:30pm
Boston Impromptu
This group is a Boston-based jazz trio with Yas Ishibashi on the keyboard and vocals, Bob Wyckoff on the trumpet and vocals, and Liz Horwitz, bass. The group will perform a program of songs, ballads and swing tunes from what is referred to as "The Great American Songbook," music from the 30s through the 50s.

Saturday, February 25 at 7:00 pm
Trio Spirito
This is an evening concert featuring Loren Pearson, violinist, Pamela Ambrose, cellist, and Mary Jane Rupert, pianist.

THEATER CLUB

The Senior Center Theater Club continues to offer quality entertainment excursions in this first quarter of 2012. In February:

Wild Swans
Wednesday, February 29
at the American Repertory Theatre in Cambridge
2:00 pm ***$28***

China, in the heart of the 20th Century, became a nation transformed beyond recognition. Through the eyes of one fiercely courageous family, ***Wild Swans*** takes us on a journey from the early days of Communist hope and struggle through the chaos and confusion of Mao's Cultural Revolution to the birth of a superpower. An astonishing human story, *Wild Swans: Three Daughters of China* has sold more than 13 million copies in 36 languages. This first ever stage version brings together author Jung Chang with playwright Alexandra Wood, director Sacha Wares, designer Miriam Buether and Beijing video artist Wang Gongxin.

And in March:

West Side Story
Sunday, March 11
at the Turtle Lane Playhouse in Auburndale

Oliver
Sunday, March 25
At the Sorenson Center for the Arts at Babson College in Wellesley

Stay tuned to the *TAB*, flyers, and the March *Senior News and Events* for more details about the March offerings and beyond.

*****

Make reservations and get more information by calling 617-730-2770. Remember that payment is due when you make your reservation—by check or cash, no credit cards please.

Note that tickets are refundable only until two weeks before the performance. After that time, if you find yourself unable to attend the show, you may arrange for someone else to take your ticket(s).

Transportation at the Senior Center (and possibly at other Brookline locations) to and from each performance is included in the overall price of the tickets.

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Center Communities of Brookline
Hebrew SeniorLife

FRENCH CONVERSATION

This group meets every Tuesday in February at 12:00 noon. Come and fine tune your French conversational skills in this welcoming group led by Agnes Serenyi.

JOB OPPORTUNITIES FOR BROOKLINE SENIORS (JOBS) NEWS

Job Search Skills Want help with your résumé, interview skills, or networking resources? If you are a Brookline resident age 60 or older and looking for work, bring your personal job search questions to Anne Spangler, Wisdom Works Facilitator, for a half-hour individual session at the Senior Center on **Thursday, February 16, from 1:00 to 4:00 pm**. Appointments are required. For more information or to make an appointment for a session, call Deidre Waxman at 617-730-2767 or e-mail Anne at aspangler@brooklinema.gov.

JOBS Employer Heroes The COA JOBS program is grateful to Brookline businesses who hire our seniors. One of these local businesses is Brookline Dog Grooming on Harvard Street who hired one of our elder, animal-loving job seekers part-time to help in the pet shop. This employer is committed and eager to hire motivated, energetic, and pet-loving seniors to round out her staffing needs.

LOSS AND BEREAVEMENT

The Loss and Bereavement Support Group met at the Senior Center in November and December. The group focused on feelings of loneliness, sadness, guilt, and anger at loss of a loved one. This was a wonderful and supportive group with all participants sharing stories, listening and offering suggestions and resources to each other.

If you or someone you know would be interested in participating in a Bereavement Support Group in the spring, led by a Hospice Bereavement Outreach Coordinator, call Deidre Waxman at 617-730-2767.

SENIOR SCENE

A program on lawyer issues relative to seniors will air in February. Stay tuned to the *TAB* and flyers for more information.

Senior Scene airs on BATV on Thursdays at 7:00 pm with repeat airings on Fridays at 1:00 pm and Sundays at 7:30 pm.

DRAWING FOR PLEASURE

This popular drawing class will resume on **February 2** for a new 14-week run on **Thursday mornings**. **Figure drawing**, with Louise Weinberg instructing, will meet **from 9:30 to 11:45 am**; **still life**, with Alexandra Rozenman instructing, will meet **from 9:30 to 11:30 am**. There are openings in both sections for people with some drawing experience. There is a small model fee for figure drawing. For more information and to register, call 617-730-2770.

EASY TRAVEL

In **February (Thursday, the 2nd)**—Judith Gimple will explore the history and seasonal grandeur of the Arnold Arboretum, and in March (Thursday, the 1st)—Julie Washburn will whisk you off to San Francisco. And rumor has it that Paris will be our destination in April. All sessions start **at 1:30 pm**.

Would you like to lead a tour of one of your favorite places? If you have a photographic tour (far-flung or local) you would like to share with the Brookline senior community, contact Julie Washburn at 617-730-2760. Remember that you need to have pictures, preferably slides or digital pictures on a CD.

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)

INCOME TAXES

In spring, a young man's fancy may turn to thoughts of love, but in February, everyone's thoughts turn to income tax preparation. This year, there will be a big change in the tax-preparers at the Senior Center. Peter Rosenbaum—our erstwhile tax-prep leader for lo these many years—has retired. We will miss him, but wish him the best and happiest retirement.

George Chin is taking on Peter's role as group leader. And Chris Dippel and Dale Kensing will be on hand to help George help us through the preparation process. Tax preparation will be on **Tuesdays, from February 7 through April 10**. All returns will be e-filed, but you will receive a copy of the returns for your records.

Remember to bring a copy of last year's returns as well as any paperwork you have related to 2011 (such as W2 forms and 1099 interest statements). Note especially that this year you must also complete an ***Intake/ Interview & Quality Review Sheet*** and bring it with you to your tax preparation appointment.

Make your reservations early as the total number of appointments available is limited and the schedule fills up rapidly. To make an appointment, call 617-730-2777.

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QUILT RAFFLE

Buy raffle tickets now for a chance to own this magnificant hand-pieced and tied, queen-sized (96" square) quilt. It's called "On the Street Where You Live" and was lovingly made by our own Brookline Bee Quilters here at the Senior Center. Think of it hanging on your wall or spread out on your bed, or as a spectacular gift for a special friend or loved one. The quilt is on display in the Coffee Lounge so you can take a good look at it. And you can take a chance on winning it for only $1 for each raffle ticket or six for $5. Buy tickets at the Senior Center Gift Cart. Buy lots of them! The more tickets you buy, the better your chance of winning. The drawing will take place at the annual Volunteer Appreciation Lunch, on April 18, but you need not be present to win.

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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.

This month, as the cold weather makes walking a nightmare to many, please consider an extra gift in support of our van. Hundreds of seniors will thank you as the van and its faithful driver can get them out of the isolation of their homes and to the Senior Center. We are proud of our strong community, and need your help to sustain it.

Please be as generous as you can.

Elizabeth (Betsy) Pollock
President, Brookline Senior Center Board

To two Anonymous donors ***for their gifts in honor of*** Olga Sliwa and those we've loved and lost
To Rosalie Cohen ***for her gift in honor of*** those who volunteer
To RuiPing Dong ***for her gift in honor of*** the Food Pantry
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To Claire Lurie ***for her gift in memory of*** Anita Lurie
To Catherine Mosgofian ***for her gift in memory of*** Vivian F. Mosgofian

Consider leaving a ***legacy*** to the Senior Center. Your bequest now is a gift of hope—and a way of making sure the Senior Center will be here to support others. No gift is too small!

Call Kitty Kaufman, Director of Development, at 617-438-1790 today, and help insure a brighter future for the Senior Center.

TREES (SPARE CHANGE) FUND

Among the many casualties of the tornado and of the tropical storm that hit central and western Massachusetts this summer were thousands of trees. Trees are precious to us, not only for their serene beauty but also as an invaluable resource. Across Massachusetts, Senior Centers have asked their members to contribute their spare change (whatever they can afford) to help replace the trees lost in the storms. Our goal is $300. Use the box on the 2nd floor for your contributions.

BOWLING

Senior Center bowlers meet **at 9:30 am on Wednesdays** at 20th Century Bowling Alley (aka Ron's) at 1231 Hyde Park Ave. The cost is $7.00 for three strings and shoe rental. The group is usually back at the Senior Center by noon. If you need a ride, leave your name and telephone number at 617-730-2777 and the volunteer coordinator will call you back.

SENIOR CHORUS

Sing out. Make a joyful noise every Friday morning at 10:30 am at the Senior Center with the Senior Chorus. No auditions! No stress. Just good fun and good companionship.

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MBTA SENIOR ACCESS PASSES —SAVE THE DATE—

Do you need to sign up for a reduced fare Senior CharlieCard? Or do you need to replace an expired Senior CharlieCard? If your answer is "yes," come to the Senior Center on **Wednesday, April 11 from 1:00 to 3:00 pm**. Bring a photo ID that includes your date of birth for proof of age eligibility. We will provide the reduced-fare CharlieCard form for you to fill out. We will also take a digital picture and submit all the necessary documentation to the MBTA. You can then expect to get your card mailed directly to your home from the MBTA in two to six weeks.

If you cannot wait until April and you are applying for the first time, go to an MBTA Reduced Fare CharlieCard Office (at either Back Bay Station or Downtown Crossing). Bring with you photo ID (such as a driver's license or Registry-issued ID) as proof of age eligibility.

If you need to renew an expired or about-to-be-expired Senior CharlieCard, either bring the card to one of the above offices or call 617-222-5978 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.

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 assistance or special accommodations, contact the Council on Aging at 617-730-2777.

OUR ADVERTISERS

While the ads in this newsletter do not constitute an endorsement from the COA or the Senior Center, we want to thank all the advertisers for helping support this newsletter.

WOMEN'S BAR FOUNDATION —SAVE THE DATE—

If you need to have a will, health-care proxy, power of attorney, or living will prepared and meet the eligibility requirements listed below, volunteer attorneys from the Women's Bar Foundation Elder Law Project will be at the Senior Center to prepare these documents in the Spring.

Eligibility requirements:

- You must be a senior (60 years of age and older).
- For individuals, your income must be less than $27,225 and your income and assets combined must be less than $40,000. For example, if your yearly income (from any source) is $15,000, your assets can be no more than $25,000.
- For married couples, your income must be less than $36,000 and your income and assets combined must be less than $55,000.
- If you own your own home or condo, the equity in your home or condo must be less than $700,000. The home or condo must be your personal residence.

If you qualify for these free legal services and want a meeting with a lawyer, please call 617-730-2777 to be put on the list.

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