

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



FIRST LIGHT BROOKLINE

The Senior Chorus will be singing in the Arcade **from 5:00-5:30 pm on Thursday, November 19** for Brookline First Light so come early to see them. (see p.16)

Remember to set your clocks back at bedtime on **Sunday, November 1**, because at 2:00 am on November 2, daylight savings time ends.



NOVEMBER 2015

31 ST ANNUAL HOLIDAY CRAFT FAIR



Once again we are inviting everyone— young, old, and in between—to come to the 31th Annual Holiday Craft Fair at the Senior Center on **Friday, November 13** from 10:00 am to 3:00 pm and **Saturday, November 14** from 10:00 am to 1:00 pm. A **special preview will be held at the Town Hall on Thursday, November 5** from 10:00 am –12:00 noon.

Shop for holiday gifts for yourself, family, and friends. There will be knitted goods, handmade jewelry, photography, handmade cards, a White Elephant sale, home-made goodies, raffles, and fun. Don't miss this fair. Come on both days and enjoy.

Proceeds to benefit the programs and services of the Brookline Senior Center, with special donations to Health Inc., and the Jennifer A Lynch Committee Against Domestic Violence.



SO YOU WANT TO BE AN ENTREPRENEUR

Do you have a passion, skill or interest that could lead to your own business opportunity or are you ready to turn your passion into a business venture? Join us on **Wednesday November 4** from 5:30-7:00pm. A panel of experts will be at the Senior Center to speak to us about their personal journey to entrepreneurship. The workshop is free and open to the public. To register, contact Deidre Waxman at 617-730-2767 or email: dwxman@brooklinema.gov.

INDEX

<p>Ageless Grace.....15</p> <p>Aging Backwards.....16</p> <p>Alzheimer’s Caregivers Support Group.....9</p> <p>Alzheimer’s Awareness Month.....10</p> <p>At a Glance, November.20</p> <p>Bag of Food.....25</p> <p>Beading.....7&15</p> <p>Blue Cross Presentation.....9</p> <p>Board President,.....25</p> <p>Book Discussion Group, Public Issues Nonfiction.....17</p> <p>Book Discussion Group, Putterham.....17</p> <p>BrooklineCan.....13</p> <p>Brookline First Light.....14</p> <p>Brookline Recreation Trips.....15</p> <p>Chorus, Senior.....1&16</p> <p>Computer, One-on-One.....9</p> <p>Concert with Tanya Shrago.....3</p> <p>Concert-Brookline Music School.....3</p> <p>Council on Aging Meeting.....19</p> <p>Craft Fair.....1</p> <p>Director, from the.....29</p> <p>ELF.....7</p> <p>ELKS-Save the Date.....9</p> <p>Entrepreneur, so you want to be.....1</p> <p>ESL Conversation.....14</p> <p>Flu Clinic5</p> <p>Food Distribution Site, Senior Center.....23</p> <p>Fuel Assistance.....13</p> <p>Gallery 93.....12</p> <p>Geriatrician, Ask a.....5</p> <p>Goddard House-Save the Date.....28</p> <p>Grandparents Alienation Support Group.....24</p> <p>Handicapped Access.....29</p> <p>Health Page, (Ask a Nurse, Podiatry Clinic, Low Vision Group, Blood Pressure Screening, Health Coach, Brookline Hearing Services).....4</p> <p>LGBT Brunch.....14</p> <p>Let’s Go Out To Lunch.....19</p> <p>Living Our Values3</p> <p>Lunch Menu.....18</p> <p>Luncheon Specials for November.....19</p> <p>Melodies We Love.....3</p> <p>Medicare Notice.....24</p>	<p>Memory Connections.....7</p> <p>Movies for Film Lovers.....11</p> <p>Observances, November.....3</p> <p>Ongoing Senior Center Events.....21</p> <p>Ping Pong.....14</p> <p>Poetry, Taste of.....14</p> <p>REAP.....28</p> <p>Reiki Therapy.....26</p> <p>Services, Senior (BETS, BLAB, File of Life, HELP, REAP, SNAP, SHINE, Social Security).....6</p> <p>SHOP.....28</p> <p>Spanish Immersion.....23</p> <p>Support Local Soup Kitchen..... 3</p> <p>Taste of Poetry.....14</p> <p>Tax Exemption.....13</p> <p>Thank You.....30&31</p> <p>Travel, Easy.....16</p> <p>Volunteer News.....28</p> <p>Zumba Gold.....15</p>
---	---



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

Ruthann Dobek
Director, Council on Aging/Senior Center

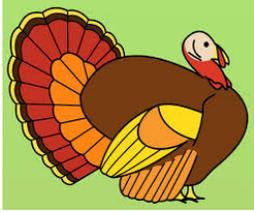
Julie Washburn
Program Manager, Council on Aging/Senior Center

Maureen Cosgrove-Deery
Newsletter Editor

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

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

NOVEMBER HOLIDAYS



The Senior Center will be closed on **Wednesday, November 11**, for Veteran's Day and on **Thursday November 26**, for Thanksgiving Day.

However, we will be open on Friday, November 28, from 8:30 am to 5:00 pm as usual.

Thanksgiving is a wonderful holiday. It is a time when families and friends get together to share a meal, laugh at the same old stories, watch or maybe play some football and eat leftovers. November is officially National Alzheimer Awareness month, Pancreatic Cancer Month, Lung Cancer Month and Peanut Butter Lover's Month. We have some official days of celebration in November: Election Day (November 3), World Diabetes Day (November 14), World Peace Day (November 17) and The Great American Smoke Out (November 20). A very busy month with family and friends.



MELODIES WE LOVE.

Join us on **Monday, November 9 at 2:00 pm** for an afternoon of beautiful music with Tanya Shrago, fortepiano and Robert Miskey, violin. Selections will include pieces by Sarasate, M. de Falla, G. Gershwin, J. Williams, and a variety of other wonderful composers. This performance is co-sponsored by the Council on Aging and the Greater Medford VNA. To reserve your place, please call 617-730-2770.

BROOKLINE MUSIC SCHOOL

On Wednesday, November 4 at 1:00 pm the Brookline Music School returns with Brian Friedland, jazz piano with a jazz vocalist Laura Grill. Brian and Laura met as students at the New England Conservatory. Since then, they have collaborated on projects ranging from a 20 piece jazz big band to an original classical song cycle. They are excited to share their love of jazz standards and classics from the American songbook with us.

SUPPORT LOCAL SOUP KITCHEN



Once again this year, we will provide gifts of warm clothing to the 65 to 70 homeless men and women who come to dinner every Monday evening, at a church-run, soup kitchen in

Brighton. If you would like to give warm hats, scarves, and/or gloves (hand-knitted or purchased new) to the soup kitchen's guests, give the items to Dotty Bell on the 2nd floor of the Senior Center before the pick-up date of **Friday, December 11**.

LIVING OUR VALUES

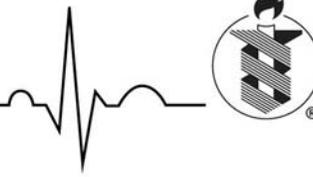
This group meets at the Senior Center on **Wednesday mornings from 9:00 to 10:00 am**. Facilitator Tom Faulhaber uses current events and issues as triggers for discussion at meetings. Hone your values in this age of controversy and conflict.

TRAIN WITH SHAIN

IN HOME BALANCE THERAPY AND
FITNESS TRAINING FOR SENIORS

Steven R. Shain
(508) 231-6378
www.trainwithshain.net
trainwithshain@gmail.com

ACSM certified cpt/hfi
CPR/AED certified
Fully Insured



Ask a Nurse, Lynn Schuster a nurse from the Greater Medford Visiting Nurse Association will visit the Senior Center on **Thursday, November 5 at 10:00 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 McLoughlin is available at the Senior Center on **Friday, November 6 and 20 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, November 18 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, November 19 from 9:00 to 10:00 am at The Senior Center.

Wednesday, November 4 from 2:00-3:00 pm at the BPHD building on Pierce Street

Wednesday, November 25 from 1:00 to 2:00 pm at O'Shea House, 61 Park Street.

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



Brookline Hearing Services

The staff from Brookline Hearing Services will be visiting the Brookline Senior Center on **Thursday, November 19 and December 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

Affiliated with  Joslin Clinic

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

 Official hospital of the
Boston Red Sox

ASK A GERIATRICIAN

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

QUESTION: *I was asked about what vaccinations a person over age 65 should get and what are the new flu and pneumonia vaccines?*

ANSWER:

As people get older, our immune system gets weaker, making it easier to catch certain diseases. Vaccines can help prevent diseases that can be very dangerous by helping the body develop immunity to these diseases and fight them in the future.

There are 4 vaccinations which are recommended for adults older than 65:

1. INFLUENZA ("The Flu"). You need a dose every fall.
2. TETANUS, DIPHTHERIA and PERTUSSIS (whooping cough) also called DTaP. After getting the DTaP, you need a Td booster shot every 10 years.
3. SHINGLES (for adults older than 60). This is a 1 time dose.
4. PNEUMONIA

INFLUENZA (FLU) viruses are very clever about changing themselves every year to keep from being killed by the vaccine, so every year the scientists try to outsmart the flu virus by changing the vaccine. Some years they are more successful than others. Last year, unfortunately, the flu vaccine was only about 23% effective in preventing the flu.

In 2009, a new experimental flu vaccine, called the "HIGH DOSE" vaccine, was given to many people to see if it helped to protect people better against the flu.

We learned last year that it was 12% more effective than the standard vaccine. Unfortunately, it is more expensive, so many clinics do not stock it.

There are now **2 PNEUMONIA** vaccines that people older than 65 should get. Each vaccine helps prevent pneumonia caused by different types of pneumonia. The older Pneumovax 23 has been shown to be effective in preventing pneumonia caused by those 23 particular variations of the pneumonia bacteria.

More recently, in 2011, a new pneumonia vaccine called Prevnar 13 was released to help prevent 13 additional types of pneumonia.

People over 65 should get both pneumonia vaccines, but not at the same time. It is better to wait a year between vaccines. If you have not had any pneumonia vaccine, start with the Prevnar 13, then wait 1 year to get the Pneumovax 23. Each vaccine should be effective for a lifetime, so you do not need to repeat them.

Vaccines, like medications, can cause side effects. Most of these side effects are mild and improve in a few days, whereas the diseases that the vaccines are made to prevent can be deadly.

If you are sick with a cold or are taking steroids, it may be best to wait awhile before getting a vaccine.

FLU CLINIC

The Brookline Health Department will hold the final Flu Clinic on **Sunday, November 15, from 11am-2:00pm at the Devotion School.**

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 \$48,000; a couple's, \$55,800.

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. **To purchase taxi tickets you must pay by cash or check only.**

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.

BLAB A Brookline Legal Assistance Bureau volunteer lawyer will be at the Senior Center on **Wednesday, November 4 from 9:00am-12:00pm** to consult on legal matters of law. **This service is offered for Brookline residents only and is free of charge, and no appointment is needed. Please pick up a number at the reception desk or the COA office on the second floor.**

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

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

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

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.

MODERN BEADING WORKSHOP

There will be no Modern Beading class in November. Instead, please join Marge on the Brookline Recreation trip to the International Gem and Jewelry Show in Marlboro on **Friday, November 6, from 10:00am – 3:00 pm**. For more information on the Gem Show (see p. 15).

UKULELE GROUP

Do you have a Ukulele? Would you like to join a group to play and sing together? Our new monthly Ukulele Group with Judith Chasin will be starting on **Monday, November 23 at 1:00 pm**. Just bring a ukulele, a music stand if you wish, and some songs to share. We can attempt to make beautiful music together! The Senior Center does have a ukulele to loan during class if you don't have your own, but it will be available on a first come, first served basis. To register for this fun group, please call 617-730-2770.

MEMORY CONNECTIONS CAFÉ



On **Wednesday, November 18 from 1:30-3:00 pm** the Senior Center welcomes people living with memory changes to its seasonal Memory Cafe. This event will include music, refreshments, and other enjoyable experiences with peers facing similar challenges. Individuals with early to moderate memory loss and their carepartners can connect with others in a social, relaxing, and supportive environment. Either party can attend by themselves, but a carepartner must accompany those who require any care assistance. RSVP to Jamie at 617-730-2753.

E.L.F. MONTHLY FEATURED ITEMS AND NEWS



We get letters from London! "During our visit, you helped us to make life a little easier...by providing a wheelchair so that we could get...to see a doctor. When we first called, you were so kind, even though you were initially unable to say when a wheelchair might be available. We feel it was a miracle when you called to say one had just come in, on the very day we needed it." If this overseas son and daughter-in law of a Brookline senior can utilize the Equipment Loan Fund (ELF), then you can too! Please call Jamie at 617-730-2753 to check on our current inventory, including a large amount of NEW orthopedic equipment.

Get A Grip On Bath Safety!
We Make Homes Safer & Accessible
www.MakeltSafeBoston.com

Grab bars, handrails & safety modifications
to help seniors remain safe
and independent at home.

Call Stacy Greenspan
Certified Aging-In-Place Specialist
617-678-2087



MA CS License: 043676 HIC Reg: 171424

We Love it Here!



Providence House Residents Joanne Day, Ralph Jacobson, and Pearl Lampert

STOP BY ANY DAY BETWEEN 11 AM - 3 PM AND WE'LL TELL YOU WHY!

Or call Louise Rachin today to schedule a visit –
617-731-0505 ext. 202

SERVICES & AMENITIES

- Spacious Studio & One Bedroom Apartments
- Social, Recreational and Fitness Programs
- Fine Dining
- Personal Care Assistance & Medication Management
- Short-Term Stay Program
- Dedicated Memory Care Program
- On-Site Skilled Nursing Care
- A Trusted, Caring Staff



180 Corey Road
Brighton, MA 02135
617-731-0505
www.CoreyPark.com

Providence House
Senior Living Community



Managed by Welch Healthcare & Retirement Group



ELDERACHIEVERS

IN HOME CARE AND ASSISTANCE

We deliver the extra support and assistance you or your loved ones need to continue an independent lifestyle.



111 Perkins St, Boston MA 02130
179 Boylston St, Jamaica Plain MA 02130
T 617-983-0044 www.elderachievers.com

Services:

- Alternative & Holistic Services
- Medication Assistance
- Incidental Transportation
- Home Modification
- Financial Options
- Evaluation Process
- Human Service Associate Direct Care
- Our Commitment to the LGBTQ Community

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, November 13**. 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.

ELKS HOLIDAY DINNER

Come to the Senior Center on **Saturday, December 5, at 1:00 pm** for the annual holiday dinner presented by Brookline Elks Lodge 886. Reservations are required and we will begin taking them on **Friday, November 20**. Calling 617-730-2770 to save your place so you can enjoy the turkey-with-all-the-trimmings dinner.

In addition, the Elks give us a magnificent tree as a centerpiece for our holiday decorations. We want to take this opportunity to thank the lodge profusely for their thoughtful gifts to the Brookline senior community and to wish the members of the lodge the best and greatest for the New Year!



HEALTH PLAN OPTIONS FOR PEOPLE WITH MEDICARE

Are you ready for the Medicare Annual Election Period or are you approaching Medicare Eligibility? Do you know what type of Health Insurance is best for you?

On **Tuesday, November 24 at 1:00pm**, Sue Flanagan, a Blue Cross and Blue Shield of Massachusetts representative, will be presenting a brief overview of how Medigap plans and Medicare Advantage plans work with Medicare. The presentation will help attendees understand the weights and balances between Medigap and Medicare Advantage plans.

Members of (non group) Medex, Blue MedicareRx, Medicare HMO Blue, Medicare PPO Blue will also have the opportunity to ask questions regarding any 2016 changes. A sales person will be present with information. All are welcome regardless of your insurance coverage.

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.

Transition to your new phase of life!



Lisa Berger, SRES
William Raveis Real Estate



Realtors dedicated to addressing the needs of the long-time homeowner

617-388-5751

www.HSM-Move.com

NATIONAL ALZHEIMER'S DISEASE AWARENESS MONTH



An estimated 5.3 million Americans of all ages have Alzheimer's disease in 2015. Of the 5.3 million Americans with Alzheimer's, an estimated 5.1 million people are age 65 and older, and approximately 200,000 individuals are under age 65 (younger-onset Alzheimer's).

Almost two-thirds of Americans with Alzheimer's are women. Of the 5.1 million people age 65 and older with Alzheimer's in the United States, 3.2 million are women and 1.9 million are men.

Although there are more non-Hispanic whites living with Alzheimer's and other dementias than people of any other racial or ethnic group in the United States, older African-Americans and Hispanics are more likely than older whites to have Alzheimer's disease and other dementias.

The number of Americans with Alzheimer's disease and other dementias will grow each year as the size and proportion of the U.S. population age 65 and older continue to increase. By 2025, the number of people age 65 and older with Alzheimer's disease is estimated to reach 7.1 million — a 40 percent increase from the 5.1 million age 65 and older affected in 2015. By 2050, the number of people age 65 and older with Alzheimer's disease may nearly triple, from 5.1 million to a projected 13.8 million, barring the development of medical breakthroughs to prevent or cure the disease. (from alz.org)

There are things that are being done to make the burden of caring for AD and other types of dementia less unbearable. At the Senior Center, for example, we have two Alzheimer's Caregivers Support Groups, speakers, and our **Senior Center Walk Team raised over \$1000 this year.**

BROOKLINE SENIOR CENTER ALZHEIMER'S WALK TEAM



MOVIES FOR FILM LOVERS

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



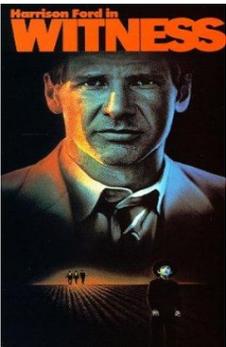
Tuesday, November 3

112 Min.

The Age of Adaline

2015

A young woman, born at the turn of the century, is rendered ageless after an accident. After many solitary years, she meets a man who complicates the eternal life she has settled into.



Tuesday, November 10

112 Min.

Witness

1985

After witnessing a brutal murder, a young Amish boy and his mother seek protection from a police officer. When evidence of police corruption involving narcotics is found they must flee to the Amish countryside where they, immerse in Amish culture and tradition, and a cautious romance.



Tuesday, November 17

2 hr.

CITIZENFOUR

2014

After Laura Poitras received encrypted emails from someone with information on the government's massive cover surveillance programs, she and reporter Glenn Greenwald flew to Hong Kong to meet the sender, who turned out to be Edward Snowden.

Tuesday, November 23

**No Movie due to Blue Cross Blue Shield
Presentation**

Taken from IMDb <http://www.imdb.com/title>



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

WADE HOROWITZ

LaPOINTE LLC

1309 Beacon Street, 2. Fl.

Brookline, MA 02446

617-738-1919

www.wadehorowitz.com

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

COUPON

Brookline Senior Center

31st ANNUAL HOLIDAY CRAFT FAIR

93 Winchester Street Brookline, MA 02446

Crafts
Holiday Gifts
White Elephant
Sale



Children's
Items
Baked Goods
Raffles
and more!

FRIDAY, NOVEMBER 13, 10am-3pm
SATURDAY, NOVEMBER 14, 10am-1pm

Proceeds to benefit the programs and services of the
Brookline Senior Center, with special donations to Hearth Inc, and
the Jennifer A Lynch Committee Against Domestic Violence

Erick Gehring

Heritage Trees and Scenic Vistas of the Emerald Necklace

Gallery 93
November 12
through
December 30,
2015

Hours: Monday-
Friday 8:30-5:00

Reception with
the Artist on
Wednesday,
November 19,
6:00-8:00pm





Brookline Community Aging Network – Brookline-CAN – 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 Brookline-CAN 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.

ABCD FUEL ASSISTANCE BROOKLINE AREA INTAKE SITES

The Brookline Senior Center located at 93 Winchester Street in Brookline is taking appointments for the ABCD Fuel Assistance Program. To schedule an appointment call 617-730-2777. The other intake site that is available to Brookline residents is located at ABCD, Inc. 178 Tremont Street 4th Floor, Boston (Chinese, Polish, Spanish, Vietnamese, Burmese, Mandarin, Taiwanese speaking intake workers are available at this site).

REAL ESTATE TAX EXEMPTION

Sandy Spector will have information for seniors on real estate tax exemptions and abatements in the gallery area of the Senior Center the first and third Tuesdays of the month from **10:00am-12:00 noon beginning on Tuesday, November 3** and ending in March.

CYPRESS AUTOMART

USED CAR DEALERSHIP
A DIVISION OF AUDY'S MOBIL

proudly serving Brookline & surrounding areas since 1973

Village Mobil
345 Boylston St.
617 738 4706



Harvard St. Mobil
198 Harvard St.
617 734 6810

1996 Business of the Year

www.cypressauto.com www.mobilstations.com/audys



Landmark at Longwood

**Gracious
Independent,
Assisted & Memory
Care Living**

Please call to schedule your free lunch and tour!

Landmark at Longwood
63 Parker Hill Rd., Boston, Ma
www.LandmarkSeniorLiving.com
617-975-0110


LANDMARK
SENIOR LIVING COMMUNITIES
LONGWOOD

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)



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, announced the start of the LGBT Older Adult Out 2 Brunch Bunch! The group meets monthly for brunch on **the third Saturday, November 21 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

BROOKLINE FIRST LIGHT FESTIVAL



The Brookline First Light festival will take place on **Thursday, November 19, from 5:00 to 8:00 pm.** First Light started 19

years ago in Washington Square when several businesses came together to spread some holiday cheer by hanging snow flakes in their storefront windows. These glowing flakes illuminated the square, signaling the holiday season is upon us. While the festival has since grown into a Town-wide event showcasing the talents of local artists, musicians and performers. First Light still serves as a reminder that the holidays have arrived. This year's festival is sure to be another memorable event.

NOTE: The Senior Chorus will be singing in the Arcade at 5:00 pm so come early to see them and cheer them on!

TASTE OF POETRY

The Brookline Poetry Series meets once a month on Sunday afternoons, September through May, normally in Hunneman Hall at the Public Library of Brookline Main Branch (361 Washington St., Brookline). Usually, one or two established poets read, followed by an open mike. You may contact the organizers via email at poetry@brooklinelibrary.org.

The Sunday, November 15 poet is Jill McDonough The winner of a 2014 Lannan Literary Fellowship and three Pushcart prizes, Jill McDonough is the author of *Habeas Corpus* (Salt, 2008), *Oh, James!* (Seven Kitchens, 2012), *Where You Live* (Salt, 2012), and *REAPER*, forthcoming from Alice James Books. She directs the MFA program at UMass-Boston and the Fine Arts Work Center online.

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.

ESL CONVERSATION GROUP

We are pleased to welcome our new English as a second language (ESL) Conversation Group Leader, Agnes Clifford. Agnes will lead the group every **Wednesday from 3:00-4:00 pm.** If you would like to practice your English, then this supportive group is the place for you! The group discusses a wide variety of topics that includes talking to your doctor, hobbies and current news stories. We hope to see you there!

BROOKLINE RECREATION TRIPS



November Bead Expo Friday, November 6

Marge Harvey encourages her students to attend this event. It is a wonderful jewelry exhibition that brings hundreds of companies, designers and manufacturers together to provide our customers with the best high-quality jewelry selection at the lowest prices. The show features one of kind jewelry creations. You will explore exotic gems, beads, pearls, exquisite fine jewelry, estate collections and much more. The trip fee includes transportation

11:00 am-4: 00 pm
Cost: \$10 resident \$14 nonresidents



November Prudential Center and Copley Place Monday, November 16

Trip fee includes transportation.

10:00 am-4:00 pm

Cost: \$10 residents \$14 nonresidents



December Holidays at Newport, RI Mansions Thursday, December 17

9:00 am – 6:00 pm

Cost: \$33 residents \$45 nonresidents

Register by calling 617-730-2069 online at www.brooklinerec.com Bus pick up/Drop off Locations Brookline Senior Center)93 Winchester Street) or Soule Recreation Center) 652 Hammond Street Brookline).

ZUMBA



A Combination of Latin salsa, cardio workout and interval moves. This is the hottest dance fitness craze and it is fun. Get in shape and have fun doing so in this dynamic and effective fitness system.

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

AGELESS GRACE

**O'Shea House community room
61 Park Street**

On **Thursdays, November 5, 12, 19** (No class Thanksgiving week) **and December 3, 10, 17, from 10:30 - 11:15am.** This exercise program is free and open to all Brookline seniors.

**SERVING THE BROOKLINE COMMUNITY
FOR 75 YEARS**



BECOME A MEMBER TODAY!

We offer a full range of financial services,
from savings and checking accounts
to Real Estate Loans.

 **BROOKLINE MUNICIPAL
CREDIT UNION**

334 Washington Street, P.O. Box 476776
Brookline, MA 02447-0776
Tel: (617) 232-9410 Fax: (617) 232-1462
B-Line: (781) 596-1866





EASY TRAVEL



Easy Travel will be on **vacation in November** but will return in December. Arm-chair travel host Jamie Donchin will share her trip to Hawaii on **Thursday, December 3 at 1:00pm.**

AGING BACKWARDS AS SEEN ON WGBH

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.

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.

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.

Center Communities of Brookline

The Lifestyle you want, where you want it.



1550 Beacon Street



100 Centre Street



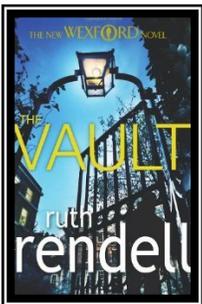
112 Centre Street

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



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.

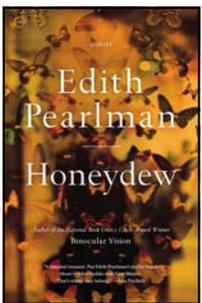


Monday, November 16 – *The Vault*

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 Kings Markham and a coach house in Hampstead, belonging to their actress daughter, Sheila.



Monday, December 21 *Honeydew*

by Edith Pearlman

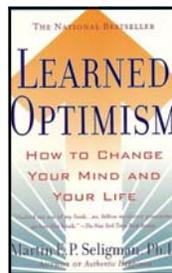
Over the past several decades, Edith Pearlman has staked her claim as one of the all-time great practitioners of the short story.

Her incomparable vision, consummate skill, and bighearted spirit have earned her consistent comparisons to Anton Chekhov, John Updike, Alice Munro, Grace Paley, and Frank O'Connor. Her latest work, gathered in this stunning collection of twenty new stories, is an occasion for celebration.

PUBLIC ISSUES NONFICTION BOOK DISCUSSION GROUP

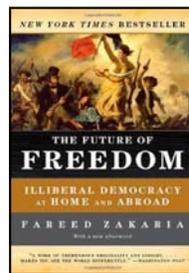
Tom Faulhaber is challenging your thinking every month with a nonfiction book discussion group centered on public issues, history, current events, and other non-fiction topics.

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 at the Senior Center**



Tuesday, November 24

Learned Optimism: How to Change Your Mind and Your Life by Martin E.P. Seligman



Tuesday, December 29

The Future of Freedom; Illiberal Democracy at Home and Abroad by Fareed Zakaria

Tuesday, January 26

The Big Necessity: The Unmentionable World of Human Waste and Why it Matters by Rose George

Tuesday, February 23

The War at the Wall Street Journal: Inside Struggle to Control an American Business Empire by Sarah Ellison

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2. Beef Stew; Kale & Garlic Dinner roll. COLD: Mediterranean Tortellini Salad (V); Summer Squash Salad; Rye Bread. Chocolate Pudding</p>	<p>3. Beef Vegetable Soup HOT: Tortellini Pesto Cream Sauce (V) w/ Parmesan Cheese; Tuscan blend vegetables; Italian bread. COLD: Tuna Salad on Oatmeal bread; Potato Salad; Carrot Pineapple Salad. Fig Newtons</p>	<p>4. Split Pea Soup HOT: Chicken Marsala; Buttered Pasta; Green Beans; Wheat Bread. COLD: Egg Salad (V) on Multigrain Bread; Garden Shell Pasta Salad; Tossed Garden Salad w/ Lite Italian Dressing. Pineapple</p>	<p>5. Seafood Chowder HOT: Salsa Baked Fish; Herbed Brown Rice; Collar Greens; Oatmeal Bread. COLD: Roast Beef w/Swiss Cheese & Lite Mayo on Wheat Bread; Three Bean Salad; Broccoli Tomato Salad. Pear</p>	<p>6. Cheese, Mushroom & Onion Omelet (V); Roasted Potatoes; Croissant; Orange Juice. COLD: Garden Salad w/Chicken Breast & Lite Ranch Dressing; Greek Pasta Salad; Scall Bread. Mixed Fruit</p>
<p>9. Mushroom Barley Soup HOT: Salmon Filet w/dill sauce; Whipped Potatoes; Green Beans; Rye Bread. COLD: Roast Beef w/Swiss Cheese & Lite Mayo; Orzo Vegetable Salad; Cauliflower & Carrot Salad; Wheat Bread. Tropical Mixed Fruit</p>	<p>10. Lasagna w/marinara sauce & Parmesan Cheese (V); Tossed Garden Salad w/Lite Italian Dressing; Spinach; Scall Bread. COLD: Ham & Swiss Cheese on Multigrain Bread w/mustard; Cole Slaw; Summer Potato Salad. Sherbet</p>	<p>11. Veterans Day No Meal Service</p>	<p>12. Vegetable w/Beef Soup HOT: Greek Chicken; Couscous w/vegetables; Zucchini; Wheat Dinner Roll. COLD: Egg Salad (V) on Pumpkin-nickel Bread; Potato Salad; Summer Squash Salad. Cinnamon Applesauce</p>	<p>13. Brookline Senior CRAFT FAIR No Meal Service</p>
<p>16. Beef & Bean Soup HOT: Honey Mustard Chicken; Zucchini & Red Peppers; Red Bliss Potatoes; Oat Bread COLD: Roast Beef w/Provone Cheese & Lite Mayo on Multigrain Bread; Balsamic Vinaigrette Pasta Salad; Three-Bean Salad. Lemon Pudding w/ Topping</p>	<p>17. Tomato Basil Soup HOT: Fish Florentine w/sauce; Whipped Sweet Potatoes; Oriental Vegetable Blend; Rye Bread. COLD: Turkey Deluxe Sandwich on Bulkie Roll; Summer Potato Salad; Cauliflower Carrot Salad. Diced Pears</p>	<p>18. Ground Beef Stuffed Peppers; Italian Green Beans; Cream Parmesan Polenta; Rye Bread. COLD: Curry Chicken Salad on Multigrain Bread; Garden Shell Pasta Salad; Tossed Garden Salad w/Lite Italian Dressing. Cinnamon Applesauce</p>	<p>19. Thanksgiving Special Roast Turkey w/Gravy; Cornbread Stuffing; Whipped Potatoes & Chives; Broccoli Florets; Cranberry Sauce; Dinner Roll; Hot Apple Cider Pumpkin Pie w/Topping</p>	<p>20. Hot Dog; Baked Beans; Cole Slaw w/Ketchup; Mustard & Relish. COLD: Seafood Salad on Multigrain Bread; Broccoli Tomato Salad; Corn Salad. Banana</p>
<p>23. Lentil Stew w/Shredded Cheese (V); Fresh Broccoli Florets; Herbed Brown Rice; Whole Wheat Dinner Roll. COLD: Egg Salad (V) on Oatmeal Bread; English Pea Salad; Summer Squash Salad. Birthday Cake</p>	<p>24. Minestrone Soup HOT: Sweet Potato Pollack Filet w/cream sauce; Red Bliss Potatoes; Kale; Wheat Bread. COLD: Roast Beef on Rye Bread w/Swiss Cheese & Mustard; Summer Potato Salad; Coleslaw. Fruit Flavored Yogurt</p>	<p>25. Split Pea Soup HOT: Chicken w/Creamy Italian Sauce; Orzo Pilaf; Roasted Root Vegetables; Scall Bread. COLD: Chef Salad w/Turkey, Cheddar Cheese & Lite Italian Dressing; Pasta Vegetable Salad; Pumpernickel Bread. Orange</p>	<p>26. Thanksgiving Day No Meal Service</p>	<p>27. BOX Chicken Salad on Wheat Bread Roman Blend Salad Lo Mein Pasta Salad Applesauce</p>
<p>30. Italian Garden Vegetable Soup HOT: Stuffed Shells w/marinara sauce (V) & Parmesan Cheese; Tuscan Blend Vegetables; Multigrain Bread. COLD: Roast Beef on Pumpernickel Bread w/Swiss Cheese & Lite Mayo; Root Vegetable Salad; Coleslaw. Mixed Fruit</p>	<p>YOUR NAME: PHONE: 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.</p>			

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.

Please be aware that Springwell can only guarantee your lunch reservation until 12:15 pm each day. If you are going to be arriving late for lunch, please let Kristine know in advance. If you arrive after 12:15 pm with no advance notice, Springwell cannot guarantee that you will receive a meal for that day.

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, November 17** we celebrate November birthdays at the monthly Birthday Lunch. The sponsor of this lunch has happily provided a complimentary lunch and a small gift to all November 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.

No Lunch will be served on Friday, November 13 at the Senior Center due to the Annual Craft Fair.

A TASTE OF FALL

Our friends from Boylston Place will be back at the Senior Center on Monday, **November 16 at 1:00pm** to delight us with a sampling of some tasty fall treats from their kitchen. We have certainly enjoyed their tastings in the past, so we can't wait to see what they have "cooked up" for your favorites fall fruits. To reserve your place, please call 617-730-2770.

LET'S GO OUT TO LUNCH BUNCH

Dine with the Let's Go Out to Lunch Bunch on Tuesday, **November 24, 12:00 noon** at Carlo's Cucina. For reservations and transportation, call 617-730-2770.

COUNCIL ON AGING MEETING

Join us for a very interesting meeting on **Wednesday, November 18, 1:00 pm at the Senior Center**. Guest speaker Robin Putnam, research project Manager, Office of Consumer Affairs and Business regulations for the Commonwealth of Massachusetts will discuss understanding, spotting, and avoiding scams and frauds.

**PROUD TO SUPPORT THE
BROOKLINE SENIOR CENTER**

BrooklineBank

BrooklineBank.com

Member FDIC

NOVEMBER AT A GLANCE

Monday, November 2

1:00pm Final planning meeting for the Holiday Craft Fair

Tuesday, November 3

10:00-am 12:00noon Tax Exemption Information with Sandy Spector

1:00pm Movies for film lovers-The Age of Adaline

Wednesday, November 4

9:00am Brookline Legal Assistance***

1:00pm Brookline Music School Concert***

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

5:30-7:30pm So you want to be an Entrepreneur***

Thursday, November 5

10:00am-2:00pm Town Hall Holiday Fair Sneak Peek of Craft Fair items

10:00am Ask A Nurse

10:30-11:15am Ageless Grace at 61 Park Street *

1:30pm Zumba Gold

Friday, November 6

10:00am-3:00pm Bead Expo***

11:00am-1:00pm Grandparent Alienation Support Group***

Monday, November 9

2:00pm:Tanya Shrago Concert

Tuesday, November 10

1:00pm Movies for film lovers-Witness

Wednesday, November 11

Closed for Veteran's Day

Thursday, November 12

10:30-11:15am Ageless Grace at 61 Park Street *

Friday, November 13

10:00am-3:00pm Annual Holiday Craft Fair-

No Lunch due to Craft Fair

1:30pm Zumba Gold

Saturday, November 14

10:00am-1:00pm Annual Holiday Craft Fair

Sunday, November 15

11:00am-2:00pm Free flu Clinic at Devotion School*

Monday, November 16

10:00am-4:00pm Prudential Center/Copley Place Brookline Recreation Trip*

1:00pm A Taste of Boylston Place *

2:00-3:00pm Putterham Book Group at the Library *

Tuesday, November 17

10:00am-12:00noon Tax Exempt Assistance

12:00 noon November Birthday Lunch***

1:00pm Movies for film lovers-CITIZENFOUR

Wednesday, November 18

1:00pm COA Meeting

1:00pm Low Vision Support Group

1:30-3:00pm Memory Connections Café ***

Thursday, November 19

9:00-10:00am Blood Pressure Screening at the Senior Center

10:30-11:15am Ageless Grace at 61 Park Street *

1:00-2:00pm Brookline Hearing Service

5:00-5:30pm Senior Chorus at the Arcade at Brookline First Light

6:00-8:00pm Gallery 93 Artist Reception with Erick Gehring

Friday, November 20

Saturday, November 21

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

Monday, November 23

1:00pm Ukulele Group

Tuesday, November 24

9:00-10:00am Public issues Nonfiction Book Group

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

1:00pm Blue Cross Blue Shield Presentation-No Movie

Wednesday, November 25

1:00-2:00pm Blood Pressure Screening at 61 Park Street *

Thursday, November 26

Closed Happy Thanksgiving

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 ***

10:00-12:30 Intro to Watercolor**

10:30-11:30 Senior STRETCH **

12:00 noon Springwell Lunch***

12:30-3:30 pm Mah Jongg

1:00-3:00pm 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

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

10:30am Retired Men's Club

10:30am Senior STRETCH **

12:00 noon Springwell Lunch ***

2:00-3:00 pm Aging Backwards***

1:00-3:00pm Scrabble

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 member-
ship required

9:30 Figure Drawing ***

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

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 num-

ber 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.



The Brookline Senior Center and especially the REAP and Volunteer Program would like to extend our thanks to a number of volunteers who worked on the Volunteer Database Project. This project was a joint undertaking by the Brookline Community Aging Network (BCAN), the Brookline Senior Center, and the Brookline Commission for Women. This project has become a reality thanks to BCAN members Judy and Anne Meyers, Rebecca Sailer, Student Intern, and the Brookline Commission for Women Barbara Cone, Prisca Fongum and Alan Klicksten, all volunteers at the BSC.

Volunteer Database (cont.)

Special thanks to Alberta Lipson who has spearheaded and coordinated the project and seen it through several iterations from beginning to end! The Volunteer Database is a simple and user friendly online tool to assist volunteer job seekers in their search for meaningful volunteer opportunities both in Brookline and the Greater Boston Area. The database will be up and running soon so please stay tuned for information updates.

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.

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 11:00am-1:00pm. The next meeting will be held on Friday, November 6.** We are part of a national organization called Alienated Grandparents Anonymous. E-mail Sandy at sgk5257@gmail.com if you are interested and put GPAL in the subject line.

THE MEDICARE OPEN ENROLLMENT ENDS ON DECEMBER 7TH!

*Don't Wait Until It's Too Late!
Make a SHINE Appointment Now!*



Every year, Medicare Part D and Medicare Advantage (HMO, PPO) plans can change their premiums, co-pays, deductibles, formularies (list of drugs covered) and preferred pharmacies. It's important to review your options EVERY year to make sure you have the plan that works best for you for next year.

Brookline Senior Center does not have any SHINE appointments before December 7. If you need to make an appointment you should call the Needham-Center at the Heights 1-781-455-7555 and ask to make a SHINE appointment. They are located at 300 Hillside Ave in Needham. The receptionist answering the phone can make the appointment M-F 9:00am-4:00pm or Framingham-Callahan Center 535 Union Ave at 1-508-532-5980, then press 0. The receptionist answering the phone can make the appointment M-F 9:00am-4:00pm.

The MEDICARE number is 1-800-633-4227 and Medicare customer service representatives are available 24 hours a day 7 days a week to help callers choose a drug plan by phone. You can also check the Medicare website at www.medicare.gov. The MCPHS Pharmacy Outreach Program can be reached at 1-866-633-1617 (this used to be called MassMedLine).



MOUNT PLEASANT HOME



WORRIED ABOUT A SENIOR LIVING ALONE?

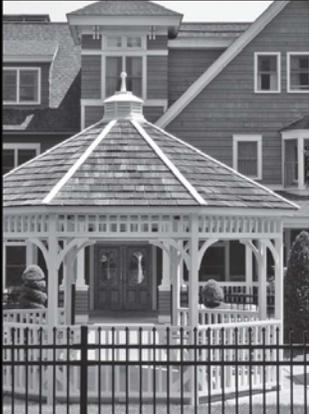
**Gorgeous, compassionate,
HAPPY home
for seniors
who need a little help**

All-inclusive & affordable!

Near the Brookline Border




617.522.7600 301 South Huntington Ave, Jamaica Plain, MA
www.MountPleasantHome.org



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

Lance Chapman
617.731.8500 x105
www.goddardhouse.org

GODDARD
H • O • U • S • E
IN BROOKLINE
The Recipe for Living

Assisted Living in Brookline

FROM THE BOARD PRESIDENT

Autumn is such a special time of year. I hope everyone has been enjoying our spectacular fall weather, so beautiful in our special town with its many trees and parks. Autumn is also the time of our Autumn Benefit celebration, which took place this year on Wednesday October 28th. It is my pleasure to offer a thank you and acknowledgements: To everyone who attended or volunteered. You made the evening a very wonderful time. To all of our sponsors thank you for caring about Brookline's seniors this year you set a new record. With special thanks to our Diamond Sponsors, Beth Israel Deaconess Medical Center and Michael Merrill (see p. 30 and 31) and to sponsors and supporters who donated their tickets so low-income elders could enjoy the evening.

The money raised by our Autumn Benefit goes to support programs and services that help our most needy elders access benefits such as fuel assistance. SNAP program, and emergency resources. As Thanksgiving approaches, I am reminded of how many people give their time, money or other resources to help Brookline's seniors live with dignity and respect. Thank you all! And best wishes for a wonderful Thanksgiving.

Elizabeth (Betsy) Pollock
President, Brookline Senior Center Board



BANK OF CANTON

From Business Banking to Personal Checking, we have the solution for you.

Contact
Elaine Joseph today!
Brookline Branch Manager
166 Harvard Street
Brookline, MA 02446
tel: 617.739.9500
ejoseph@thebankofcanton.com

Member FDIC.
Member DIF.

888.828.1690
www.ibankcanton.com

WOULD YOU BENEFIT FROM A FREE MONTHLY BAG OF GROCERIES?



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.

With BAYADA Home Health Care...

"I found the perfect match for extra help at home."

— Mary Lou P., Client



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

With a broad range of services and a team of professionals who are committed to keeping people of all ages safe at home, BAYADA provides:

- Assistive care and support services
- Carefully screened care professionals
- Support 24 hours, 7 days

BAYADA®
Home Health Care
Compassion. Excellence. Reliability.

617-332-7600
www.bayada.com





BOYLSTON PLACE

at Chestnut Hill

An EPOCH Independent and Assisted Living Community

Life Enriching Programs

Anytime Dining & Made-to-Order Meals

Driver and Car Available Seven Days a Week

Visit us today!

617-244-6400

www.boylstonplace.com

615 Heath Street
Chestnut Hill, MA 02467

(Mass Relay 711)



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

Research conducted at Boston College

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

REIKI THERAPY



Reiki is a safe, gentle, noninvasive form of hands-on healing. People who receive Reiki, report benefits that include a general feeling of well-being, increased energy and relaxation, and reduced pain. It can positively affect physical, mental, and spiritual levels

and can help people access their innate healing capacity.

Akemi Minami, certified Reiki therapist, offers individual, 25-minute appointments to Brookline seniors age 60 and older and Senior Center volunteers on **Tuesdays from 9:00 am to 12:00 noon** at a special, discounted rate—a donation of \$7 per session. You can also buy a book of 5 treatments for \$25 as a gift or for yourself. If you are interested in Reiki treatment, be sure to consult with your physician before deciding if this or any treatment is right for you. For more information, call 617-730-2777.

Chestnut Hill Ride/ Chestnut Hill Errands & More

**Friendly, Reliable, Affordable
Errands &
Transportation Services**

**A Family owned and operated and committed
to make your life easier and less hectic**



617 - 874 - 0487
www.chestnuthillerrands.com



SUPPORT THE SENIOR CENTER

SUBSCRIBE or RENEW: SENIOR NEWS & EVENTS

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

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

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

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

NEWS & EVENTS – Subscription Form - \$10/year

YES! I would like to Subscribe Renew my subscription to *Senior News and Events*.

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

Name(s) _____

Street Address _____

City/State/Zip _____

E-Mail _____ Phone(s) _____

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



SUPPORT THE BROOKLINE SENIOR CENTER

Help BROOKLINE's SENIORS age with dignity and respect

Use the form above. OR Donate Online via PayPal at

www.brooklineseniorcenter.org

The Brookline Senior Center is a 501(c)(3) non-profit organization.

Your gift is tax-deductible to the full extent of the law.



Where yours is the **ONLY** move that matters.

An independently owned Real Estate Company with 26 years serving Brookline, built by referral, one satisfied client at a time. Contact us for a private consultation.



Judy Moses
Past President

Women's Council of Realtors
617.969.6188
JudyMoses@JudyMoses.com
PathwayHome.com

Moving? Downsizing?

the move 
maven

Call Karen Zweig
for a free consultation!

617.455.1964

karen@movemaven.com



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.

THE SHOP PROGRAM

SHOP is a volunteer opportunity for seniors and high school students to share experiences and some time with each other. Seniors volunteer to help Brookline High School students earn their community service credits by allowing the students to shop for them and the students volunteer to do grocery shopping for seniors. A real Win-Win!

While Brookline High School will start offering this community service opportunity to students soon, the Brookline Senior Center would like to hear from seniors who would like to have a student do their grocery shopping for them. If you would like a student shopper call 617-730-2743 and leave your name and number.



VOLUNTEERING: A WORK OF HEART

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.

Opportunities we are spotlighting this month are all about administrative assistance: help with the mailings for the Senior Center and the Town of Brookline and with filing and organizing.

If you would like to actively pursue volunteer service, please make an appointment with Patricia, the Volunteer Coordinator (617 730 2743) for an opportunity to learn more about the Center, these and other opportunities where you might best use your time and talent/skills. We are always eager to hear new ideas and keep a list of volunteers for special events.

Join us for Dinner & Discussion on Friendship & Community as We Age Together with Janet Seckel-Cerrotti of FriendshipWorks

Tuesday, December 1st, 2015 at 5:30-7:30PM
Goddard House Assisted Living
Lecture & Dinner
165 Chestnut Street | Brookline, MA 02445

*Join us for a special discussion about the vital role of friendship and its relation to our emotional, physical, intellectual and spiritual health as we age

*As she reflects on her 30 years as a leader working to eliminate loneliness, Seckel-Cerrotti, shares her model of interdependence and its shifting nature throughout our lives

*Opportunities to dialogue together about 21st century needs, challenges and new ideas to create and sustain community for ourselves, our families and within our neighborhoods

RSVP to Jenna Henning at (617)731-8500 x152 or jhenning@goddardhouse.org

FROM THE DIRECTOR

“Feeling gratitude and not expressing it is like wrapping a present and not giving it.”

William Arthur Ward

November is the month of Thanksgiving and a season of gratitude. Here are a few of the items that I am most grateful for every day.

Our Volunteers – close to 300 strong and here every day for us. We would have to close our doors if we had to go without their thousands of hours of dedicated work.

Our Board members - advocates in the rain, snow, freezing cold and against the bitter and ageist. They are the reason we have our funding and programs.

Our Programs - now more than ever, a tremendous bargain for high-quality entertainment and educational opportunities.

Our Staff - strong team of devoted people who work hard each day to make the community strong and vibrant. They are unsung heroes who toil to keep seniors independent. Stop and say thank you this month.

Our Services - the envy of most communities. We provide **dignity and independence** to every Brookline senior through top-notch delivery. This has been our vision for over fifty years and will continue to guide us as we create new ways to help seniors “Age Well in our Community.”

YOU- The Brookline seniors the ones who make this job worthwhile with your **wisdom, creativity, and energy**. I salute so many of you every day.

Our Sponsors - A personal thank you to all who supported our 14th annual Autumn Benefit. Your donations will ensure that the Van will continue to operate daily. Due to your generosity we will be able to continue our Friday service.

Spirit of Kindness - people who come to the senior center share this attitude. We **care** about one another. The joys and heartaches alike are part of our powerful community. We **support** one another and stay **connected**.

Special Note This year – First a thank you to Nancy Daly who is showing her support for the Senior Center by fundraising for the Alzheimer’s Respite Program. Nancy will be competing in the Brookline Rotary “Dancing with the Stars” on November 7th. There is still time for you to make a donation.

Enjoy the holidays with your family and friends. Take a moment to create your own list of items that you are grateful for and share your feelings of gratitude with others.

Ruthann Dobek, Director



Home Is Still The Best Place

- Appointment Escorts
- Meal Preparation
- Companionship
- Light Housekeeping
- Shopping & Errands

Call for a free, no-obligation appointment or brochure:
Waltham 781-314-0153

Home Instead
SENIOR CARE

With a little help from a friend.

Each Home Instead Senior Care franchise office is independently owned and operated. homeinstead.com

HANDICAPPED ACCESS

The Town of Brookline does not discriminate on the basis of disability in admission to, access to, or operation of, its programs, services, or activities. If you need special accommodations, contact the Council on Aging at 617-730-2777.

Thank You

Annual Appeal Donors:

Jean S. Dwyer
Judith Kass
Deborah Langston
Theodore Poulos
Priscilla Smith
Steve and Lillian Wilmore
Joan Yesner
Marilyn Kudisch
Lorraine Stevens
Eleanor Small and the Wednesday Bridge
Molly Blatt
Carol Robinson
Elsa Jakob
Svetlana Nikolic

In memory of:

Herb Goodwin from Elmer Sprague

In honor of:

Roberta and George Bonoff *honoring* Kathryn Kilpatrick for receiving the Civic Recognition Award
Phyllis Giller *honoring* Ponnie Katz
The Ping Pong players *honoring* Ping Pong
Ellen Zellner *honoring* Anna Higgins, the Monday poetry class, Julie Washburn, Brookline Senior Center and Sonia Wong
Doreen Vittori *honoring* Jean Stringham's 70th birthday
E. Barbara Davis *honoring* Vivian H. Freeman's 90th birthday
Claire Yung and the Chinese Mah Jong group *honoring* the Chinese Mah Jong program
Anonymous *honoring* Vera Sharma's birthday

B-CAN Donors:

Nancy Daly and Kevin Cavanaugh
Mareen Harwell
Lydia S. Kaufman
Ruth Wolf
Dawn Johnson - Boylston Place
Kitty and Michael Dukasis

B-CAN Donors continued;

Patricia Burns
Margarita and Alberto Orengo
Susan Chipman
Stephen Oleskey and Judith Tick
Andrea Meyers
Sarah R. Newcomb
Ruth Werksman
Maiyim Baron
Allegra Manacher
Gabriel Padawer
Martha Bullock
Barbara Scotto

Diamond

Beth Israel Deaconess Medical Center
Michael Merrill

Ruby

Bay State Federal Savings Charitable Foundation
Goddard House Assisted Living
The Hamilton Company - Harold and Maura Brown
Chobee Hoy
Shulamit Kahn and Kevin Lang
Betsy Pollock
Suzanne Salamon and Alan Einhorn
Carol and Morry Sapoznik

Sapphire

Patricia H. Dobek
Ruthann Dobek and Glenn Boghosian

Emerald

Atkin Associates LLC – Barrie Atkin
Doris Toby Axelrod and Lawrence Marks
Center Communities of Brookline/Hebrew SeniorLife
Margie and Rev. George Chapman
Marilyn and André Danesh
Gerontology Institute at UMass Boston
Sidney Gelb
Deborah Goldberg and Michael Winter

Jewish Family & Children's Service (JF & CS)
 Pathway Home Realty Group
 Providence House Senior Living Community
 Ruth Kertzer Seidman and Aaron Seidman
 Sherrill House
 Village Mobil/Cypress Automart
 Wade Horowitz LaPointe LLC
 Sonia and William Wong

Topaz

Bank of Canton
 Brookline Hearing Services
 Brookline Municipal Credit Union
 Ellen A. Bruce and Richard Segan
 Cathleen and Stanley Cavell
 Nancy Daly and Kevin Cavanaugh
 Helen Charlupski and Joseph Biederman
 Elder Achievers
 EPOCH Senior Living
 Thomas A. Faulhaber
 Doris and Saul Feldman
 Benjamin Franco
 Regina Healy and Bob Sloane
 Marcia and Robert Heist
 Home Instead Senior Care
 House Works
 Elaine Kwiecien
 V. Celia Lascarides
 Corinne L. Long
 So Hing Mak
 Harry S. Margolis
 Sylvia and Ralph Memolo
 Judy Meyers and Mark Pasternack

Mount Pleasant Home
 The Move Maven
 Dick and Lucy Robb
 Antoinette Schroder
 Shirley Selhub
 Enid Shapiro
 Dr. Robert I. Sperber
 Stanetsky Memorial Chapels and Levine
 Chapels
 Arlene Stern
 Peter and Jean Stringham
 Ellen and Matthew Weiss
 Roberta Winitzer
 Brookline Bank
 Eastern Bank Charitable Foundation
 Linda Jason and Andrew Fischer
 John Grew, Jr.
 Helen and Shael Herman
 Helen and Rudy Kass
 Sneider Kellman, PC
 Alberta and Roger Lipson
 Alan and Cecily Morse
 Ashima Dayal and David Caro

Israel, Van Kooy & Days, LLC



Laurie Israel, Esq.
617-277-3774
 e-mail: lisrael@ivkdllaw.com
 web: www.ivkdllaw.com
 Coolidge Corner

Wills • Probate • Trusts • Estates

Always Best Care Senior Services
 Proudly serving the Greater Boston and
 Brookline communities

- In Home Care (no hourly minimums)
- Free Senior Housing Placement

(617)489-9000 (24/7)
*Call anytime for a complimentary
 consultation*

Brookline
 Adult &
 Community
 Education



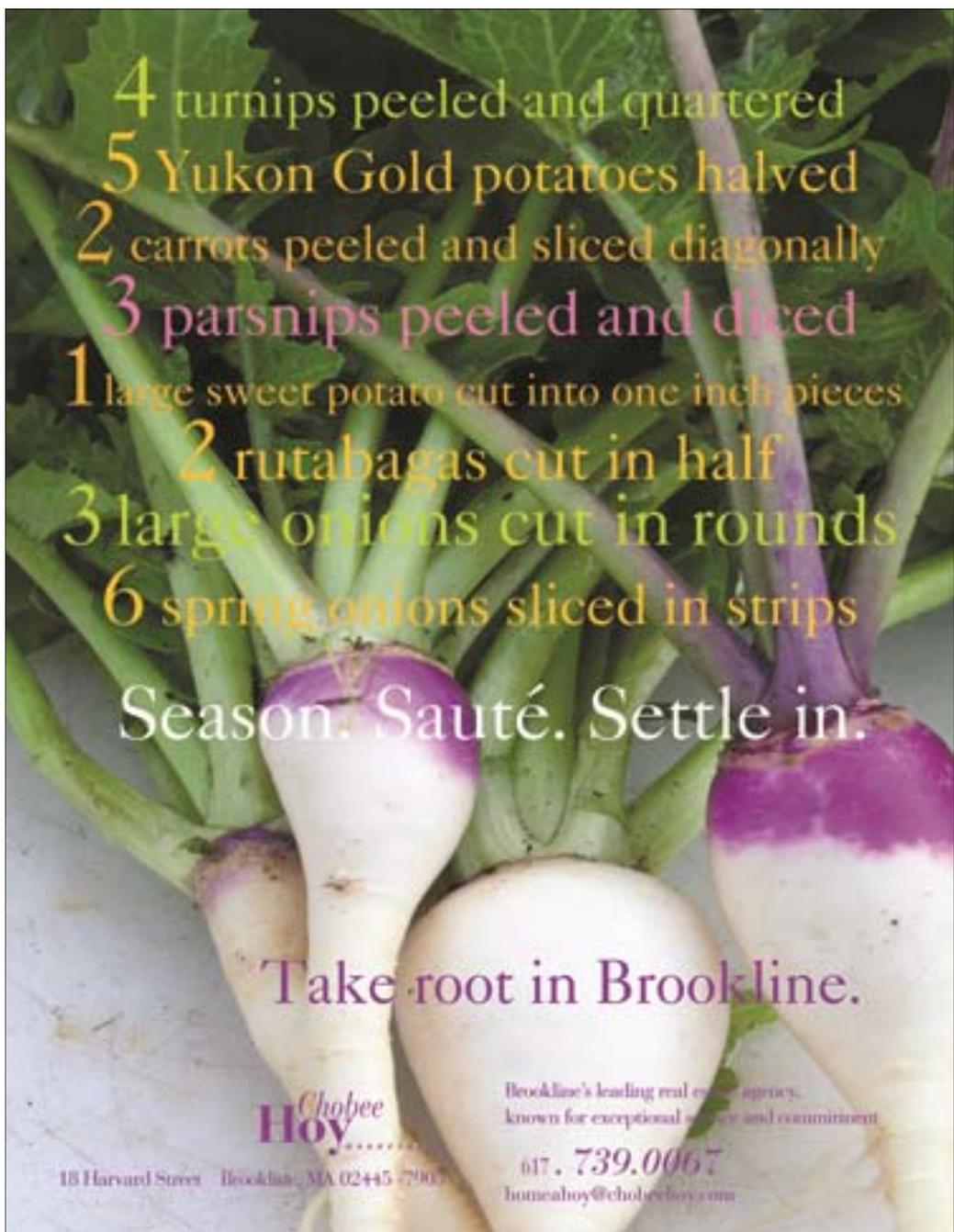
*Join us,
 new classes
 starting soon!*

www.brooklineadulted.org
617-730-2700

Brookline Senior Centers Corporation
93 Winchester Street
Brookline, Massachusetts 02446

PREST STD
US POSTAGE PAID
BOSTON MA
PERMIT NO 55181

OR CURRENT OCCUPANT



4 turnips peeled and quartered
5 Yukon Gold potatoes halved
2 carrots peeled and sliced diagonally
3 parsnips peeled and diced
1 large sweet potato cut into one inch pieces
2 rutabagas cut in half
3 large onions cut in rounds
6 spring onions sliced in strips

Season. Sauté. Settle in.

Take root in Brookline.

**Chobee
HOY**.....
18 Harvard Street Brookline, MA 02445 (790) 739-0067

Brookline's leading real estate agency,
known for exceptional service and commitment
017. 739.0067
tomeahoy@chobeehoys.com