TOWN OF BROOKLINE
SENIOR NEWS & EVENTS

Council on Aging

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

Brookline Senior Center
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Brookline, Massachusetts 02446

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www.brooklinema.gov

HIGHLIGHTS

Jive with the Boston Jazz Trio at the Boston Music School Concert on January 5. See p.12.

Don't miss the Chinese New Year Celebration on January 9. See p. 7.

Update your job search at a Wisdom Works workshop January 11, 18, and 24. See pp. 24-25.

See art from a new perspective at Visual Fundamentals, starting January 13. See p. 6.

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

JANUARY 2012

BROOKLINE TOMORROW: CLIMATE ACTION TODAY

January 21 to 29 is Climate Awareness Week! During this week, find out about what you can do to help reduce Brookline's ***carbon footprint***. (defined as the total set of greenhouse gasses [GHG] emissions caused by an organization, event, product, or person, it is often expressed in terms of the amount of carbon dioxide, or its equivalent of other GHG, emitted.—*from Wikipedia)*

Brookline Tomorrow is a joint initiative of Climate Change Action Brookline (CCAB) and the Selectmen's Climate Action Committee designed to raise awareness about the importance of reducing the carbon footprint of our community. It encourages energy awareness and cost-saving steps to reduce our energy dependence and climate emissions.

Do your bit by joining in during Climate Awareness Week to work as a community to improve the quality of your and Brookline's life now. The Town has already taken major steps to reduce its energy expenses and GHG—but municipal GHG are only 3% of Brookline's total: 17% come from the commercial sector and 80% from residents.

Participating in Brookline Tomorrow is easy! There are three straightforward requirements:

- Do at least one thing to reduce your $C0^2$ emissions.
- Green your personal and familial events.
- Spread the word. Tell your friends, neighbors, and colleagues about the initiative, and get them on board.

Learn more. See p. 3.

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

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

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

New horizons for the new year!

Brookline Climate Week 2012 is coming Saturday, January 21, to Sunday, January 29. Our climate is changing. Take steps in Brookline to put the brakes on our consumption of fossil fuels. Celebrate our planet as we now know it, and help lead us toward a sustainable future.

There will be over 40 events and displays scheduled for Climate Week. They include:

- ***Saturday, January 21, 12:00 noon to 5:00 pm*** **Special Brookline Recreation Event** at Kirrane Skating Rink at Larz Anderson Park, 23 Newton Street
- ***Saturday, January 21, 12:00 noon to 5:00 pm*** **The Green Side** at Larz Anderson Auto Museum , 15 Newton Street
- ***Tuesday, January 24, 7:00 to 8:00 pm*** **Outdoor Composting with Horticulturist Robin Wilkerson** at the Martin Luther King Room at Brookline High School. Class fee: $6. Course code: ***X253***. For more information and to register, call 617-730-2700 or access brooklineadulted.org.
- ***Wednesday, January 25, 7:00 to 9:00 pm*** **The Clean Economy: How Businesses and Investors are Addressing Climate Change** at Brookline Town Hall, 333 Washington Street, Room 103
- ***Thursday, January 26, 7:00 to 8:00 pm*** **Reading by Frances Moore Lappe of "Ecomind: Changing the Way We Think to Create the World We Want"** at Brookline BookSmith, 279 Harvard Street
- ***Saturday, January 28, 1:00 to 2:00 pm*** **Sun and Earth: Powering Brookline Today** at Brookline Town Hall, First Floor
- ***Saturday, January 28, at 10:00 am*** **Brookline's First Green Municipal Building: A Tour of Energy-Saving Methods and Materials** at the Brookline Department of Public Health (BPHD), 11 Pierce Street
- ***Saturday, January 28, 10:00 am to 1:00 pm*** **Styrofoam Recycling and Paper Shredding** at the Brookline Town Hall Parking Lot
- ***Saturday, January 28, 11 am to 2 pm*** **Whole Home Energy Savings: Meet Green Homes Brookline/Next Step Living Energy Experts** at Brookline Town Hall, First Floor
- ***Saturday, January 28, 11:30 am to 12:30 pm*** **The Ups and Downs of Windows** at Brookline Town Hall, 1st floor
- ***Saturday, January 28, 11:00 am to 2:00 pm*** **Brookline Winter Marketplace** at the BDPH building, Denny Room
- ***Saturday, January 28, 2:00 to 5:00 pm*** **Common Walk Eco Arts Show** at the New England Institute of Art, 10 Brookline Place
- ***Sunday, January 29, 10:00 to 11:30 am*** **Brookline GreenSpace Alliance's Walk along the Muddy River** beginning at the Longwood MBTA Station of the Riverside Line.

Find out more about these and other events and about what you can do to help reduce Brookline's carbon footprint by going online to climatechangeactionbrookline.org

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Healthy choices for the new year!

As we age, we sometimes find ourselves slowing down, doing less, and developing more aches and pains. The best way to combat the depredations of our advancing years is to keep as physically fit as we can. Luckily, there are a host of classes and workshops that can help oil aging joints, strengthen aging muscles, and generally keep us balanced.

The Senior Center has a plethora of programs to help seniors keep in shape (see p. 19). On Mondays, you can come for 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 there are classes for people with special needs like the Arthritis Exercise Classes (see p. 11).

And then there's 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 12 noon and from 1:00 to 4:30 pm and on Fridays from 10:00 am to 3:00 pm. For general and cost information, 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!

And on top of all that, there are the courses that Brookline Adult & Community Education (BA&CE) offers at the Senior Center that are designed expressly for seniors—classes such as Introduction to Tai Chi Chuan, Yoga for Older Adults (chair and mat classes), Strength Training for Seniors, and Senior S-T-R-E-T-C-H. And an offering at the Senior Center that is new this year is Muscle Conditioning for Seniors. In addition, BA&CE is offering Chair Exercise for Seniors at Goddard House for the first time this year. For more information on their exercise and fitness classes, consult the Winter 2012 BA&CE catalog that is available all over town, call 617-730-2700, or access BA&CE online at brooklineadulted.org and on the Town of Brookline web site (brooklinema.gov).

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EXERCISE PROGRAM GRANT

Brookline Community Foundation

The Brookline Community Foundation, a nonprofit organization that exists to promote a strong, engaged, and inclusive community, has given the Council on Aging (COA) a grant for outreach and services to low-income elders that will fund an exercise program for low-income seniors. We thank the foundation profusely for providing this opportunity to further serve the Brookline senior community.

computer literacy in the new year!

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 being offered this winter are:

Introduction to Computer Basics for Seniors
Bob Roll, Instructor
4 Thursdays from 9:30 to 11:30 am
Section 1: beginning January 12
Section 2: beginning February 9

Intermediate Computer Basics for Seniors
Bob Roll, Instructor
4 Fridays from 9:30 to 11:30 am
Section 1: beginning January 13
Section 2: beginning February 10

eMail Workshop for Seniors
Bob Roll, Instructor
4 Wednesdays from 9:30 to 11:30 am beginning January 11

Basic Computer Maintenance for Seniors
Phyllis Mays, Instructor
4 Mondays from 9:30 to 11:30 am beginning January 23

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.

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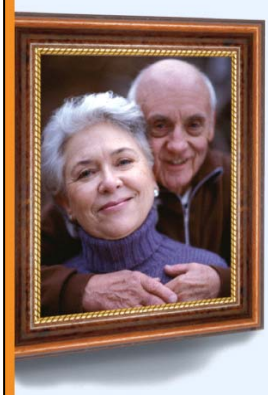

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You can also visit us online at www.cjpseniordirect.org or email us at info@cjpseniordirect.org

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A PROGRAM OF CJP For more information about CJP, visit www.cjp.org

VISUAL FUNDAMENTALS

This exciting new 6-session, 10:30 am to 12:00 noon, Friday course at the Senior Center—starting on Friday, Jan. 13—with artist Ros Barron—will explore ways of seeing and understanding visual art, including examples of fine art and mixed media and will include creative exercises. No experience is required. However, space is limited so registration is required. Call 617-730-2770 for more information and for reservations.

Ros Barron has taught painting and performance art at the University of Massachusetts, Boston. Although she has been deeply involved with the video medium—beginning as a video pioneer in the early 1970s and screened in a retrospective at the Museum of Fine Arts, Boston—she has never stopped painting. She lives and maintains her studio in Brookline.

She has exhibited her work at, among others, The Museum of Modern Art, The Whitney Museum, The Guggenheim Museum, and the Museum of Fine Arts, Boston, and has been supported by grants for video art from The Rockefeller Foundation, The National Endowment for the Arts, The Guggenheim Foundation, The Bunting Institute of Harvard University, The New York Arts Council, the Massachusetts Cultural Council—Town of Brookline, The LEF Foundation, and others.

AT THE GALLERY

Our new gallery show begins **Tuesday, January 17**. We invite everyone to see:

Watercolor and oil paintings by Francine Schachter

Tuesday, January 17 through Friday, April 13

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

Come to a celebration and reception with the artist. The date for this is not yet set. Keep your eye on the TAB for an announcement.

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.

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CHINESE NEW YEAR

It's the Year of the Dragon! And the Senior Center celebration will be on Monday, January 9, at 12:30 pm, cosponsored by the Greater Boston Chinese Golden Age Center and the Senior Center. Celebrate with stories, dancing, music, and traditional food.

While last year—the Year of the Rabbit—"was characterized by calm and tranquility, the Year of the Dragon will be marked by excitement, unpredictability, exhilaration, and intensity. …The Dragon is all about drama, but if you take unnecessary risks, you may find yourself starring in your own personal tragedy." *(quote from chinesenewyear2012.net)*

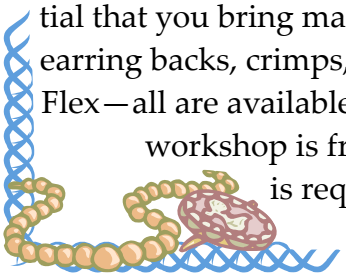
Reservations for the festivities are required, and the fee for the event (program and lunch) is $7. For more information and to make reservations, call 617-730-2770. Don't miss this event! Make reservations now!

MODERN BEADING WORKSHOP

This workshop for beginners and experienced beaders will meet at the Senior Center on **Wednesday, January 18, at 1:30 pm**.

Marge Harvey will be on hand to instruct and help. At each workshop you will be able to learn modern techniques of beading using thin Soft Flex and crimps. Combine old beads and broken strands for new and interesting designs. Make earrings, necklaces, and bracelets for yourself and as gifts for family and friends.

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



PUTTERHAM BOOK DISCUSSION GROUP

On **Monday, January 23**, the group will meet at the Brookline Public Library at Putterham **at 2:00 pm** to discuss *The Invisible Wall: A Love Story That Broke Barriers* by Harry Bernstein.

"A little cobbled street in a smoky mill town in the North of England has haunted me for the greater part of my life. It was inevitable that I should write about it and the people who lived on both sides of its 'Invisible Wall.' "

The invisible wall ran down the center of the street, and divided Jewish families on one side from Christian families on the other. Only a few feet of cobblestones separated Jews from Gentiles, but socially, they were miles apart.

Then Harry's older sister, Lily, did the unthinkable: She fell in love with Arthur, a Christian boy from across the street.

A wonderfully charming memoir, written when the author was 93, *The Invisible Wall* is a moving tale of working-class life and of the boundaries that can be overcome by love. *(Excerpted from the Random House, Inc. summary of the book.)*

CAREGIVERS EVENING

Caregivers, on **Tuesday, January 24, from 6:00 to 7:30**, come to Goddard House in Brookline at 165 Chestnut Street for and evening discussion of "Everything You Always Wanted to Know about Brookline but Didn't Know Who to Ask" and a supper. The evening is sponsored by Chobee Hoy. RSVP to pbarrows@radiusmanagement.com.

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)

Podiatry Clinic Routine foot care with Dr. John McLaughlin is available on **Mondays, January 9 and 30, 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 January and February.

Blood Pressure Screenings
The Brookline Health Care Center (BHCC) will not provide blood pressure screenings in January.

There will be blood pressure screenings by Barbara Westley, the nurse from the Brookline Public Health Department (BPHD) **at the Senior Center** on **Thursday, January 19, from 9:00 to 10:30 am** and additional screenings with the BPHD nurse:

- On **Wednesday, January 4,** at the BPHD building, 11 Pierce St., **from 2:00 to 3:00 pm**
- On **Wednesday, January 11,** at Sussman House, 50 Pleasant St., **from 1:00 to 2:00 pm**
- On **Wednesday, January 25,** 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, January 30**, 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 The flu season is about to begin in earnest. Remember that the best prevention is to ***get a flu shot***. You cannot get the flu from the shot (although some people do have unpleasant reactions to it). And follow a few simple rules to help you stay flu-free for this season:

- Wash your hands thoroughly and frequently. The virus can live for 2 to 8 hours on surfaces so frequent washing will reduce the risk of transmitting germs to others
- Or use hand sanitizer if you can't wash.
- Cover your coughs and sneezes. Use a tissue and discard it immediately after use.
- In an emergency, use your sleeve. Do not use your hands.
- Recognize the symptoms—sudden onset of fever, chills, aches, tiredness—and call the doctor.

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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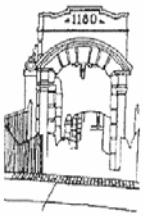
CAN I STILL CHANGE MY MEDICARE PLAN?

The 2011 Medicare Open Enrollment Period ended on December 7, but there are still a few changes you can make, IF:

- You have a **Medicare Advantage Plan**: Between January 1 and February 14, you can leave your plan and switch to Original Medicare, but you cannot switch to another Medicare Advantage Plan. Your Original Medicare coverage will begin the first day of the following month. If you drop your Medicare Advantage plan during this period, you will be able to join a Medicare Prescription Drug Plan to add drug coverage. Your prescription drug coverage will begin the first day of the month after your enrollment. You may also add a supplement at this time.
- You had a **Tufts Medicare Prescription Drug Plan (drug coverage only) in 2011**: If you did ***not*** select a different Medicare drug plan for 2012, you are currently without drug coverage. You have until the end of February to enroll in a new Part D drug plan for 2012, which will begin the first of the month after your enrollment.
- You have **Prescription Advantage** or are getting **Extra Help** paying for prescription drugs: You can change your plan any time during the year. Those with Prescription Advantage can do this only once each year. Those with ***Extra Help*** can change every month.

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, and a volunteer will call you back as soon as possible.



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ASK A GERIATRICIAN

Dr. Suzanne Salamon, Chief Associate of Clinical Geriatrics at Beth Israel Deaconess Medical Center, answers your general questions about aging and geriatric medicine in this column every month. (Editor's note: *If you have questions, e-mail them to me at jgimple@brookline ma.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: What is hypertension (high blood pressure), and why is it important?

Answer: Blood pressure is a measurement of how much work the heart has to do to pump the blood through our bodies. The top number (systolic) measures the heart when it contracts to squeeze blood out. The lower number (diastolic) measures the heart while it relaxes. Normal blood pressure is 120/80. If the blood pressure gets much higher, the heart has to work harder to pump the blood through the body. This leads to a higher risk for heart attacks, strokes, and kidney disease.

High blood pressure is called the "silent killer" because you can't feel when the blood pressure is high.

Blood pressure often is high in the doctor's office when people are rushed and nervous. It is better to check blood pressures at home with an easy home monitor. Some checks should be done in the morning and some in the evening. There are many nonmedicine ways to lower blood pressure. If someone has a body mass index of more than 25, losing even 5 pounds can reduce blood pressure. Exercising 30 minutes most days also helps. Lowering salt (sodium) intake to 2000 mg daily also helps. You have to read the nutrition labels carefully to keep track of the amount of sodium you are taking in.

Until these nonmedicine measures begin to work, blood pressure can be lowered with pills. I often prescribe blood pressure pills for use at night to avoid side effects. If more than one pill is needed, they can be divided into morning and evening. With weight loss, exercise, and salt reduction, you might be able to throw those pills away!

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ARTHRITIS EXERCISE CLASS

A new series of Arthritis Exercise Classes at the Senior Center will begin on **January 19** and run on six **Thursdays through February 23 from 10:30 to 11:30 am.** These gentle stretching and muscle-building exercises will benefit people with arthritis and others interested in improving their flexibility, muscle strength, and general fitness level. This year, the use of both hand weights and stretch bands will be incorporated. Ilse Leeser, PhD, RN, will instruct the class with guidelines developed by the Arthritis Foundation. Note that any classes that need to be cancelled because of inclement weather will be added on to the end of the series.

Call the Senior Center at 617-730-2770 to register and to obtain a health care provider authorization form that must be filled out by your health-care provider. (For previous participants, health-care provider information that has been provided within the last year will not need to be updated.)

This class is already full but you can be put on the waiting list for the next series.

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

PARKINSON DISEASE SUPPORT GROUP

The group will meet at the Senior Center on **Friday, January 6, from 1:00 to 2:30 pm**. This month's speakers will be Roya Sayadi, PhD and CCC-SLP of the Natick Visiting Nurse Association, and Joel Herskowitz, MD, of Boston University Medical Center. They will be discussing "What You Can Do to Prevent Pneumonia." All are welcome to attend.

These meetings are cosponsored by the Brookline Senior Center and the American Parkinson Disease Association (APDA). For more information, contact Vanessa Blais at 617-638-7729 or online at vblais@bu.edu.

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, January 13**. 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, January 26.** 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.

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:

January 19
Over-the-counter medication (including vitamins and supplements)

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.

BROOKLINE MUSIC SCHOOL CONCERT

Enliven a midwinter day—**Wednesday, January 4**—with a **1:00 pm** Brookline Music School concert featuring the Boston Jazz Trio.

The trio is a flexible, versatile, and compact group of professionals. Each member has several years of live playing experience. They play classics from the standard jazz repertoire through Klezmer and choice contemporary/pop selections. Come and enjoy a lively performance.

JANUARY HOLIDAYS

January is traditionally a cold, miserable month, a month we often find dull after the frenetic holiday season in December, and a month in which we start out full of good intentions (resolutions) that often don't last the month. Oh, yes, there is the "January thaw," which gives a hint of spring to come.

But what there IS in January are holidays. First of all, there is New Year's Day—January 1—a day of hope and resolution...and hangovers. Since it falls on a Sunday this year, the Senior Center will be closed on **Monday, January 2**, so the staff can enjoy a New Year holiday.

In addition, the Senior Center will close to celebrate Martin Luther King, Jr., Day on **Monday, January 16**.

MLK DAY: KEEPING THE PROMISE

On **Monday, January 16, from 4:00 to 5:30 pm** at the Coolidge Corner Theatre, come and celebrate the 25th anniversary of the establishment of Martin Luther King, Jr., Day at a free program that is open to the public. The event, sponsored by the Town of Brookline MLK Celebration Committee, Chobee Hoy Real Estate, The Coolidge Corner Theatre, and Brookline Adult & Community Education (BA&CE), will feature music and thoughtful comments from the Brookline community and keynote speaker Callie Crossley, host and executive editor of The Callie Crossley Show on WGBH Radio. Malcolm Carthorne will act as emcee.

COUNCIL ON AGING MEETING

The Council on Aging (COA) board will meet on **Wednesday, January 11, at 1:00 pm** at the Senior Center. The speaker will be Karin Wannamaker, HELP Counselor on the COA staff. She will give us an overview of the Repair Referral Service that is now available through BrooklineCAN—how it is being put together, the vetting process, and what it is and hopes to become. This is a really hot topic, so we recommend that everyone attend this meeting. It is open to the public.

LIVABLE COMMUNITIES

Come to the Senior Center on **Monday, January 9, at 3:00 pm** to hear Todd Kirrane, Transportation Administrator for the Town of Brookline, discuss the difficulties health-care workers who have clients who need them at night are having parking in Brookline overnight. Ask your questions. Hear about proposed remedies for this situation and the Town of Brookline's responses to the problem.

VOLUTEER OPPORTUNITIES

There are some interesting volunteer opportunities that are looking for just the right person to fill them:

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).

Helpers at the Tuesday food distribution at the Senior Center. This program is both vital and busy, and so a couple more volunteers are needed to help out. If you are interested in helping, see Jackie Wright on Tuesday mornings at the Senior Center.

And the ***SHOP Program*** still has Brookline High School students who are waiting to help shut-in seniors with their grocery shopping. If you would like to have this service, call Vivian Freeman, COA Volunteer Coordinator at 617-730-2743.

BROOKLINE-CAN NEWS

The Brookline Community Aging Network (BrooklineCAN) is being honored once again. On **Wednesday, February 1, at 6:00 pm**, the Brookline Friends of Public Health will present BrooklineCAN and Bountiful Brookline with awards for helping the cause of public health. SAVE THE DATE. Stay tuned for more details.

Can you believe it? 2012 is BrooklineCAN's second year. Keep an eye out for your renewal letters if you are already a member. And if you have not yet joined, remember that $25 will get you a year's membership in this wonderful organization. Although most of the information and benefits of BrooklineCAN are free for everyone to use, membership does have its special benefits. Not only are you supporting this amazing organization, but membership brings with it access to all the discounts offered and to the vetted referral list. The latter is an especially wonderful service to the Brookline community. To learn about it, attend the Council on Aging meeting on Wednesday, January 11—see p. 12.

Check out BrooklineCAN's website at www.BrooklineCAN.org. There you can learn all about this organization and what it is doing, sign up to receive the monthly eNews, find and use the vetted Repair Referral Service (if you are a member), and of course, join the organization.

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- *Companions, Home Health Aides & Personal Care Assistants*
- *Customized Independence Plans*
- *Advocacy, Independence & Respect*
- *Competitive Rates*

Call for a free needs assessment!

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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 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 $45,100; a couple's, $51,550.

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, January 4,** and again 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. 9.)

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.

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.

January 24 *Eating Animals* by Jonathan Safran Foer (Back Bay Books/Hachette Book Group)

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)

ONE-ON-ONE COMPUTER SESSIONS

Computer phobic but eager to overcome it? Call Olga at 617-730-2768 and make an appointment for a one-on-one session with a trained Red Tape Cutter at the Senior Center. Get help with basic computer skills and looking up, and applying for, benefits online.

Preregistration is required. Sessions will be held on **Tuesdays, throughout January**. Each appointment is for one hour. Note that while follow-up appointments are available, preference will be given to those who have not yet had an appointment. And we have a Red Tape Cutter volunteer with Mac experience so we will be able to train on both PCs and Macs.

NOTE: Tax season is coming up (see p. 26) and the computer room will be in use by the tax preparers on Tuesdays so make your appointments now for January because tax preparation runs from February 7 through April 10!

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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VISITING NURSE ASSOCIATION OF BOSTON & AFFILIATES

Springwell Nutrition Program JANUARY 2012

MONDAY	TUESDAY	WEDNESDAY
2) **New Year's Holiday** **No Meal Service** **Senior Center closed.**	3) Minestrone Soup Stuffed Shells w/Tomato Sauce, Three Bean Medley, Spinach, Oatnut Bread **OR** Roast Beef w/Swiss Cheese, Mustard, Lettuce Leaf, Summer Potato Salad, Broccoli Slaw, Wheat Bread Oatmeal Raisin Cookie	4) Italian Vegetable Soup Chicken Breast w/Gravy, Apple Raisin Bread Stuffing, Butternut Squash, Rye Bread **OR** Seafood Salad w/Lettuce Leaf, Spinach Mandarin Salad w/Lite Dressing, Corn Salad, Multigrain Bread Fresh Fruit
9) **Chinese New Year Celebration Lunch** No Springwell lunch.	10) Cream of Broccoli Soup ***Honey Mustard Ham, Creamy Scalloped Potatoes, Brussels Sprouts, Oatnut Bread **OR** Cottage Cheese Fruit Plate, Potato Salad, Muffin Pears	11) Split Pea Soup Potato Pollock Filet w/Lemon Sauce, Tartar Sauce, Sweet Potato Wedges, Country Blend Vegetables, Multigrain Bread **OR** Roast Beef w/American Cheese, Mayo Packet, Lettuce Leaf, Multigrain Bread, Couscous & Vegetables, BBQ Corn White Bean & Onion Salad Mandarin Oranges
16) **Martin Luther King Jr. Day** **No Meal Service** **Senior Center closed.**	17) **Birthday Lunch** ***Reduced Sodium Hot Dog Baked Beans, Coleslaw, Ketchup/ Mustard/Relish, Hot Dog Roll **OR** Turkey w/Swiss Cheese, Lite Mayo, Lettuce Leaf, Tomato & Zucchini Salad, Macaroni Salad, Oatnut Bread Fresh Fruit	18) Lentil Spinach Soup Eggplant Parmesan, Ziti w/ Tomato Sauce, Zucchini, Whole Wheat Bread **OR** California Chicken Salad w/Lettuce Leaf, Oatnut Bread, Riviera Salad, Pasta Salad w/Cheese Chocolate Chip Cookie
23) Mushroom Barley Soup Turkey Cacciatore, Brown Rice, Green Beans w/Seasoning, Rye Bread **OR** Egg Salad w/Lettuce Leaf, Fruity Rice Salad, Spinach Mandarin Orange Salad, Lite Italian Dressing, Rye Bread Pineapple	24) Potato Kale Soup Pot Roast w/Onion Mushroom Gravy, Mashed Potatoes, Dilled Carrots, Oatnut Dinner Roll **OR** Tuna Salad, Lo Mein Pasta Salad, Bulkie Roll, Tomato Pepper Salad Ambrosia	25) Corn Chowder Creamy Italian Chicken, Roasted Red Potatoes, Zucchini, Mushrooms & Onions, Multigrain Bread **OR** Roast Beef w/Swiss Cheese, Lite Mayo, English Pea Salad, Tossed Garden Salad, Lite Italian Dressin Chocolate Cake w/Vanilla Frosting & Sprinkles
30) Garden Vegetable Soup Roast Pork w/Apple Raisin Sauce, Scalloped Potatoes, Peas & Onions, Oatnut Bread **OR** Roast Beef w/ Provolone Cheese, Lite Mayo, BBQ Corn White Bean & Onion Salad, Tomato Cucumber Salad, Rye Bread Mandarin Oranges	31) Oriental Vegetable Soup Teriyaki Chicken, Lo Mein Noodles, Carrots, Multigrain Bread **OR** Turkey w/American Cheese, Lite Mayo, Lettuce Leaf, Riviera Salad, Summer Potato & Egg Salad, Oatnut Bread Pineapple	

THURSDAY	FRIDAY
5) Cream of Sweet Potato Soup Salmon Boat w/Lemon Dill Sauce, Broccoli & Cauliflower, Creamy Parmesan Polenta, Multigrain Bread **OR** ***Ham w/ American Cheese, Lettuce Leaf, Mustard, Lo Mein Pasta Salad, Riviera Salad, Rye Bread Chocolate Pudding w/Topping	6) Beef Stew, Peas, Wheat Bread **OR** Turkey w/American Cheese, Lettuce Leaf, Lite Mayo, Bulkie Roll, Purple Cabbage Cole Slaw, Three Bean Salad Pineapple
12) **Winter Special** Chicken Divan served over White Rice Ratatouille Dinner Roll Chocolate Chip Brownie	13) Vegetable Soup Meatless Chili Mac, Green & Waxed Beans, Whole Wheat Roll **OR** BBQ Chicken Breast w/Mozzarella Cheese, Sliced Red Onions, Summer Potato Salad, Broccoli Tomato Salad, Hamburger Roll Pistachio Pudding w/Topping
19) Italian Vegetable Soup Chicken Paprika, Sweet Potatoes, Spinach Multigrain Bread **OR** Tuna Salad, Pesto Pasta Salad, Coleslaw, Wheat Bread Tapioca Pudding w/Topping	20) Minestrone Soup Fish Sticks w/Lemon Butter Sauce, Tarter Sauce, Au Gratin Potatoes, Beets, Oatmeal Bread **OR** ***Chef Salad w/ Ham, Cheese & Boiled Egg, Lite Italian Dressing, Couscous & Vegetables, Whole Wheat Roll Tropical Mixed Fruit
26) Vegetable Rice Soup Broccoli & Cheese Fish, Butternut Squash, Couscous w/Vegetables, Oatnut Bread **OR** Chicken Salad w/Lettuce Leaf, Riviera Salad, Orzo Vegetable Salad, Wheat Bread Fresh Fruit	27) Split Pea Soup Baked Macaroni & Cheese, Broccoli & Cauliflower Marinara, Whole Wheat Bread **OR** Turkey w/American Cheese, Lettuce Leaf, Lite Mayo, Wheat Bread, Purple Cabbage Coleslaw, Caribbean Salad Baked Cinnamon Apple Slices w/Whipped Topping

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

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.

LUNCHEON SPECIALS FOR JANUARY

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

On **Monday, January 9,** come to the **Chinese New Year** celebration starting **at 12:30 pm** at the Senior Center. Lunch and wonderful entertainment is $7.00. Make your reservations NOW so as not to be left out. See p. 7 for more details.

Thursday, January 12, is **Springwell's Winter Special** lunch. Dine on Chicken Divan on rice with Ratatouille, and end with a chocolate chip brownie.

Tuesday, January 17, is the **Birthday Lunch**. Please remember to tell us when you make your reservations if you or someone in your party has a January birthday so that we can celebrate it at the lunch.

On **Tuesday, January 31**, the **Let's Go Out to Lunch** group will dine at at **12 noon** at the Corrib Pub at 201 Harvard Street--a taste of Ireland in Brookline.

JANUARY AT A GLANCE*

Sunday, January 1
New Year's Day
Monday, January 2
Senior Center is closed.
Tuesday, January 3
1 pm Movies for Film Lovers—"Making Trouble"
Wednesday, January 4
9 am-12 noon BLAB lawyer
1 pm Brookline Music School Concert—Boston Jazz Trio
2-3 pm Blood pressure screening at Brookline Public Health Department (BPHD) building
Thursday, January 5
10 am Coffee hour with Active Adult leader Elizabeth Gugliotti
1:30 pm Easy Travel—Ruthann Dobek tours Spain
Friday, January 6
1-2 pm Parkinson Disease Support Group
Monday, January 9
8-9 am Chair Exercises for Seniors at Goddard House in Brookline**
8:45-10:15 am Strength Training for Seniors**
9 am-12 noon Podiatry Clinic
10:30-11:30 am Senior S-T-R-E-T-C-H**
12:30 pm Chinese New Year Celebration
1-3 pm Senior Center Decorators
3 pm Livable Communities Meeting—Todd Kirrane speaking on caregivers overnight parking
Tuesday, January 10
10:30 am Pickup at Senior Center for Brookline Rec trip to Boston Public Library
10:30 am-12:30 pm Literary Discussion**
1 pm Movie for Film Lovers—"Topsy-Turvy"
2-3 pm Yoga for Older Adults (chair class)**
3-4 pm Yoga for Older Adults (mat class)**
Wednesday, January 11
8:45-10:15 am Strength Training for Seniors**
9:30-11:30 eMail Workshop for Seniors**
10:15-11:45 am Telling Your Story**
10:30-11:30 am Senior S-T-R-E-T-C-H**
1 pm Council on Aging Meeting—Karen Wannamaker speaking on the Repair Referral Service
1-2 pm Blood pressure screening at Sussman House
1-3 pm Jane Eyre and Wuthering Heights**
1-4 pm Wisdom Works
Thursday, January 12
9:30-11:30 Introduction to Computer Basics for Seniors**
12 noon Springwell Winter Special lunch
1 pm I Remember
Friday, January 13
9:30-11:30 am Intermediate Computer Basics for Seniors**
10:30 am-12 noon Visual Fundamentals
2-3:30 pm Introduction to Tai Chi Chuan**
Afternoon Alzheimer's Caregivers Support Group—call for time
Monday, January 16
Martin Luther King, Jr., Day—Senior Center is closed.
8-9 am Chair Exercises for Seniors at Goddard House in Brookline**
8:45-10:15 am Strength Training for Seniors**
10:30-11:30 am Senior S-T-R-E-T-C-H**
11 am Pickup at the Senior Center for Brookline Rec trip to the JKF Museum
4-5:30 pm MLK Day at the Coolidge Corner Theatre
Tuesday, January 17
8:30 am-5 pm Francine Schachter show opens
10:30 am-12:30 pm Literary Discussion**
12 noon January Birthday Lunch
1 pm Movie for Film Lovers—"Sarah's Key"
2-3 pm Yoga for Older Adults (chair class)**
3-4 pm Yoga for Older Adults (mat class)**
Wednesday, January 18
8:45-10:15 am Strength Training for Seniors**
9:30-11:30 eMail Workshop for Seniors**
10:15-11:45 am Telling Your Story**
10:30-11:30 am Senior S-T-R-E-T-C-H**
1-3 pm Jane Eyre and Wuthering Heights**
1-4 Wisdom Works
1:30 pm Modern Beading Workshop
Thursday, January 19
9-10:30 am Blood pressure screening
9:30-11:30 Introduction to Computer Basics for Seniors**
10:30=11:30 am Arthritis Exercise Class
11 am Mass College of Pharmacy Workshop
Friday, January 20
9:30-11:30 Introduction to Computer Basics for Seniors**
10:30 am-12 noon Visual Fundamentals
1-2 pm Muscle Conditioning for Seniors**
2-3:30 pm Introduction to Tai Chi Chuan**
Saturday, January 21
12 noon-5 pm Special Climate Week Brookline Recreation Event at Kirrane Skating Rink***
12 noon-5 pm The Green Side at Larz Anderson Auto Museum ***
Sunday, January 22
3 pm Theater Club trip to Handel and Hadyn Society Concert at Symphony Hall
Monday, January 23
8-9 am Chair Exercises for Seniors at Goddard House in Brookline**
8:45-10:15 am Strength Training for Seniors**
9:30-11:30 am Basic

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Center Communities of Brookline
Hebrew SeniorLife

Computer Maintenance for Seniors**
10:30-11:30 am Senior S-T-R-E-T-C-H**
1-3 pm Senior Center Decorators
2-3 pm Putterham Book Discussion Group at Putterham branch of the Brookline Public Library

Tuesday, January 24
9-10 am Public Issues Nonfiction Book Discussion Group
9:30-11:30 eMail Workshop for Seniors**
10:30 am-12:30 pm Literary Discussion**
1 pm Movie for Film Lovers—"The Help"
1-4 Wisdom Works
2-3 pm Yoga for Older Adults (chair class)**
3-4 pm Yoga for Older Adults (mat class)**
6-7:30 pm Caregivers Evening at Goddard House in Brookline
7-8 pm Outdoor Composting at Brookline High School ** & ***

Wednesday, January 25
8:45-10:15 am Strength Training for Seniors**
9:30-11:30 Introduction to Computer Basics for Seniors**
10:15-11:45 am Telling Your Story**
10:30-11:30 am Senior S-T-R-E-T-C-H**
1-2 pm Blood pressure screening at O'Shea House
1-3 pm Jane Eyre and Wuthering Heights**
7-9 pm The Clean Economy at Brookline Town Hall***

Thursday, January 26
10:30=11:30 am Arthritis Exercise Class
7-8 pm Reading by Frances Moore Lappe at Brookline Book-smith***
Evening Alzheimer's Caregivers Support Group—call for time

Friday, January 27
9:30-11:30 Introduction to Computer Basics for Seniors**
10:30 am-12 noon Visual Fundamentals
1-2 pm Muscle Conditioning for Seniors**
2-3:30 pm Introduction to Tai Chi Chuan**

Saturday, January 28
10 am Brookline's First Green Municipat Building at the BPHD building***
10 am-1 pm Styrofoam Recycling and Paper Shredding at the Brookline Town Hall Parking Lot***
11 am-2 pm Whole Home Energy Savings at Brookline Town Hall***
11 am-2 pm Brookline Winter Marketplace at the BPDH building***
1-2 pm Sun and Earth at Brookline Town Hall***
2-5 pm Common Wlak Eco Arts Show at the New England Institute of Art***

Sunday, January 29
10-11:30 am Brookline GreenSpace Alliance's Walk along the Muddy River starting at the Longwood MBTA Station***

Monday, January 30
8-9 am Chair Exercises for Seniors at Goddard House in Brookline**
8:45-10:15 am Strength Training for Seniors**
9 am-12 noon Podiatry Clinic
9:30-11:30 am Basic Computer Maintenance for Seniors**
10:30-11:30 am Senior S-T-R-E-T-C-H**
12:30-2 pm Blood pressure screening

Tuesday, January 31
10:30 am-12:30 pm Literary Discussion**
12 noon Let's Go Out to Lunch group dines at the Corrib Pub
1 pm Movie for Film Lovers—"A Matter of Size"
2-3 pm Yoga for Older Adults (chair class)**
3-4 pm Yoga for Older Adults (mat class)**

** All events are at the Senior Center unless otherwise noted above.*
*** This is a Brookline Adult and Community Education (BA&CE) course and registration with them is required. Call 617-730-2700 or go to www.brooklineadulted.org to register.*
****Climate Week events. See p. 3.*

ONGOING SENIOR CENTER EVENTS

MONDAY
9:30-11:30 am Fitness Center open
12 noon-4 pm BETS
12:30 pm Chinese programs
1 pm Mah Jongg/Scrabble
1-2 pm Line dancing $2/session
1:30-4:30 Fitness Center open
2-4 pm Open computer lab

TUESDAY
One-on-one Computer Sessions—appointments required
10 am Flexibility, Resistance Training, and Balance Exercise
10:15 am Brookline Bees, Quilters
10:30 am-3 pm Canasta
12 noon-4 pm BETS
12 noon French Conversation
1 pm Bingo
1 pm Movies for Film Lovers
1-3 pm Computer Assistance for job searchers—appointments required
1-3:30 pm Food distribution (hours are approximate)
1:30-4:30 Fitness Center open
3-4:30 pm Latino Instrumental and Vocal Music Sessions

WEDNESDAY
9-10 am Living Our Values
9:30 am Bowling *at Ron's 20th Century Bowling Alley in Hyde Park*
10:30 am Retired Men's Club
12 noon-4 pm BETS
12:30 pm Bridge
1:30-4:30 pm Fitness Center open
2-4 pm Open Computer Lab

THURSDAY
10:30 am Knit and Crochet
1-2 pm Beginning Spanish Classes
1:30 pm Knit and Crochet
1:30 pm Russian Tea Room—for more information, call Rita Kropp at 617-730-2106
1:30-4:30 Fitness Center open
2-3pm Spanish Conversation Group

FRIDAY
9 am Bridge
9:30-11:30 am Fitness Center open
10 am Solemates Walking Group
10 am Project Volunteer
10:30 am Current Events Discussion Group
10:30 am Senior Chorus
12:30-2 pm Basic Computer Classes in Spanish
3:30 Modern Dance and Movement

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, January 9 and 23**.

LIVING OUR VALUES

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

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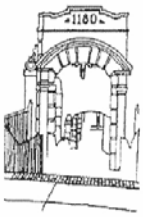

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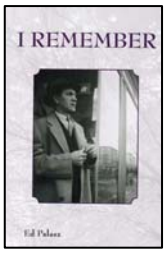
I REMEMBER



At the Senior Center on Thursday, January 12, at 1:00 pm, join Brookline author Ed Palasz's daughter, Beverly Andreozzi, for a reading from her father's memoire. Ride the rails with him during the Great Depression. See the great pyramids of Egypt through his eyes. Ed has told his story of an extraordinary life well lived.

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: 617783-1483.

There are multilingual intake workers at both these sites.

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BROOKLINE RECREATION—IT'S WHAT WE DO!

There is a new coordinator for the Active Adults program at Brookline Recreation so if you have questions about, or want to make reservations for, Brookline Recreation's excursions, call her—Elizabeth Gugliotti—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, payment, and suggestions or comments or to ask questions.

Elizabeth has many great plans for the coming months. Meet Elizabeth at a ***coffee hour*** at the Senior Center on **Thursday, January 5, at 10:00 am**.

Friday, January 13
JFK Museum
Tour the museum that portrays the life, leadership, and legacy of JFK, conveys his enthusiasm for politics and public service, and illustrates the nature of the office of the President.
Pickup will be at Soule Recreation Center at 10:45 am and at the Senior Center at 11:00 am.
Return will be around 4:00 pm
Cost: $15 for residents, $21 for nonresidents

Friday, January 27
Boston Public Library
This tour highlights the architecture of Charles Follen McKim and Philip Johnson, as well as many other famed sculptors and painters.
Pickup will be at Soule Recreation Center at 10:15 am and at the Senior Center at 10:30 am.
Return will be around 2:00 pm
Cost: $10 for residents, $14 for nonresidents

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 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
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 Soule Recreation Center at 10:00 am and at the Senior Center at 10:15 am.
Cost: $30 for residents, $41 for nonresidents

ELF

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.

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FRENCH CONVERSATION

The French Conversation Group will meet **every Tuesday in January at 12 noon** with Agnes Serenyi facilitating the group. *Please note* the new time for the meeting.

THEATER CLUB

The Theater Club will hold two meetings to plan the program for the winter/spring 2012 performances the club will attend. The first meeting will be at **2:45 pm.on Tuesday, January 10**, at 100 Centre Street. The second meeting will be at **2 pm on Thursday, January 12**, at the Senior Center. If you want to help choose events, plan on attending one of these meetings.

Make reservations for:

- **Sunday, January 22, at 3 pm**, *Handel & Haydn Society concert* at Symphony Hall in Boston featuring Vivaldi's *Four Seasons* and much more. Price: $43
- **Wednesday, February 22, at 2:00 pm**, the world premiere adaptation of Jung Chang's best seller *Wild Swans* at the American Repertory Theatre in Cambridge. Price $28

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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WISDOM WORKS

The Job Opportunities for Brookline Seniors (JOBS) program offers group workshops as well as individual consultations for Brookline seniors seeking employment.

Wisdom Works will help you brush up your job search skills, look for employment using a fresh approach, and give you some ideas on how to update your résumé? If you are a Brookline resident aged 60 or older and are a job seeker, join us on **Wednesdays, January 11, 18, and 24, from 1:00 to 4:00 pm** for this engaging job search program at the Brookline Senior Center. Plan on attending all three sessions, as each week will build on the previous week's topics We'll begin with a review of your skills, values, and accomplishments, and progress through résumés, cover letters, networking, online job boards, electronic job applications, telephone screens, and behavioral interviews—giving you tools to navigate the job search in today's online world. We will also address some of the challenges and concerns that older job seekers sometimes face. There is a materials fee of $5.00 per person. To register or for more information, contact JOBS Coordinator Deidre Waxman at (617)730-2767 or human resource (HR) consultant and Wisdom Works facilitator Anne Spangler at aspangler@brooklinema.gov.

Computer Assistance. Would you like to set up automatic job alerts to have new job listings regularly delivered to your e-mail? Or do you want help navigating online employment applications? Or do you need help converting your Word résumé and cover letter to a PDF or plain text format? The JOBS program is piloting a new service to help job seekers with these and other online job search challenges. This is a free program for Brookline residents who are aged 60 or older. Appointments are available on Tuesday afternoons from 1-3 p.m. For a one-on-one appointment with a trained volunteer, call 617-730-2777.

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THE ASSISTANCE YOU NEED TO STAY INDEPENDENT

Join a support network. If you would like to participate in an ongoing job search networking and support group, call Deidre Waxman at 617-730-2767 or e-mail Anne at aspangler@brooklinema.gov. Give us your contact information and the days and times that work best for you. This group is open to Brookline residents age 60 or older and is designed for job seekers to share job search experiences, ideas, and tips in a supportive environment.

PEN PALS WANTED

Enjoy writing and receiving letters? If so, join the Heath School Pen Pal Project. This intergenerational program is looking for seniors who are willing to write one letter a month (for four months) to a Heath School first-grade pen pal. Letters will be exchanged from January through April, and we will have a special reception at the Heath School in May so you can meet your pen pal in person. If you want to participate in this program, call Julie Washburn at 617-730-2760.

MODERN DANCE AND MOVEMENT

Lynn Modell, Brookline High School Dance Coach, will lead the modern dance and movement workshop at the Senior Center on Fridays, January 6, 13, 20, and 27) at 3:30 pm. There is a $2/session fee.

SENIOR SCENE

Tune in to BATV's Senior Scene—Betty Joel has interviewed BrooklineCAN spokespeople Frank Caro, Mary Stevenson, and Jules Levine about "The Livable Community." This program will run throughout January. (See more about Livable Communities on p. 13.)

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.

TAX EXEMPTIONS

Once again this year Sandy Spector will be at the Senior Center on some Tuesdays from 11:15 am to 1:00 pm with forms and information about tax exemptions available to seniors. No appointments are necessary. However, since her schedule is not yet certain, please call on 617-730-2770 on the Tuesday you want to come in to make sure she will be available.

DRAWING FOR PLEASURE

This popular drawing class will resume on **February 2** for a new 12-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 the figure drawing section. For more information and to register, call 617-730-2770.

EASY TRAVEL

In **January (Thursday, the 5th)**—Ruthann Dobek will take you with her on her recent trip to Spain. 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. All sessions start **at 1:30 pm**.

Would you like to lead a tour of one of your favorite places? It can be a far-flung discovery or somewhere nearby, even somewhere in the Boston metropolitan area, that you love to visit. If you have a photographic tour 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.

INCOME TAXES

In spring, a young man's fancy may turn to thoughts of love, but in January, 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 replace Peter as group leader. And we are not yet sure who else will be on hand to help us through the preparation process. However, we do know that we will **start taking reservations for tax preparation on Tuesday, January 17**. And we also know that tax preparation will be on Tuesdays, from February 7 until April 10.

Make your reservations early as the total number of appointments available is limited and the schedule fills up rapidly. Stay tuned for more information in the TAB as it becomes available and full information will also be in the February *Senior News and Events*.

QUILT RAFFLE

Would you like to own this spectacular 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. The quilt is on display in the Coffee Lounge so you can take a good look at it.

Raffle tickets are now on sale at the Senior Center gift cart. Tickets are $1 each or six for $5. The drawing will at the annual Volunteer Appreciation Lunch, on April 18, but you need not be present to win.

MOVIES FOR FILM LOVERS

Tuesday afternoon at 1:00 pm is movie time at the Senior Center. Come for lunch (see pp. 16-17); stay to enjoy a movie. In January, there are five fine movies

January 3
Making Trouble (2006) 85 minutes
The story of six of the greatest female comic performers of the last century—Molly Picon, Fanny Brice, Sophie Tucker, Joan Rivers, Gilda Radner, and Wendy Wasserstein. It's the true saga of what it means to be Jewish, female, and funny.

January 10
Topsy Turvy (1999) 161 minutes
After their production of *Princess Ida* tanks, Arthur Gilbert and William Sullivan start a cold war that threatens to end their long-lasting partnership—but friends and associates work overtime to bring them back together.

January 17
Sarah's Key (2010) 111 minutes
In French with English subtitles. In modern-day Paris, a journalist finds her life becoming entwined with a young girl whose family was torn apart during the notorious *Vel' d'Hiv* roundup of Parisian Jews in 1942

January 24
The Help (2011) 146 minutes
An aspiring author during the civil rights movement of the 1960s decides to write a book detailing the African-American maids' points of view on the white families for which they work.

January 31
A Matter of Size (2009) 90 minutes
A comedy about a "coming out" of a different kind—overweight people learning to accept themselves.

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:

January 5
The Help (2011

January 12
Charlie Wilson's War (2007)

January 19
Beginners (2010)

January 26
Pleasantville (1998)

MBTA SENIOR ACCESS PASSES

If 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 licence or Registry-issued ID) as proof of age eligibility.

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 a few weeks. Be patient in either case.

FROM THE DIRECTOR

Happy New Year to all! Join us for our special Chinese New Year Celebration on January 9 (see p. 7).

I am always eager to start the New Year with my annual list of goals and resolutions. I also like to start January by expressing my gratitude for my many blessings. My days at the Senior Center are among my greatest joys because of the incredible people I interact with each day.

I hope you will join me by visiting us. The Senior Center is here to help you fill your days with creative, interesting activities and programs and to help you make new friends. We are here to help you achieve your goals whether they are exercising, volunteering, learning something new, or staying healthy.

Whatever your interests, please consider getting to know the Senior Center better in 2012. Resolve to donate your time and talents to help keep us one of the best senior centers around.

I want to thank everyone who generously donated to the nonprofit end-of-year fund. We are continuing to collect donations to support the ever-important van and our strong fitness offerings and to replace outdated equipment.

I am very pleased to announce that Brookline Community Foundation awarded our fitness program a generous grant to expand our offerings to low-income seniors (see p. 4). We will be offering new programs. Let me know if you have any requests or ideas!

I am also proud that our senior center community is generous and so committed to helping those in need. Last month, our seniors collected hats and scarves for a soup kitchen, bought ornaments to benefit HEARTH who helps end elder homelessness and, collected toys for tots, sponsored and worked the spaghetti supper for the food coop (see also p. 29). These special donations are in addition to our ongoing collection of spare change for trees decimated in the June tornado and ongoing food collection for the food pantry. Kudos to all who share their time and money to make us a strong community.

Our economy continues to improve slightly, but many are struggling. We remind all that the Senior Center is a great bargain and the very place to stretch your dollar. We offer free bread and produce on Tuesdays and a hot and nutritious lunch every day (see pp. 16-17)—the latter for a small donation. Our concerts and movies are free, and our many classes are a great value. In addition, transportation at subsidized rates is available. Our staff and volunteers provide benefit counseling and direct help with fuel assistance (see p. 20), food stamps (see p. 14), income tax preparation (see p. 26), and more. Please find out what benefits you are entitled to receive by contacting us. I also want to add that if you have trouble getting assistance, contact us. We are here to help.

I wish each one of you a happy, healthy, and prosperous 2012. Join me in resolving to be kind and do something for someone who needs a helping hand today. *Ruthann Dobek, Director*

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.

WOMEN'S BAR FOUNDATION

Remember that volunteer attorneys from the Women's Bar Foundation Elder Law Project will be at the Senior Center in February or March to prepare wills, health-care proxies, powers of attorney, and living wills for eligible seniors. Call the Senior Center at 617-730-2777 for eligibility and other information.

THANK YOU

✦***Holiday Craft Fair*** To businesses and individuals who gave generouslt led to the success of the 27th Annual Holiday Craft Fair: Albert's of Brookline, Brookline Bee Quilters, Brookline Booksmith, Chestnut Park Assisted Living, Cognac Bistro, Corrib Pub, Dok Bua, Dorado Tacos and Cemitas, Dunkin Donuts (Allston), Edwin Case Shoes, Fire Opal, Kabloom, the Knit and Crochet group, Lenscrafters, Mattei Galleria, Mint Julep, Naked Pizza, New England Comics, No Bones About It, O'Leary's Restaurant and Pub, Osaka Japanese Sushi & Steak House, Party Favors, The Pear Tree, The Picture Place, Sichuan Gourmet, TJ Maxx, When Pigs Fly, Wild Goose Chase, and Zaftig's.

And thank you to the many individuals who have generously donated their time and crafts to this year's Fair! We raised over $3800.

✦***To the Brookline Elks Lodge 886*** The Senior Center and all the guests at the December 3 Elks Holiday Dinner at the Senior Center want to thank Brookline Elks Lodge 886 for the absolutely scrumptious meal. Every year, the Elks outdo the year before in providing a wonderful holiday dinner, and the Senior Center and the guests want everyone to know how much it is appreciated.

And, the Elks contribution to the well-being and happiness of the Brookline Senior community does not stop at the dinner. We also want to thank the Elks for the glorious tree they have provided to decorate the Senior Center's main floor.

✦***Toys for Tots*** The Senior Center, the Town of Brookline, and the US Marine Corp thank all of you who gave so generously to the Toys for Tots drive to give Christmas toys to children who would otherwise go without in this season of joy and wonder.

✦***Open Door Soup Kitchen*** Once again seniors have been generous in donating hand-made and new warm clothing to the homeless people who attend the Open Door Soup Kitchen at the Holy Resurrection Orthodox Church in Allston. This year you donated 3 scarves, 6 pairs of socks, 11 hats, 12 pairs of gloves, 3 sweaters, 1 hooded blanket wrap, 1 package of hand warmers, and many personal health products—all of which are very much appreciated.

✦***Spaghetti Supper*** The food coop thanks food donors for the fundraiser, the volunteers who cooked and served and cleaned up, and the attendants whose donations for supper helped a the cause.

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✦***To Annual Appeal Donors*** Irene Allard, Anonymous, Doris Berger, Helen L. Berman, Katie Hope & Ron Blackman, Sylvia B. Brenner, Vera Brent, Margaret Bush, Judith G. Chasin, Daniel H. Ferguson, Livia Frank, Sylvia V. Franklin, William R. Gennert, Jean & Manny Gold, Elizabeth Golden, Pauline Gopin, Burton D. Guzovsky, Ruth & Alfred Gutmann, Mary Harrison, Marjorie Harvey, Mary Johnston, Helen & Rudolph Kass, Pauline Katz (greetings to all at the Senior Center for the Holidays & the New Year), Judith & Alan Leichtner, Anne Levin, Margaret McKinney, The New York Community Trust/James Talcott Fund, Laura & Ted Patton. Ivor Price, Claire & Richard Raskin, Lucy & Richard Robb, Yolanda Santo, Diane & Marty Simon, Cynthia Snow & Irving Kurki, Ruth & Murray Solomon, Brenda Tracey, Waneta Louise West, Barrie Wheeler, Dr. Norman Wilson, Leah Winter, and Christina Wolfe

✦***To BrooklineCAN Fund Donors*** Miklos Breuer, Frances Chaikin, Ellen Freed, Penny & Richard Garver, Neil Golden, Meryl Green, James S. Hills, Ingrid Johansson, Marjorie E. Kornhauser, Mark Kroll, Betsy Munzer, Mercedes Paz, Edith Post, Ann Schlosberg, Shirley & Jacob Selhub, and Lillian & Stephen Wilmore

✦***To Fitness Center Scholarship Fund Donor*** Claire Goodwin

✦***To Strengthen Our Seniors Campaign Donors*** Erma & Alan Krantz and Robert Fishburn (renovate and move the Fitness Center on the 2nd floor)

✦✦✦

To Gloria & Sol Brenner for ***their gift in honor of*** Louise Weinberg's Art Class

To Kathryn Kilpatrick (supporting the Van Fund) ***for her gift in honor of*** Trader Joe's

To Kathryn Kilpatrick ***for her gift in honor*** of Crystal Rice

To Marena Morrison ***for her gift in honor of*** Ralph Perkins

To Doris Oser ***for her gift in honor of*** Ellen Wade

To V. Celia Lascarides & William F. Manley ***for their gift in honor of*** the hard-working staff members of the Senior Center

To Sally Levine ***for her gift in honor of*** Dotty Bell

To Margaret Walker ***for her gift in honor of*** Olga Sliwa

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

✦✦✦

To Linda & Stephen Bressler, Alberta and Roger Lipson, and Janice Weiss ***for their gifts in memory of*** Rabbi Donald J. Pollack

To Beverly Gleason ***for her gift in memory of*** Sadie Lamphere

To Martha Sue Turnbull ***for her gift in memory of*** Phil Turnbull

To Gale S. Wood ***for her gift in memory of*** Adele Herwitz

To Lorraine Tobin ***for her gift in thanks to*** Sonia Wong

From the Board President

Please consider a New Year tax-deductible gift to the Senior Center. Donations are needed to keep the van running and to fund furnishings, improvements, and innovative programs. We need community support to sustain our strong Senior Center. Please be as generous as you can.

And I wish to add my personal thanks for the continuing gifts that you are giving to express your support and sympathy to me on the loss of my beloved husband Don.

Elizabeth (Betsy) Pollack
President, Brookline Senior Center Board

WOULD YOU LIKE TO RECEIVE THE TOWN OF BROOKLINE SENIOR NEWS AND EVENTS EVERY MONTH?

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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.

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