

# 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



JANUARY 2016



**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](http://www.brooklinema.gov)

[www.brooklineseniorcenter.org](http://www.brooklineseniorcenter.org)

**Brookline Community Aging Network**

[www.BrooklineCAN.org](http://www.BrooklineCAN.org)



## THE MEMORY CONNECTIONS CAFÉ



On Wednesday, January, 27 at 1:30 pm join us at the Senior Center for the Memory Café for people with early memory challenges and their care partners. A Memory Cafe is a meeting place for individuals living with memory challenges, whether diagnosed or not, to meet and interact with others going through the same thing. It is also for their care partners to do the same with their peers and enjoy quality time with their partner. Both groups participate in socialization and can partake in refreshments and a variety of programs in order to gain support and engage with others. Participants who require personal care assistance must have a care partner accompany them. Please contact Jamie at 617-730-2753 to RSVP for the January session and to find out more about this Cafe and other Cafes in the area.

## CARE (CAREGIVER ASSISTANCE RELIEF EFFORT)

The Brookline Council on Aging is pleased to announce that we will be able to provide up to 10 Brookline families free respite/companionship through our new CARE Program (Caregiver Assistance Relief Effort). The CARE Program will operate under the auspices of the existing HELP program, which is the Town's Home Care Program. The CARE Program will aid Brookline caregivers who need a break from caring for an older adult family member. Respite/Companionship does not include personal care, such as dressing and bathing or medication administration. This service allows caregivers to have time for themselves, while leaving family members in the care of trained home care workers. For more information or to participate, please call the HELP Program Staff at 617-730-2752.

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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.

## JANUARY 2016 HOLIDAYS

The Senior Center will be closed on **Friday, January 1 (New Year's Day)** and on **Monday, January 18 (Martin Luther King, Jr., Day)**.

January is traditionally a time to resolve to improve ourselves to accomplish specific tasks of betterment. The following poem says it all.

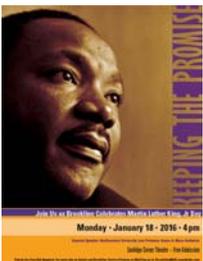
*"I hope that in this year to come, you make mistakes. Because if you are making mistakes, then you are making new things, trying new things, learning, living, pushing yourself, changing yourself, changing your world. You're doing things you've never done before, and more importantly, you're Doing Something.*

*So that's my wish for you, and all of us, and my wish for myself. Make New Mistakes. Make glorious, amazing mistakes. Make mistakes nobody's ever made before. Don't freeze, don't stop, don't worry that it isn't good enough, or it isn't perfect, whatever it is: art, or love, or work or family or life. Whatever it is you're scared of doing, Do it. Make your mistakes, next year and forever."*

Neil Gaiman

In the coming pages, you will find many suggestions for how to accomplish resolutions for 2016.

### BROOKLINE'S MLK DAY CELEBRATION



All are invited to Brookline's 2016 Dr. Martin Luther King, Jr. Holiday celebration **Monday, January 18 at 4:00 pm.** at the Coolidge Corner Theater. Susan Maze-Rothstein, Northeastern University, the keynote speaker will challenge the audience to change our institutionalized concepts of justice and equality. Tickets are free, but you must register at [BrooklineMLK.eventbrite.com](http://BrooklineMLK.eventbrite.com)

### NEW GROUP AGING WITHOUT CHILDREN

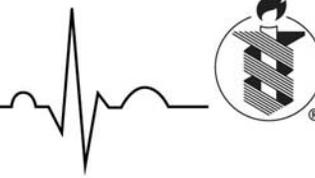
According to the 2010 U.S. Census, over 35% of Americans are aging without children. In American society, care for people who are aging is often assumed to be provided by family members. However, those who do not have next of kin are often left wondering what steps they can take to secure their own future care in various areas of their lives. In collaboration with social worker Deidre Waxman, social work intern Annie McGunagle will be starting a group for those who are aging without children. Individuals will gain both peer and professional support and be provided with resources and information. The group will be a 5-week program beginning in February 2016. If you are interested in finding out more about this group or would like to attend, please call Annie at 617-730-2772.

### FILE OF LIFE



The File of Life is a reflection of your style of life. It says that you care about your health and safety and plan accordingly. If you have a medical emergency you will be prepared, if you have completed the File of Life, you can keep on your refrigerator and carry a copy on your person. The information will help caregivers get the best care for you.

To get started, contact Ruth Brenner at the Senior Center 617-730-2777 and learn why it is important for everyone to have a File of Life card. Ruth is happy to answer any questions and to assist you with completing the forms as well. (See P.6).



**Ask a Nurse**, Lynn Schuster a nurse from the Greater Medford Visiting Nurse Association will visit the Senior Center on **Thursday, January 7 at 11:00 am** to do blood pressure screening and help you with your health questions. For more information call 781-396-2633.

**Podiatry Clinic** Routine foot care with Dr. John McLoughlin is available at the Health Clinic at the Senior Center on **Friday, January 15 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 not meet in January or February.

**Blood Pressure Screening** Barbara Westley, the nurse from the Brookline Public Health Department (BPHD), will provide blood pressure screening at the following locations:

**Thursday, January 21** from 9:00 to 10:00 am at The Senior Center.

**Wednesday, January 6** from 2:00-3:00 pm at the BPHD building on Pierce Street

**Wednesday, January 13** from 1:00 to 2:00 pm at Sussman House, 50 Pleasant Street.

**Wednesday, January 27** from 1:00 to 2:00 pm at O'Shea House, 61 Park Street.

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



### Brookline Hearing Services

The staff from Brookline Hearing Services will be visiting the Brookline Senior Center on **Thursday, January 21 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  
NCI 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](mailto: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: What can I do to help avoid being constipated?**

**ANSWER:** As we get older, the muscles in our large intestine, which push the food along, become weaker, so it becomes more challenging to have regular bowel movements. While some causes of constipation are from health problems such as irritable bowel syndrome, there are other causes, many of which can be treated.

Diet plays a big role in staying regular. High fiber foods are important, and many people don't get enough. The daily recommendation for the amount of fiber that should be in the diet is around 30 grams for men and 20 grams for women. Some of the foods with the most fiber are:

High fiber cereal (bran) - ½ cup 10-15 grams  
Beans - 1 cup 10-19 grams  
Berries - 1 cup 5-10 grams  
Greens - 1 cup 5 grams  
Nuts - 1 ounce 3-5 grams  
Squash - 1 cup 3-9 grams  
Potatoes—4 grams each  
Fruit 1 piece - 4 grams

Fluids are important in getting the food to move through your intestines. Different people need different amounts, but generally 4-5 cups/day should be adequate. This can be water, soup, fruit, vegetables and even coffee and tea.

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

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

If you do get constipated, there are many types of laxatives to help. Stool softeners are mild and help some people. It is best not to use stronger laxatives for more than 2-3 weeks. Some laxatives include Mira-lax, Senna, Milk of Magnesia and docusate. While they are safe for the short term, it is far better to try to prevent constipation than to treat it once it occurs.

Also, if you have been regular for most of your life and you suddenly have a change in your bowel habits, see your doctor to be sure there is no serious problem.

## BLOOD SUGAR SCREENING

Blood sugar screening with Olga Abamelik, Suburban Home Health Care will be held on **Thursday, January 14 at 11:00am.**

## ADVANCED CARE PLANNING WHAT'S NEW

Please join us for an informational program on advance care planning for ourselves and our families on **Monday, January 25 from 1:00-2:00pm** at the Brookline Senior Center.

Our speaker will be Nathaniel Lamkin, Hospice Social Worker at Care Dimensions. Mr. Lamkin will share with us how we can document our end of life wishes and learn how to effectively discuss these with our loved ones. This program is free and open to the public. For further information contact Deidre Waxman, LICSW at 617-730-2767 or [dwxman@brooklinema.gov](mailto:dwxman@brooklinema.gov)

## 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.

Bay State Taxi 617-566-5000

Brookline Town Taxi 617-232-2800

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.**

**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.

**BLAB** A Brookline Legal Assistance Bureau volunteer lawyer will be at the Senior Center on **Wednesday, January 6 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](mailto:dwxman@brooklinema.gov)

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

## 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.

## 2016 MEDICARE PART B PREMIUM

You may have heard that the Medicare Part B premium is going up. However, this is not true for most people with Medicare. Most people who had their Part B premium deducted from their Social Security check last year will continue to pay \$104.90 per month. The reason is that there was no cost of living increase in Social Security benefits for 2016 and there is a law that prevents the amount of one's benefit check from going down. For those who were not getting Social Security benefits last year and those who newly enroll in Part B this year, most will pay \$121.80 per month.

There are exceptions based on income. All people with incomes higher than \$85,000 per year (\$170,000 for a couple) have higher premiums. They will pay between \$170.50 and \$389.80 per month for Part B, based on their income level. People with limited income and assets may qualify for a program that will pay their premium.

Trained SHINE (Serving Health Insurance Needs of Everyone...on Medicare) volunteers can help you! They offer free, confidential counseling on all aspects of health insurance to anyone on Medicare. To schedule a SHINE appointment, call your local Senior Center. For other SHINE related matters, call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Once you get the SHINE answering machine, leave your name and number. A volunteer will call you back, as soon as possible.

## BROOKLINE MUSIC SCHOOL



On **Wednesday, January 6 at 1:00pm** Emilian Badea, on the accordion returns to entertain us. He will take us around the world with music from different countries by playing songs that are familiar to us, songs we have enjoyed for many years and that bring back pleasant memories. Emilian likes to accompany his presentations with little musical stories, or facts from the lives of composers and performers.

## TUESDAY MORNING DANCE PARTY

Modern Dance is now **Tuesday Morning Dance Party!** Join instructor, Lynn Modell **every Tuesday morning from 11:00-11:45 am** for the same great fun and dancing with a new and improved name. All for a suggested donation of \$2 per class.

## SAVE THE DATE- CHINESE NEW YEAR CELEBRATION



Chinese New Year, the year of the Monkey is being scheduled for **Monday, February 1 at 12:30 pm**. We will begin to take reservations at 617-730-2777 on **Tuesday, January 19**.

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- 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, January 8**. Please contact Helen Kass directly at 617-738-1790 if you would like more information.

**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.

## E.L.F. MONTHLY FEATURED ITEMS AND NEWS

The Equipment Loan Fund's storage closet is at full capacity! Whatever durable medical equipment you or someone you know needs, please contact Jamie at 617-730-2753. Jamie can share what is available but all items are also listed in an inventory at <http://www.brooklinema.gov/245/Council-on-Aging>



## BRIDGE

Jan Davidson, Bridge Coordinator, would like to welcome newcomers on **Friday mornings at 9:00 am sharp**. Give the revolving bridge game a try.

## THE SOLEMATES



Walking is a great way of keeping fit. It gets you out in the fresh air and gives you the opportunity to socialize with friends. And it

doesn't cost a thing. The Solemates walking group meets **on Friday mornings at 10:00 am** at the Senior Center for a ride to Jamaica Pond for a pleasant walk. To register or for more information, call Sharon Devine at 617-730-2769. **We are looking for a co-leader for this group who drives.**

## ONE-ON-ONE COMPUTER SESSIONS

There will be one-on-one computer sessions for the computer phobic **on Tuesdays**. Call 617-730-2777 to make an appointment to get help with basic computer skills and looking up and applying for benefits online. If you have questions, call Olga Sliwa at 617-730-2768.

## Transition to your new phase of life!



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## EASY TRAVEL

Join Easy Travel host and photographer extraordinaire, Mimi Katz as she takes us on a tour of her camping adventures throughout New England on **Thursday, January 7 at 1:30 pm**. We'll "travel" with Mimi to scenic locations in Maine, New Hampshire, Vermont, and Massachusetts as she shares tales of her outdoor experiences.

## 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.

## -SAVE THE DATE -

### CLIMATE ACTION WEEK

This year Climate Week will not be held in January. The dates for 2016 are **March 28-April 3**. We will have more information in the February issue.

## 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.

### Israel, Van Kooy & Days, LLC



Laurie Israel, Esq.  
**617-277-3774**  
e-mail: [lisrael@ivkdllaw.com](mailto:lisrael@ivkdllaw.com)  
web: [www.ivkdllaw.com](http://www.ivkdllaw.com)  
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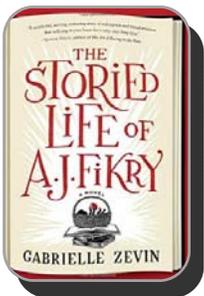
112 Centre Street

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 [scarlens@hrca.harvard.edu](mailto:scarlens@hrca.harvard.edu)

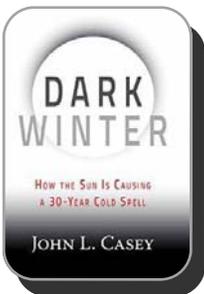


## BOOK DISCUSSION GROUP AT THE PUTTERHAM LIBRARY

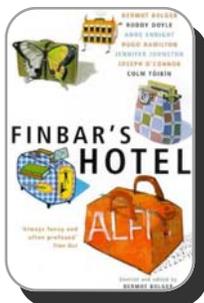
Meetings are in the community room at the Putterham Branch Library. And new members are always welcome. Our meetings are on **Mondays from 2:00–3:00 pm**. Books are available at the Putterham Branch Library. The discussion leaders for this Book Group are Charlotte Millman and Roberta Winitzer.



**Monday, January 25**  
*The Storied Life of A.J. Fikry*  
by Gabrielle Zevin



**February 22**  
*Dark Winter*  
by David Mark



**Monday, March 28**  
*Finbar's Hotel*  
edited  
by Dermot Bolger

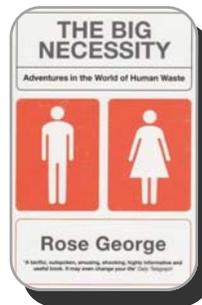
**Monday, April 25**  
*My Life on the Road by Gloria Steinem and Wildflower*  
by Drew Barrymore

**Monday, May 23**  
*On the Noodle Road*  
by Jennifer Lin-Liu

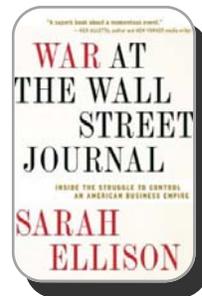
## PUBLIC ISSUES NONFICTION BOOK DISCUSSION GROUP At the Senior Center

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**.



**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

**Tuesday, March 22**  
*The Glass Cage: Automation and Us*  
by Nicholas Carr

**Tuesday, April 26**  
*Boston on Fire: A History of Fires and Fire-fighting in Boston*  
by Stephanie Schorow

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

## 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 on the first and third Tuesdays of the month from **10:00am-12:00 noon**. **The dates for January are Tuesday January 5 and 19.**

## 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 4<sup>th</sup> Floor, Boston (Chinese, Polish, Spanish, Vietnamese, Burmese, Mandarin, Taiwanese speaking intake workers are available at this site).

## NEW AT THE WHAT IS TRIPPS

The **TRIPPS** program is currently recruiting volunteers to provide administrative support or to be trained as Transit Advisors. Anyone interested in volunteering with the TRIPPS program or in learning more about opportunities is invited to contact Volunteer Coordinator Patricia Burns at 617 730 2743. Seniors interested in learning more about transportation options can contact Kerri Ann Tester directly at 617 730 2644 or [TRIPPS@brooklinema.gov](mailto:TRIPPS@brooklinema.gov).

The **TRIPPS** program is funded through a MassDOT Community Transit Grant under the auspices of the Federal Department of Transportation's Enhanced Mobility of Seniors and Individuals with Disabilities Program. Grant funding was secured through a joint effort of BrooklineCAN (Community Aging Network) and the Brookline Age-Friendly City initiative under the leadership of volunteers Shirley Selhub and Frank Caro.



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**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](http://www.BrooklineCAN.org).

### SPOTLIGHT ON BROOKLINECAN COMMITTEES

One of the favorite attractions on the Brookline-CAN website [www.brooklinecan.org/contractors.html](http://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, 617-730-2753 or e-mail [jdonchin@brooklinema.gov](mailto:jdonchin@brooklinema.gov).



### COUNCIL ON AGING MEETING

Join us for an open discussion on **Wednesday, January 13 at 1:00 pm** where you can meet TRIPPS Program Director Kerri Ann Tester, share your own stories about getting around without a car, and get answers to your questions about transportation options for seniors.

### AARP TAX APPOINTMENTS

Beginning on **Tuesday, January 19** will be taking appointments for this program at 617-730-2777. Watch the TAB for more information.



### WOULD YOU BENEFIT FROM A FREE MONTHLY BAG OF GROCERIES?



Call Nancy Lee at 617-730-2777 for more information or to make an appointment to apply. Eligibility for this program is determined by age, gross monthly income and household size. Verification of identity, age, residence and income will be required upon applying.

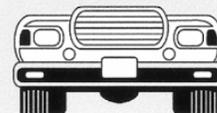
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## LGBT OUT 2 BRUNCH BUNCH!

Goddard House, in partnership with the Brookline Council on Aging, ETHOS, the LGBT Aging Project and the City of Boston Commission on the Affairs of the Elderly, announces the start of the LGBT Older Adult Out 2 Brunch Bunch! The group will meet monthly for brunch on **the third Saturday of every month; January 16 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](mailto:meals@ethocare.org) or 617-522-6700 ext. 306

## 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!



## 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.

## ZUMBA GOLD

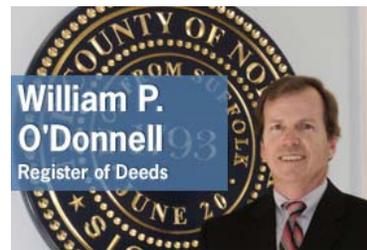
A combination of Latin salsa, cardio workout and interval moves. This is the hottest dance fitness craze and it is fun. Get in shape and have fun doing so in this dynamic and effective fitness system.

Zumba Gold at the Senior Center! Free introductory class on **Thursday, January 7 at 1:30 pm**. Subsequent winter sessions are on **Thursdays, January 14 through March 3 from 1:30-2:30 pm**. Cost for the winter session is \$45, however drop-ins are welcome at \$7 per session. Classes are free for Brookline Housing Authority residents thanks to a grant from the Friends of Brookline Public Health.

ZUMBA at 90 Longwood will be held on **8 Wednesdays from January 13 through March 2 from 10:00-11:00am**. These classes are open to all seniors and free of charge. Offered by the Brookline Senior Center, Friends of Brookline Public Health, Brookline Housing Authority

## NORFOLK COUNTY REGISTER OF DEEDS WILLIAM P. O'DONNELL

Norfolk County Register of Deeds William P.



O'Donnell will be at the Brookline Main Library on **Wednesday, January 20 at 2:00pm**. The Registry of Deeds Speaking Engagements and

Office Hours are an integral part of its consumer outreach initiative. For more information call Alicia Gardner at 781-461-6104.

## SEE WHAT'S NEW IN HEARING AIDS

On **Thursday, January 28 at 1:00pm** doctoral students at Northeastern University's Audiology Department will be giving a presentation on the types of hearing loss, demonstrating the different kinds of hearing aids currently available and handing out assorted materials. Please register at 617 730 2770.

## THANK YOU TO THE ELKS



The Brookline 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!

### Home Is Still The Best Place



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- Shopping & Errands

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### *Landscapes in Platinum* A series of platinum photographic prints By Peg O'Connell

**Gallery 93**  
**Hours:**  
**Monday-Friday**  
**8:30-5:00**  
**January 6**  
**Through**  
**March 31**

**Reception**  
**with the artist**  
**Tuesday,**  
**January 26**  
**from 6:00-8:00**  
**pm**



Springwell Nutrition Program: LUNCH MENU – Brookline Senior Center JANUARY 2016 93 Winchester Street, Brookline

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Menu subject to change. (V) Denotes vegetarian entrees. Soups contain beef, chicken, or shellfish stocks and are not vegetarian.</p> <p><b>Service at 12:00</b>                      ***Denotes Higher Sodium                      \$2.00 Suggested donation per meal                      All soups served with crackers</p> <p><b>YOU CAN OBTAIN A COPY OF YOUR MONTHLY MENU AT WWW.SPRINGWELL.COM</b></p>				
<p><b>4. HOT:</b> Beef Stew; Kale; Garlic Dinner Roll;  <b>COLD:</b> Mediterranean Plate with Hummus &amp; Pita Bread (V); Cucumber Parsley Feta Cheese Salad; Grape Tomatoes  <b>Pear</b></p>	<p><b>5.HOT:</b> Beef Vegetable Soup; Tortellini with Pesto Cream Sauce (V); Parmesan Cheese, Tuscan Blend Vegetables; Italian Bread;  <b>COLD:</b> Tuna Salad; Lettuce Leaf; Greek Pasta Salad; Carrot Pineapple Salad; Oatmeal Bread  <b>Vanilla Pudding</b></p>	<p><b>6. HOT:</b> Chicken Marsala; Buttered Pasta; Green Beans; Wheat Bread;  <b>COLD:</b> Egg Salad (V); Lettuce Leaf; Garden Shell Pasta Salad; Tossed Garden Salad; Lite Italian Dressing; Multigrain Bread  <b>Pineapple</b></p>	<p><b>7. HOT:</b> Orzo Vegetable Soup; Shepherd's Pie with Ground Turkey; California Vegetable Blend; Oatmeal Bread;  <b>COLD:</b> Garden Salad with Chicken Breast; Lite Ranch Dressing; Potato Salad; Scall Bread  <b>Fruit Muffin Loaf</b></p>	<p><b>1. New Year's Day</b>    <b>No Meal Service Today</b></p>
<p><b>11. HOT:</b> Salmon Filet with Dill Sauce; Rice, Orzo, Peas; Green Beans; Rye Bread;  <b>COLD:</b> Roast Beef; Provolone Cheese; Lettuce Leaf; Mustard; Cole Slaw; Summer Potato Salad; Multigrain Bread  <b>Lemon Pudding</b></p>	<p><b>WINTER SPECIAL</b>                      Italian Garden Vegetable Soup; Chicken Divine with Almonds; Stuffing; California Blend Vegetables; Garlic Dinner Roll; Apple Crisp</p>	<p><b>13. HOT:</b> Lentil Stew with Shredded Cheese (V); Herbed Brown Rice; Spinach &amp; Mushrooms; Tossed Garden Salad with Lite Italian Dressing; Oatmeal Bread;  <b>COLD:</b> Chicken Salad; Lettuce Leaf; Rye; Multigrain Bread; Corn Salad; Tomato Red Pepper Salad  <b>Tropical Mixed Fruit</b></p>	<p><b>14. HOT:</b> Beef Vegetable Soup with Crackers; Lasagna with Marinara Sauce (V); Parmesan Cheese; Winter Blend Vegetables; Scall Bread;  <b>COLD:</b> Turkey, Swiss Cheese; Lettuce Leaf; Lite Mayo; Orzo Vegetable Salad; Cauliflower and Carrot; Wheat  <b>Peaches</b></p>	<p><b>15.HOT:</b> Meatloaf with Gravy; Beets &amp; Onions; Whipped Potatoes; Multigrain Bread;  <b>COLD:</b> Tuna Salad; Lettuce Leaf; English Pea Salad; Spinach &amp; Mandarin Salad; Wheat Bread  <b>Tangerine</b></p>
<p><b>18.</b>                        Martin Luther King Day  <b>No Meal Service</b></p>	<p><b>19. HOT:</b> Tomato Basil Soup; Honey Mustard Chicken; Kale; Red Bliss Potatoes; Oat Bread;  <b>COLD:</b> Roast Beef; Provolone Cheese; Lite Mayo; Multigrain; Balsamic Vinaigrette Pasta Salad; Three Bean Salad  <b>Banana Birthday Lunch</b></p>	<p><b>20. HOT:</b> Ground Beef Stuffed; Pepper; Carrots; Cream Parmesan Polenta; Rye Bread;  <b>COLD:</b> Turkey Deluxe Sandwich; Pita Pocket; Corn Salad; Cauliflower Carrot Salad  <b>Cinnamon Applesauce</b></p>	<p><b>21. HOT:</b> Fish Florentine with Sauce; Butternut Squash; Roman Vegetable Blend; Rye Bread;  <b>COLD:</b> Curry Chicken Salad; Lettuce Leaf; Garden Shell Pasta Salad; Tossed Garden Salad; Lite Italian Dressing; Multigrain Bread  <b>Diced Pears</b></p>	<p><b>22. HOT:</b> Hot Dog with Roll; Baked Beans; Cole Slaw; Ketchup, Mustard, Relish;  <b>COLD:</b> Seafood Salad; Lettuce Leaf; Broccoli Tomato Salad; Summer Potato Salad; Multigrain Bread  <b>Chocolate Pudding</b></p>
<p><b>25. HOT:</b> Butternut Squash Soup with Crackers; Spinach &amp; Red Pepper Quiche (V); Corn; Stewed Tomatoes; Dinner Roll;  <b>COLD:</b> Chicken Salad; English Pea Salad; Summer Squash Salad; Oatmeal Bread  <b>Mandarin Oranges</b></p>	<p><b>26.HOT:</b> Minestrone Soup; Baked Fish with Broccoli Cheese Sauce; Red Bliss Potatoes; Italian Green Beans; Wheat Bread;  <b>COLD:</b> Roast Beef; Swiss Cheese; Mustard; Summer Potato Salad; Coleslaw; Rye Bread  <b>Fruit Flavored Yogurt</b></p>	<p><b>27. HOT:</b> Chicken with Creamy Italian Sauce; Orzo Pilaf; Winter Bread Vegetables; Scall Bread;  <b>COLD:</b> Seafood Salad; Lettuce Leaf; Tossed Garden Salad; Lite Italian Dressing; Macaroni Salad; Multigrain Bread  <b>Chocolate Birthday Cupcake</b></p>	<p><b>28. HOT:</b> Macaroni &amp; Cheese (V); Tomato Half; Whole Wheat Dinner Roll;  <b>COLD:</b> Chef Salad with Turkey; Lite Italian Dressing; Pasta Vegetable Salad; Pumpernickel Bread; Margarine  <b>Pears</b></p>	<p><b>29. HOT:</b> Turkey with Gravy; Cranberry Sauce; Whipped Potatoes; Roasted Root Vegetables; Oatmeal Bread;  <b>COLD:</b> Egg Salad (V); Wheat Bread; Lettuce Leaf; Roman Blend Salad; Lo Mein Pasta Salad  <b>Peaches</b></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.*

On Tuesday, January 19 we celebrate January birthdays at the monthly Birthday Lunch. The sponsor of this lunch has happily provided a complimentary lunch and a small gift to all January 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.

## THANK YOU



To all who so kindly donated gifts for the soup kitchen. Items included hats, warm gloves, socks, hand warmers, ear muffs, sweatshirts personal care items, slippers, t-shirts and scarves.

These items will put a smile on the faces of the receivers. We received a total of 92 items.

## SPRINGWELL SPECIAL EVENT

Please join Springwell on Thursday, January 21 for a delicious treat. Our caterer will be on-site preparing Bananas Foster for dessert after lunch. Don't miss this special occasion guaranteed to sweeten the winter. Please reserve by 10:30 am on Wednesday, January 20 and specify if you would like the hot or cold lunch. Suggested donation of \$2.

## LET'S GO OUT TO LUNCH BUNCH

Dine with the Let's Go Out to Lunch Bunch on Tuesday, January 26, 12:00 noon at Brown Sugar Thai Restaurant 1033 Commonwealth Ave. Boston. For reservations and transportation, call 617-730-2770.

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!

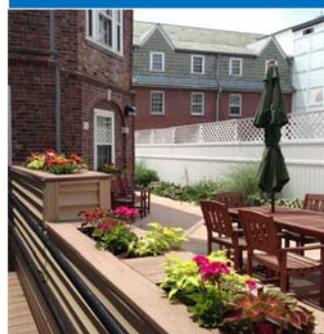
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## MOVIES FOR FILM LOVERS

Come to the Senior Center on **Tuesdays in January 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, January 5**  
*I'll See You in My Dreams*

2015  
92 min

After realizing how lonely and routine her life has become, a longtime widow (Blythe Danner) begins relationships with two very different men (Martin Starr, Sam Elliott).

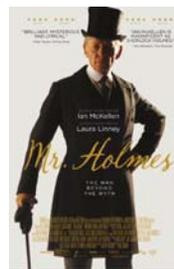


**Tuesday, January 19**  
*The Chorus*

2004  
97 min

The new teacher at a severely administered boys' boarding school works to positively affect the students' lives through music.

**Due to technical difficulties we are showing Mr. Holmes again.**



**Tuesday, January 26**  
*Mr. Holmes*

2015  
1hr. 45 min

Long-retired and near the end of his life, Sherlock Holmes (Ian McKellen) grapples with an unreliable memory and must rely on his housekeeper's son as he revisits the still-unsolved case that led to his retirement.

## FRIDAY AFTERNOON FLICK



Join us for a fun, family movie to ring in the New Year on **Friday, January 8, 2016 at 1:00pm**. If the grandkids are still on school vacation, feel free to bring them along! **We'll have popcorn and some other treats. Please call 617-730-2770 to register.**

*Inside Out*  
2015

1hr 42 min. Riley is a happy, hockey-loving 11-year-old Midwestern girl, but her world turns upside-down when she and her parents move to San Francisco.



**Tuesday, January 12**  
*Catfish*

2010  
87 min

When Nev Shulman, a New York photographer, receives a Facebook request from a child named Abby, he cannot guess the unusual odyssey on which he will soon embark. Abby sends Nev an unusually skilled painting based on one of his photos. Intrigued, he begins online relationships with the rest of Abby's family, including her older sister, Megan. Though troubling inconsistencies soon emerge, Nev continues his online flirtation with Megan, resulting in a road trip to meet her in person.

*Taken from <http://www.imdb.com>*

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## WIDEN YOUR HORIZONS WITH BA&CE

### **Getting to Know Your Digital Camera**

Instructor Phyllis Mays

Tuition \$74.00

Tuesday, January 5-January 26 11:45am-1:45pm

### **Telling Your Story: Senior Seminar in Autobiographical Writing**

Instructor Irving Schwartz

Tuition \$74.00

Wednesday, January 13-March 9 10:15-11:45am

### **Senior S-T-R-E-T-C-H**

Instructor Steven Shain

Tuition \$82.00

Monday's and Wednesday's

January 11-March 14 10:30-11:30am

### **George Gershwin: American Legend**

Instructor Raymond Chow

Tuition \$95.00

Monday, January 11-February 1 1:00-3:00pm

### **Yoga for Older Adults-chair**

Instructor Steffi Shapiro

Tuition \$63.00

Tuesday, January 12-March 1 2:00-3:00pm

### **Yoga for Older Adults-floor**

Instructor Steffi Shapiro

Tuition \$63.00

Tuesday, January 12-March 1 3:00-4:00pm

### **Pilates for Baby Boomers**

Instructor Elda Esim

Tuition \$82.00

Tuesday January 12 9:00-10:00am

### **Tai Chi for Seniors**

Instructor Vincent Chu

Tuition \$74.00

Friday, January 15-March 4 2:00-3:30pm

### **Researching Your Roots Online**

Instructor Robin Siegel

Tuition \$50.00

Thursday, January 14-28 11:45am-1:45pm

### **Bootcamp for Seniors**

Instructor Steven Shain

Tuition \$65.00

Friday, January 15-March 11 1:00-2:00pm

### **Organizing Your Budget with MS EXCEL for Seniors**

Instructor Michael Toon

Tuition \$74.00

Friday, January 15-February 5 10:00am-12:00pm

### **Modern American Family in Literature**

Instructor Alissa Butterworth

Tuition \$106

Tuesday, January 19-February 9 10:30am-12:30pm

### **Facebook for Seniors**

Instructor Michael Toon

Tuition \$60.00

Friday, January 26-March 11 10:00am-12:00pm

### **Online Auctions: Successful Selling on eBay**

Instructor Larry Gold

Tuition \$50.00

Monday, February 1 and 8 11:45am-1:45pm

### **Reading The Bible: Book of Esther**

Instructor Judy Weiss

Tuition \$87.00

Tuesday February 2-16 10:30am-12:30pm

### **INTRODUCTION TO WATERCOLOR**

Instructor Anthony Riccardi

Tuition \$145

Monday, January 11-February 22

10:00am-12:30pm

For more information and to register call the Brookline Adult and Community Education 617-730-2700

## JANUARY AT A GLANCE

### Friday, January 1

Closed Happy New Year

### Tuesday, January 5

10:00am-12:00pm Real Estate Tax Exemption

1:00pm Films for movie lovers -I'll See You in My Dreams

### Wednesday, January 6

9:00am-12:00pm Brookline Legal Service

1:00pm Brookline Music School Concert-Emilian Badea\*\*\*

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

### Thursday, January 7

11:00am Ask a Nurse

1:30pm Easy Travel with Mimi Katz

1:30pm Zumba Gold Free Class

### Friday, January 8

1:00pm Friday Family Flicks-Inside Out (bring your grandchildren)

### Monday, January 11

1:00pm Ukulele Group\*\*\*

### Tuesday, January 12

1:00pm Films for movie lovers -Catfish

### Wednesday, January 13

1:00-2:00pm Blood Pressure Screening at 50 Pleasant Street\*

1:30pm COA Meeting- New TRIPPS program

### Thursday, January 14

11:00am Blood Sugar Screening

1:30pm Fire Department Presentation\*\*\*

### Friday, January 15

9:00am-12:00pm Podiatry Clinic

### Monday, January 18

Closed MLK DAY

4:00pm Celebration at the Coolidge Corner Theatre \*\*\*

### Tuesday, January 19

10:00am-12:00pm Real Estate Tax Exemption\*\*\*

12:00 noon-January Birthday Lunch \*\*\*

1:00pm Films for movie lovers-The Chorus

9:00am Start taking reservations for Chinese New Year Celebration

AARP Tax Appointments begin

### Wednesday, January 20

1:30pm Modern Beading Workshop

### Thursday, January 21

9:00-10:00 am Blood Pressure Screening at BSC Springwell Special Event\*\*\*

1:00-2:00pm Brookline Hearing Services

2:00-4:00pm Interviewing Workshop\*\*\*

### Monday, January 25

1:00pm Advanced Planning Workshop\*\*\*

2:00-3:00pm Putterham Book Group-The Stories Life of A.J.Fikry\*

### Tuesday, January 26

1:00pm Films for movie lovers-Mr. Holmes

### January 26

9:00-10:00am Public Issues Nonfiction Book Club-The Big Necessity

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

6:00-8:00 pm Reception with the Artist in the Gallery

### Wednesday, January 27

1:00-2:00pm 9:00-10:00 am Blood Pressure Screening at 61 park Street\*

1:30-3:30pm Memory Café\*\*\*

### Thursday, January 28

1:00pm Hearing Presentation\*\*\*

## SPECIAL THANK YOU

To Tim Sullivan for getting the newsletter printed every month on a very tight deadline, Rhona Hirschowitz and Fran Pechenick for their dedication to proofreading the newsletter, Sonia Wong for her commitment to the Ads and Thank You page and to Dotty Bell and her crew for getting the newsletter mailed on time every month.

## 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/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 \*\*\*

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

1:15-2:15 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](http://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](http://www.healthbridgemanagement.com)

416172

## FOOD DISTRIBUTION SITE



There is free food distribution at the Senior Center every **Tuesday from 2:00 to 4:00 pm. Get a number in the coffee lounge beginning at 11:00 am.** Do not go down to the basement until your

number is called.

A variety of foods are available at the site—many choices of breads and rolls and lots of produce. Bring a bag to carry your choices home. Also bring a lot of patience and courtesy so everyone enjoys the process and conflicts are avoided.

In order for everyone to receive a fair allocation of the food, it is imperative that no one takes any food before it is inventoried by the workers at the Food Distribution program. This not only helps assure a fair distribution and an orderly process, it also is in compliance with health code regulations. This program is very busy and depends on the generous donation of time by many volunteers. To volunteer please contact Patricia Burns our volunteer coordinator 617-730-2743.

## 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.



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## GRANDPARENT ALIENATION SUPPORT GROUP

If you are struggling with the issue of grandparent alienation, please consider joining us on the **first Friday of every month from 11:00am-1:00pm** for our Grandparent Alienation Support Group (GPAL). **PLEASE NOTE: This group has no affiliation with or connection to the national Alienated Grandparents Anonymous, Inc. (AGA).**

The goal of our group is to provide a safe, confidential environment in which members can provide emotional support to one another around this very challenging issue. Given the interest in this group and our space limitations, we will need to limit our attendance to those who live in the Greater Boston area. If you are interested in joining our support group, please email Sandy at [sgk5257@gmail.com](mailto:sgk5257@gmail.com) and please put GPAL in the subject line. If you would like more information about AGA, please visit their website at <http://www.aga-fl.org/>.

**NOTE: We will be on vacation in January returning on Friday, February 5th from 11:00am-1:00pm.**

## FIRE SAFETY PRESENTATION



Smoke detectors save lives and should be in every home. Working smoke detectors cut the chances of dying in a fire in half.

While almost all homes in the U.S. have at least one smoke detector, roughly two-thirds of reported home fire deaths result from fires in homes with no smoke detector or smoke detectors that do not work.

For the Department's newly launched Senior Citizens Alarm Installation Campaign, members from the Brookline Fire Department will hold a fire safety presentation at the Senior Center on **Thursday, January 14 at 1:30 pm**. They will also discuss the Campaign through which they will visit homes to conduct fire safety reviews and install smoke/carbon monoxide and hard-of-hearing alarms in homes of senior residents ages 65 plus.

The Senior Citizens Alarm Installation Campaign is funded through an AFG grant. To schedule a free smoke detector installation or a life safety inspection, please call the Brookline Fire Station at 617-730-2263. To register for the fire safety presentation at the Senior Center, please call 617-730-2770.

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## MODERN BEADING WORKSHOP



This workshop is for beginners and experienced bead-ers. We will meet on **Wednesday, January 20 at 1:30 pm** at the Senior Center.

Marge Harvey will be on hand to instruct and help. At each workshop you will be able to learn modern techniques of beading using thin Soft Flex and crimps. Combine old beads and broken strands for new and interesting de-signs. To participate in this workshop, it is es-sential that you bring materials with you—beads, earring backs, crimps, and one yard of Soft Flex. All are available at local craft stores.

## UKULELE GROUP



Do you have a Ukule-  
le? Would you like to join  
a group to play and sing  
together? Our monthly  
Ukulele Group with Ju-  
dith Chasin on **Monday,**

**January 11 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 ukule-  
le 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.

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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.

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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.

## SUPPORT THE SENIOR CENTER

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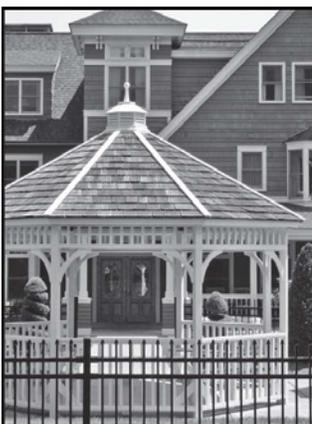
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## VOLUNTEERING A WORK OF HEART

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.

An opportunity we are spotlighting this month is in our new Food Commodity Program Morning Muscle. **We are looking for a strong volunteer who can lift up to 50 lb. boxes to help seniors receive food supplements on the 3<sup>rd</sup> Wednesday of each month from 8:00-10:00am.** A small stipend is available and you do not need a car for this opportunity. If you would like to learn more about this position and/or other volunteer opportunities, please call for an appointment with Patricia, the Volunteer Coordinator 617-730-2743.

## NEW OPPORTUNITY

### **TRIPPS (Transportation Resources, Information, Planning, and Partnership for Seniors)**

A new program called TRIPPS (Transportation Resources, Information, Planning, and Partnership for Seniors) provides education and support to Brookline residents aged 60+ looking for alternatives to driving, due to age, ability, or individual choice. Volunteer "Transit Advisors" (TAs) will help elders decide which transportation options to use when they're unable or choose not to drive. TAs will also offer personalized support as seniors learn to use these new ways of getting around. For example, TAs might accompany elders on their first few trips on the T, on The Ride, or with a car sharing service. The TRIPPS program is currently recruiting volunteers to provide administrative support and/or to be trained as TAs. Anyone interested in volunteering is invited to contact Volunteer Coordinator Patricia Burns at 617 730 2743.

## THE SHOP PROGRAM

*SHOP* is a volunteer opportunity for seniors 60 and older 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!

Brookline High School students are ready, willing and eager to participate in this community service opportunity immediately. The Brookline Senior Center would like to hear from seniors 60 and older who need help with their shopping and who would like to have a student do their grocery shopping for them. If you would like a student shopper please call Patricia, the Volunteer Coordinator at 617-730-2743 and leave your name and number.

## 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](mailto:pburns@brooklinema.gov) for an appointment.

## INTERVIEWS & REFERENCES WORKSHOP

On **Thursday, January 21 from 2:00-4:00pm** join us for tips on all types of interviews. We will discuss phone, Skype, informational, and in-person interviews. We will practice mock interviews and explain the care and preparation of references at this workshop. Registration is required. Please call Deidre Waxman 617- 730-2767 or Patricia Burns 617-730-2743.

## FROM THE DIRECTOR

Happy New Year to All!

I am always eager to start the New Year with a new calendar and make my annual list of goals and resolutions. I also like to start January by expressing my gratitude for my many blessings. I hope you will join me.

The Senior Center is here to help you fill your days with creative, interesting activities and programs and making new friends. We are here to help you achieve your resolutions whether it is exercising, volunteering, learning something new or staying healthy. Whatever your interest please consider getting to know the senior center as one of your personal goals this year. Resolve to donate your time and talents that will make us the best senior center around.

Thanks to your generosity our van will be able to run 5 days a week. We will be able to extend our hours and purchase needed supplies. I am especially grateful for those who included kind words with their holiday wishes. Here are some of my favorites: "Always with gratitude for your powerful creative leadership of all things Senior in Brookline!!" "Congratulations on this past year's excellent programming."

The Center is ever more brilliant and offers so many programs. We remind all that the Senior Center continues to be a great bargain and place to stretch your dollar. We offer free bread and produce on Tuesdays and a hot and nutritious lunch every day for a mere donation. Our concerts and movies are free and many of our classes are a great value. In addition, transportation at subsidized rates is available. Our staff and volunteers provide benefit counseling and direct assistance with fuel assistance, SNAP -food stamps, income taxes and more.

I wish each one of you a happy, healthy and prosperous 2016. Remember to resolve to be kind and welcoming to all.

*Ruthann Dobek-Director*

## FROM THE BOARD PRESIDENT

Happy New Year!

Thank you for thinking of the Brookline Senior Center in your end-of-year contributions. With the chill, ice and snow of winter, many seniors become more home-bound and find it difficult to get to the Senior Center. Thanks to your support, Brookline's older adults will be able to travel to the Brookline Senior Center and utilize the hundreds of life-sustaining programs and essential services. Your generosity ensures that our Senior Center van service will keep rolling throughout the winter and all year long including Fridays. This is especially important to our most economically vulnerable and frail elders.

If you would like to make a contribution, please go to [www.brooklineseniorcenter.org](http://www.brooklineseniorcenter.org) and click on the "donate" button. Or mail a check to the Center. Wishing you and your family a healthy and warm 2016.

*I, the board, and the entire Senior Center family thank you! Elizabeth (Betsy) Pollock—President, Brookline Senior Center Board*

## THANK YOU

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Linda and Gerald Stern *honoring* Leroy Neuberg  
Claire Yung and the Chinese Mah Jong Group  
*honoring* the Chinese Mah Jong program  
Aida S. Canchola *honoring* the Senior Center  
Anne Levin *honoring* Lynn Modell, dance  
teacher

## *In memory of:*

Morton Bloom from Eric L. Bloom  
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### **PEAPOD FOOD DELIVERY**

Are you curious about how the PEAPOD Food Delivery service works? Would you like to consider this as an option during the winter? We have a very computer literate young volunteer who would be happy to give you some 1-on-1 training and tips on using Peapod. If you are interested, please call Patricia Burns, the Volunteer Coordinator at 617 730 2743 for an appointment.



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I found Judy to be professional, responsible and amazingly service oriented...It's all about taking care of you during the selling or buying process and that's what Judy does best. *-David, past buyer and seller*

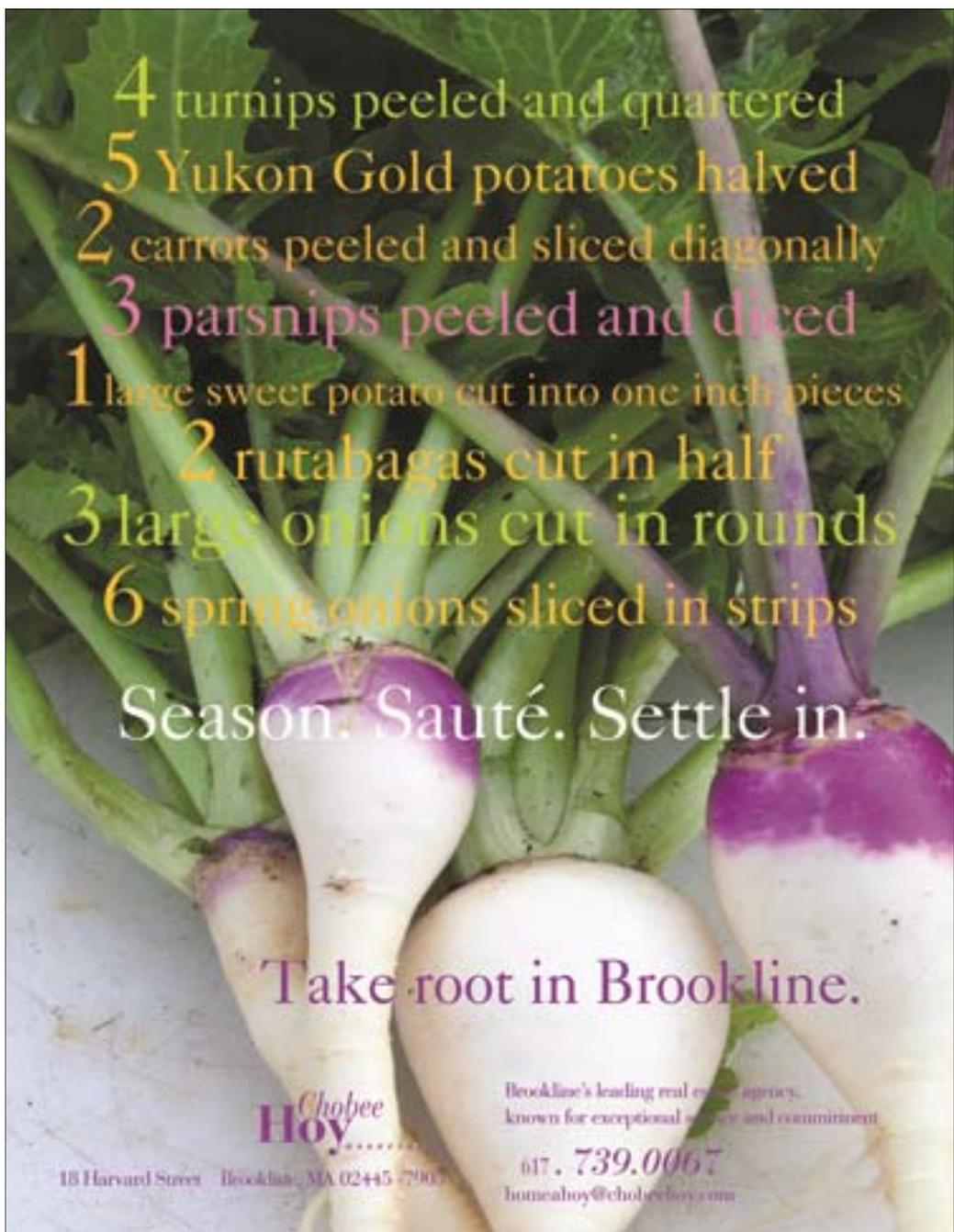
She always had our best interest in mind. Her knowledge about the real estate market is excellent. *-Tzu-Chun and Zhongjun, past buyer*

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