TOWN OF BROOKLINE
SENIOR NEWS AND EVENTS

Council on Aging

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

Brookline Senior Center
93 Winchester Street
Brookline, Massachusetts 02446

Council on Aging Information Hotline
617-730-2777 617-730-2778
Senior Center **Van**
617-730-2770 617-730–2750

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

Brookline Community Aging Network
www.BrooklineCAN.org

HIGHLIGHTS

Chinese New Year Celebration Monday, February 1 (see p. 7).

Brookline Music School Wednesday, February 3 (see p. 3).

Prescription Advantage can help to fill the hole Thursday, February 18 (see P. 24).

Memory Connections Cafe Wednesday, February 24 (see p.5).

FEBRUARY 2016

BLACK HISTORY MONTH

Hallowed Grounds: Sites of African American Memories

The Association for the Study of African American Life & History has selected this 2016 annual theme to bring attention to the centennial celebration of the National Park Service and the more than twenty-five sites and the Underground Railroad Network to Freedom that are part of America's hallowed grounds, including the home of the father of black history, Dr. Carter G. Woodson.

Taken from ASALHONLIN

SILVER LEAF GOSPEL SINGERS

On Wednesday, February 24 at 1:00 pm, the Silver Leaf Gospel Singers will perform at the Senior Center. Deacon Randy Green has led the Silver Leaf Gospel Singers for over 60 years, and he's still stirring audiences to their feet with his old-time, toe-tapping, heart-lifting sound. The group perform a form of *a cappella* singing called "jubilee," full of call and response. Don't miss these Boston treasures. Their motto testifies to the strength of the group's commitment. "Coming together means progress. Keeping together means success."

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

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

FEBRUARY HOLIDAYS

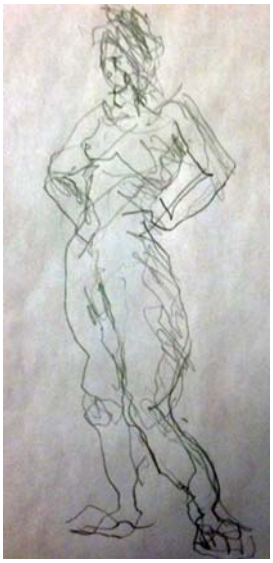
The Senior Center will be closed on **Monday, February 15, for President's Day.** The day on which we remember the birthdays of Presidents George Washington and Abraham Lincoln. **Tuesday, February 2** we celebrate groundhog day. **Valentine's Day is celebrated on Sunday Friday, 14.**

February is Black History Month, American Heart Month and Canned Food month. This may be a nice time to make a donation to your local food pantry. The winter months after the holidays are difficult for food pantries to stay open because they do not receive enough food. Some items you might like to donate include: canned tuna and chicken, soups, pasta sauce, jelly and peanut butter. Items that people need but often do not get donated are paper goods personal hygiene items and laundry detergent.

CHINESE NEW YEAR CELEBRATION

We will celebrate the Year of the Year of the Monkey on **Monday, February 1 from 12:30-2:00pm.** The festivities are always colorful and the food is plentiful and delicious. Lunch will be followed by programing. Tickets are $7 Call 617-730-2777 space is limited so make your reservation early.

DRAWING FOR PLEASURE



Drawing for pleasure figure drawing will be on vacation for the month of February, but it will resume on Thursdays, March 10 though May 26 from 9:30-11:45am. This ever popular series, taught by Louise Weinberg, will focus on drawing the figure with gesture. This class uses a live model and is recommended for people with some drawing experience. Please note that there is a small model fee of no more than $5.00 per session. Space is limited so call to register today 617-730-2777

BROOKLINE MUSIC SCHOOL

Join us on **Wednesday, February 3 at 1:00pm** The Brookline Music School performance will be one of our favorites, The Justin Meyer Trio. The Justin Meyer Trio plays American popular music of the 1920s through the 1940s, jazz, swing, and Dixieland. Justin Meyer, acoustic bass, Dave Whitney, trumpet and vocals and Jack Senier, piano.

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)

THE **HEALTH** PAGE

Beth Israel Deaconess Medical Center

Ask a Nurse, Lynn Schuster a nurse from the Greater Medford Visiting Nurse Association will visit the Senior Center on **Thursday, February 4 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, February 5 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, February 18 from 9:00 to 10:00 am at The Senior Center.
Wednesday, February 3 from 2:00-3:00 pm at the BPHD building on Pierce Street
Wednesday, February 10 from 1:00 to 2:00 pm at Sussman House, 50 Pleasant Street.
Wednesday, February 24 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, February 18 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 CCC DANA-FARBER/HARVARD CANCER CENTER A Comprehensive Cancer Center Designated by the National Cancer Institute

Official hospital of the Boston Red Sox

ASK A GERIATRICIAN

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

Question: What can I do for my itchy dry skin and scalp?

Answer: Dry skin is common as we get older. There are many reasons for this: less protective fat in the skin, a thinner outer skin layer, less collagen, medications, more sensitivity to heat and air conditioning. Skin can become rough, flaky and cracked and more prone to damage such as skin tears. The skin produces less natural oil, so taking long hot baths or showers without immediately putting on moisturizer while the skin is still damp can lead to dryness. Alcohol based hand cleaners are very drying.
Itchy skin can lead to scratching which in turn can lead to thickened skin which then becomes more itchy.

If the itching is sudden and new, it may be a sign that there is an underlying medical condition, such as gall bladder disease, thyroid problems, kidney disease, a fungal infection or very rarely cancer. You should check with your doctor to be sure your itchy skin is not part of a disease, but a part of normal aging. Emollients (moisturizers) are very helpful in combating dry skin. They come in lotions, creams, and ointments. Lotions have a high water content can actually make dry skin drier because they can cause excessive evaporation from the skin. In contrast, thick creams (eg, Eucerin, Cetaphil, Nutraderm), which have a low water content, or ointments (eg, petroleum jelly, Vaseline, Aquaphor), which contain no water better protect against dry skin. They should be applied twice a day, ideally after bathing or hand washing and can also be used on the scalp.

Some people may need steroid cream to help with itching, but this should only be started after seeing a doctor. The steroid cream, which can be over the counter or prescription strength, is applied first with the moisturizer applied on top. Usually steroid creams are only used for a short time (2-4 weeks) to avoid side effects.

For severe itching, antihistamines can help, but it is preferable to use non-sedating preparations such as Claritin or Allegra.

MEMORY CONNECTIONS CAFÉ

On **Wednesday, February 24 from 1:30-3:30pm,** the Senior Center will host its monthly Memory Connections Cafe for people with early memory challenges and their carepartners to connect with their peers. Both participate in socialization and can partake in refreshments and a variety of enjoyable programming in order to gain support and engage with others in a relaxing environment. Either party can attend by themselves, but a carepartner must accompany those who require any care assistance. Please call Jamie at 617-730-2753 for information and to RSVP.

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, February 3 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:dwaxman@brooklinema.gov

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

COUNCIL ON AGING MEETING

February is traditionally the winter vacation of the Council on Aging (COA) board meetings, and this February is no exception. There will not be a COA board meeting this month.

That being said, everyone (new board members, old board members, and interested members of the public) are invited to an orientation meeting for new board members that will take place on **Wednesday, February 10 at 1:00 pm.** Come and learn about the COA board's mission and the working of the group.

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.

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.

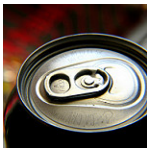
Israel, Van Kooy & Days, LLC

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

Wills • Probate • Trusts • Estates

RECYCLING AND DONATION CORNER

We collect eyeglasses, cell phones, and now the soda can pull tabs. The eyeglasses go to the Lions Club and cell phones to the NCOA cell phone collections And now we are collecting



the soda can pull tabs for Shriners Hospital. All three collection boxes will be located in the front reception area for folks to drop off during business hours.

ONE-ON-ONE COMPUTER SESSIONS TEMPORARY CHANGE

Jacob Knable will be having Computer One on One appointments on **Wednesdays, February 10 through Wednesday, March 30 on the second floor of the senior center at 10:00am 11:00am, and 12:00pm.** Computer One on One will not be in the Computer Lab due to AARP tax appointments using the lab. For more information call 617-730-2777.

OPEN COMPUTER LAB

The computers are available on available on **Monday, Wednesday and Thursday afternoons from 2:00-4:00pm.**

Thrifty Threads

at United Parish Church,
210 Harvard Street, Brookline

Open Friday and Saturday from 11:00 am to 4:00 pm

Children's, Men's, Women's clothing
at reasonable prices!

We Love it Here!

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

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

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

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- Fine Dining
- Personal Care Assistance & Medication Management
- Short-Term Stay Program
- Dedicated Memory Care Program
- On-Site Skilled Nursing Care
- A Trusted, Caring Staff

COREY PARK

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

Providence House
Senior Living Community

Find us on Facebook

Managed by Welch Healthcare & Retirement Group

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IN HOME CARE AND ASSISTANCE

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179 Boylston St, Jamaica Plain MA 02130
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- Medication Assistance
- Incidental Transportation
- Home Modification
- Financial Options
- Evaluation Process
- Human Service Associate Direct Care
- Our Commitment to the LGBTQ Community

ALZHEIMER'S CAREGIVERS SUPPORT GROUP

There are two sessions of this group per month at the Senior Center. Both are designed to help caregivers cope with the stresses and demands of helping their loved ones who are struggling with Alzheimer's disease.

The Afternoon Group will meet on **Friday, February 12. P**lease 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 (ELF) program has a large amount of "miscellaneous" items available, including unopened packages of pads, Depends, adult liners, booster pads, and shields; as well as new orthopedic shoes and supports of various types. Please call Jamie at 617-730-2753 to obtain. Items are also listed in an inventory at http://www.brooklinema.gov/245/Council-on-Aging

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.**

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.

Brookline Adult & Community Education
BA&CE
www.brooklineadulted.org
617-730-2700
Join us, new classes starting soon!

Transition to your new phase of life!

Lisa Berger, SRES
William Raveis Real Estate
HSM
helping seniors move
the needs of the long-time homeowner
617-388-5751
www.HSM-Move.com

FROM THE DIRECTOR

What we do matters… whether we are hosting someone's 100th birthday or helping to find housing or receiving a gift from someone's estate we are proud to be a vital part of the community. We provide not only a safe haven for our elders but also a vibrant community center. I wanted to take a moment and recognize the importance of our work. I thank this incredible community of people who enrich Brookline's elder's lives.

February brings some of the coldest weather and with it some winter blues. We here at the Senior Center are here to help make the days go by in a warm and enjoyable way with lots of wonderful programs and activities. One of my favorite programs that will be sure to help you beat the blues happens this month as we welcome back the famous gospel group the **Silver Leaf Gospel Singers on Wednesday, February 24 at 1:00pm.**

February first is our celebration of the Chinese New Year, the year of the monkey. Come and enjoy a delicious lunch and colorful celebration.

I am always inspired by our elders who bundle up and refuse to let the weather get them down. Your hearty disposition warms us all! So much is happening at the senior center that will keep your blood pumping. For example, check out the fitness center and Zumba or Modern Dance classes.

I am concerned about the freezing temperatures of February. If you have turned down your thermostat to save money, make sure you wear some warm fleece. Please call our information and referral desk if you are having trouble with your heating bills to apply for fuel assistance. We are also helping with food stamp applications now called SNAP. Don't forget about the newest food program that delivers 35 pounds of non-perishable items monthly. In addition, for frugal living always, come to the Center for a nutritious hot meal and visit our food program on Tuesdays.

A wonderful reminder that the days are getting longer as the light returns this month.
On January 1 – the sunset was at 4:22, on February 1 5:12 and by February 28 5:44 – giving us more sunshine each day even though we are in the midst of winter.

Ruthann Dobek-Director

Center Communities of Brookline

The Lifestyle you want, where you want it.

1550 Beacon Street

100 Centre Street

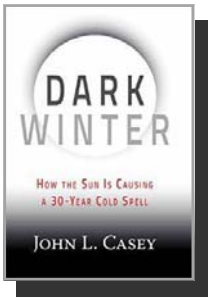
112 Centre Street

Hebrew SeniorLife is about options and choices for seniors. Nowhere is this more evident than at Center Communities of Brookline-three buildings in the heart of Brookline. These buildings provide an affordable home to 600 seniors who live independently, actively and securely. To learn more about senior living options at Center Communities of Brookline, contact the Marketing Office, 617-363-8100 or scarlsen@hrca.harvard.edu

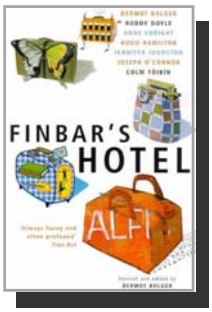
Center Communities of Brookline
Hebrew SeniorLife

BOOK DISCUSSION GROUP AT THE PUTTERHAM LIBRARY

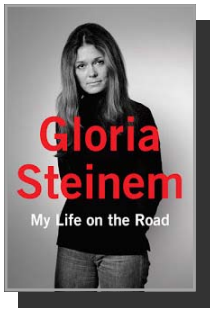
Meetings are in the community room at the Putterham Branch Library. And new members are always welcome. Our monthly meetings are on **Mondays from 2:00–3:00 pm**. Books are available at the Putterham Branch Library. The discussion leaders for this Book Group are Charlotte Millman and Roberta Winitzer.



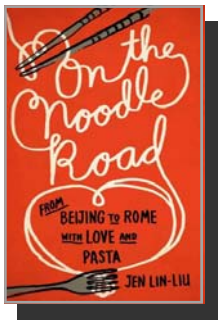
February 22
Dark Winter
by David Mark



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



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



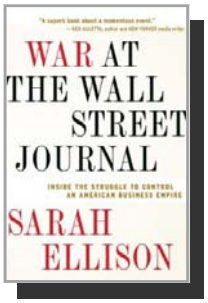
Monday, May 23
On the Noodle Road
by Jennifer Lin-Liu

PUBLIC ISSUES NONFICTION BOOK DISCUSSION GROUP

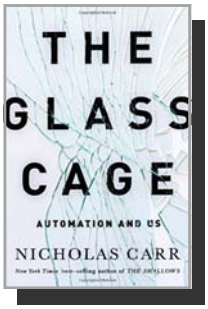
At the Senior Center

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.

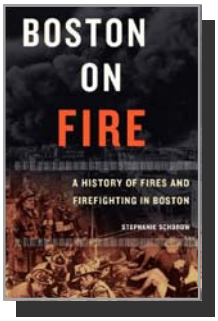
The Coolidge Corner Branch Library will have copies of the books available several weeks ahead of each meeting. Suggestions for future titles are encouraged. Meeting time is **9:00 to 10:00 am on the fourth Tuesday of each month.**



Tuesday, 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
byNicholas Carr



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

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

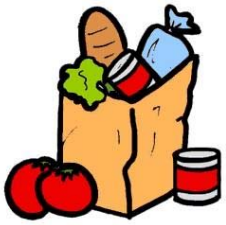
REAL ESTATE TAX EXEMPTION

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 February are Tuesday February 2 and 16.**

ABCD FUEL ASSISTANCE BROOKLINE AREA INTAKE SITES

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

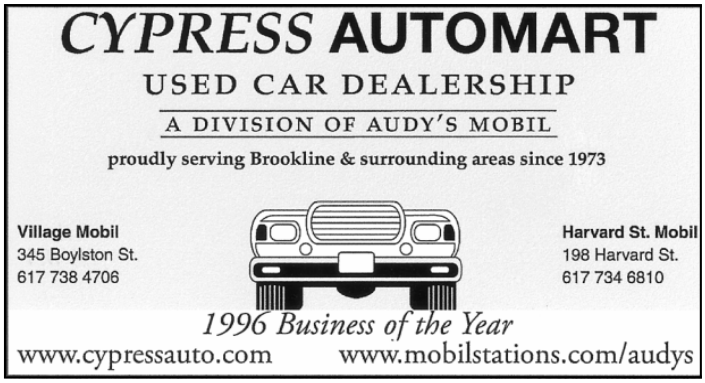
WOULD YOU BENEFIT FROM A FREE MONTHLY BAG OF GROCERIES?



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.

FITNESS CENTER

If you enjoy exercise but don't want to go to a big gym, try the Senior Center. The gym is quiet, has wonderful equipment and supportive staff. **Open Monday-Friday from 8:30 am to 4:30 pm.** For more information or to register call Sharon Devine at 617-730-2769.



Brookline Community Aging Network – BrooklineCAN – is an all-volunteer organization that focuses on Brookline as a great place to live. It provides information for older residents that helps them remain engaged in the life of the community and advocates to make Brookline an even better place to live for seniors and everyone. For information and to join, visit www.BrooklineCAN.org.

SPOTLIGHT ON BROOKLINECAN COMMITTEES

One of the favorite attractions on the BrooklineCAN website www.brooklinecan.org/contractors.html is the **Service Referral Link** for homeowners. Current listings include plumbers, handypersons, contractors, electricians and others who have been vetted by the committee. Now the committee is re-organizing and is looking for a few volunteers to continue its work. Volunteers will have the opportunity to enlarge the list by contacting and vetting additional service providers who have been recommended. They will also have a chance to help plan two educational events a year involving some of the listed services, as well as collect feedback from users of the services. The Committee will meet quarterly or as needed. Volunteers will work from home and will be in touch with each other over phone and e-mail. Contact Jamie Donchin, 617-730-2753 or e-mail jdonchin@brooklinema.gov.

TRIPPS UBER TRAINING

On **Thursday, February 25 from 2:00-3:00pm** join Kerri Ann Tester for Uber Training. This is a TRIPPS Transit Advisor volunteer training event. Registration Required call 617-730-2644 or email tripps@brooklinema.gov

TRIPPS

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.

BROOKLINE TRIPPS ORIENTATION MEETING

Orientation for those who have volunteered to be a TRIPPS Volunteer Transit Advisor (TAs) will be at the Brookline Senior Center on **Thursday, February 4 from 10:00am-1:00pm. Lunch is included.** RSVP to Kerri Ann Tester at 617-730-2644 or tripps@brooklinema.gov. Sponsored by the Brookline and Newton Councils on Aging and BrooklineCan.

TRIPPS TALK AT PUTTERHAM LIBRARY

On **Friday, February 12 from 10:30-11:30am** come meet Kerri Ann Tester, the TRIPPS program director, share your own stories about getting around without a car, and get answers to your questions about transportation options for seniors.

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, supports the LGBT Older Adult Out 2 Brunch Bunch! The group will meet monthly for brunch on **the third Saturday of every month; February 20 from 11:00-1:00 p.m.** at Goddard House, 165 Chestnut Street, Brookline, MA 02445. To attend, RSVP to Zoraida at meals@ethocare.org or 617-522-6700 ext. 306

ESL CONVERSATION GROUP

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.

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.

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! 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

AGELESS GRACE

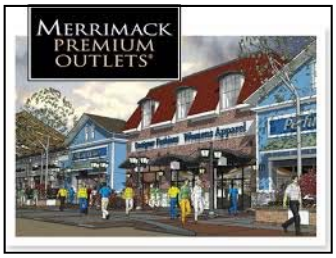
On **Wednesdays, February 3, 10, 17 and 24 from 2:00-2:45pm** at 90 Longwood Ave. This program is open to all seniors free of charge.

COOKIN' UP JAZZ

On **Saturday, February 13 from 10:00am-12 noon** at Goddard House join Jon Wheatley and Dominque Eade for Brunch, Performance and Talk with Dominique Eade, acclaimed jazz vocalist and master teacher. RSVP to Jenna Henning 617-731-8500 ext. 152 or jhening@ goddardhouse.org **The snow date for this event is Saturday, February 27 at the same time.**

BROOKLINE RECREATION

Edward M. Kennedy Institute-Boston
Friday, February 26 from 9:00am-12:30pm
The Edward M. Kennedy Institute for the United States Senate. Trip fee includes admission to the institute and transportation.
Residents $18 Nonresidents $25



Merrimack Outlets-Merrimack NH
Thursday, March 17 from 9:00am-3:00pm.
Join us on a trip to the outlets in Merrimack and enjoy over 100 stores to choose from its bound to be a great shopping experience.
Residents $10 Nonresidents $14

ADULT EXCURSIONS

Warren's Lobster House-Kittery ME
Wednesday, April 13 from 9:45am-5:00pm.
Join us for a trip to Warren's Lobster House for a delicious lunch followed by shopping at the outlets in Kittery, Maine.
Residents $40 Nonresidents $54 (additional $9 for lobster roll)

Indoor Walking Club-Soule Gym
Keep moving this winter! Please wear comfortable walking shoes and bring water. All fitness levels are welcome. Transportation is not provided. **Mondays 11:00am-12:00pm through April 25. Free**

Pick-up and drop off locations: Brookline Senior Center and Soule Recreation Center at 652 Hammond Street. **To register for any program call Sara at 617-730-2082 or the Main Recreation line at 617-730-2069.**

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

Gallery 93 Hours:

Monday-Friday

8:30-5:00

Through March 31

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
No Springwell Lunch **Council on Aging Special Event**	**Chicken Veg Soup** **HOT:** Turkey Divan, Peas and Mushrooms, Wheat Bread **COLD:** Tuna Salad on Multigrain, Potato Salad, Riviera Salad **Chef's Choice Dessert**	**Mushroom Barley Soup** **HOT:** Ziti with chicken meatballs, spinach, roll **COLD:** Chef salad with turkey, macaroni salad, oatmeal bread **Orange**	**Escarole and Bean Soup** **HOT:** Chicken Picatta, Polenta, Kale, Oat Bread **COLD:** Egg salad(V) on rye, spinach and mandarin salad, pesto pasta salad **Vanilla Pudding w/Topping**	**Broccoli Cheese Soup** **HOT:** Breaded Pollock, Brown rice, Ratatouille, Scali Bread **COLD:** Chicken Salad over Fresh Greens, Mixed Bean Salad, Multi grain bread **Cinnamon Applesauce**
8. **Oriental Vegetable Soup** **HOT:** Beef Lo Mein, Oriental Veg Blend, Wheat roll **COLD:** Turkey and Provolone on Multigrain, Zucchini Salad, Pasta and Vegetable Salad **Mandarin Oranges**	9. **Vegetable Soup** **HOT:** Creole Chicken, Rice and Beans, Collard Greens and Onions, Corn Bread **COLD:** Roast beef and Swiss on Rye, Cole Slaw, Summer Potato Salad **Butterscotch Pudding w/ Topping**	10. **Seafood Chowder** **HOT:** Salmon with Dill Sauce, Baked Potato, Carrots & Peas, Oat Bread **COLD:** Egg Salad (V) on Wheat, Spinach & Mandarin Salad, Orzo Veg Salad, Wheat Bread **Tropical Fruit**	11. **Split Pea Soup** **February Special** **HOT:** Ham with Raisin Pineapple sauce***, Potatoes with Cream Sauce, Roman Blend Veg, Snowflake Dinner Roll **COLD:** Curry Chicken Salad on Pumpernickel, Root Veg Salad, English Pea Salad, **Raspberry Filled Cookie**	12. **Italian Garden Vegetable Soup** **HOT:** Cheese Lasagna (V), Fiesta Blend Veg, Wheat Bread **COLD:** Vegetarian Chef Salad (V), Potato Salad, Oat Bread **Apple Raisin Compote**
15. **President's Day** **No Meal Service**	16. **Beef Vegetable Soup** **HOT:** Chicken Paprika, Noodles, Spinach & Chickpeas, Multigrain Bread **COLD:** Egg Salad (V) on Scali Bread, Cole Slaw, Corn Salad **Orange** **Birthday Lunch**	17. **Italian Garden Veg Soup** **HOT:** Fish with Lemon Pepper Sauce, Peas & Mushrooms, Whipped Sweet Potatoes, Wheat Bread **COLD:** Turkey Chef Salad, Tri Color Pasta Salad, Wheat bread **Fruit Loaf**	18. **HOT:** Hot Dog***, Baked Beans, Broccoli Slaw **COLD:** Roast Beef & Swiss on Oatmeal bread, Potato Salad, Tossed Garden Salad **Pineapples**	19. **Spinach & Mixed Bean Soup** **HOT:** Tortellini with Marinara Sauce (V), Broccoli Florets, Wheat Roll **COLD:** Seafood Salad on Rye, Orzo Veg Salad, Carrot Pineapple Salad **Pears**
22. **Split Pea Soup** **HOT:** Chicken Marsala Mashed Potatoes, Tuscan Blend Veg, garlic Dinner Roll **COLD:** Roast Beef and Swiss on Oat bread, Pesto Pasta Salad, Riviera Salad, **Tapioca Pudding w/Topping**	23. **Clam Chowder** **HOT** Fish Sticks with Dill Sauce, Home Fries, Peas, Rye Bread **COLD:** Chicken Pesto Caesar Salad, Tri Color Pasta Salad, Wheat roll **Mandarin Oranges**	24. **Corn Chowder** **HOT:** American Chop Suey, Broccoli Florets, Pumpernickel Bread **COLD:** Turkey and Swiss on White Bread, Macaroni Salad, Cole Slaw, **Banana**	25. **HOT:** Beef Stew, Corn, Salad, Oat Bread **COLD:** Egg Salad on Multigrain (V), Mixed Bean Salad, Garden Salad **Birthday Cake**	26. **HOT:** Spinach and Red Pepper Frittata(V), Red Bliss Potatoes, Green beans, Orange Juice, Croissant **COLD:** Seafood Salad on Wheat, English Pea Salad, Roman Blend Salad, **Pears**
29. **Cream of Butternut Squash Soup** **HOT:** Honey Mustard Chicken; Mashed Potatoes; Fiesta Blend; Garlic Dinner Roll **COLD**: Egg Salad (V) on Wheat Bread; Potato Salad; Riviera Salad. **Pineapple**	**YOUR NAME:** **PHONE:** **Please note the days you have reserved your meals & then submit menus to Springwell Dining Site Staff. If you cannot attend on a day you have reserved your meal, please call to cancel by 11am the day before.** (V) = Vegetarian | All soups contain beef, chicken, or shellfish bases and are NOT vegetarian; served w/crackers. ***Denotes Higher Sodium $2.00 Suggested donation per meal All soups served with crackers **YOU CAN OBTAIN A COPY OF YOUR MONTHLY MENU AT WWW.SPRINGWELL.COM**			

FEBRUARY

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.

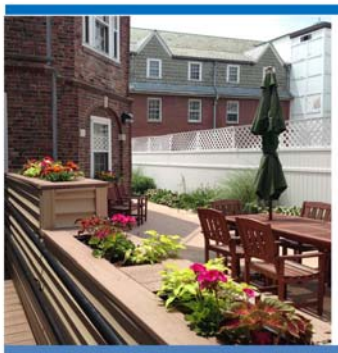
On **Tuesday, February 16** we celebrate February birthdays at the monthly Birthday Lunch. The sponsor of this lunch has happily provided a complimentary lunch and a small gift to all February birthday celebrants. Now it is easier than ever to register for our monthly birthday celebrations! Just call 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.

LET'S GO OUT TO LUNCH BUNCH

Dine with the Let's Go Out to Lunch Bunch on **Tuesday, February 23, 12:00 noon** at Bertucci's 533 Commonwealth Ave. For reservations and transportation, call 617-730-2770.

MASS COLLEGE OF PHARMACY

On Thursday, February 25 at 1:00 pm the Massachusetts College of Pharmacy students and faculty will be giving a presentation on High Blood Pressure. We hope to see you there!



Landmark at Longwood

Gracious Independent, Assisted & Memory Care Living

Please call to schedule your free lunch and tour!
Landmark at Longwood
63 Parker Hill Rd., Boston, Ma
www.LandmarkSeniorLiving.com
617-975-0110

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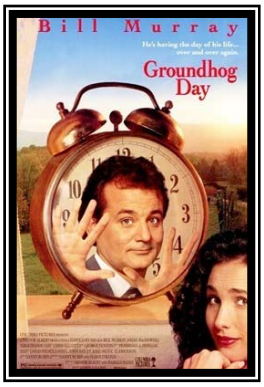
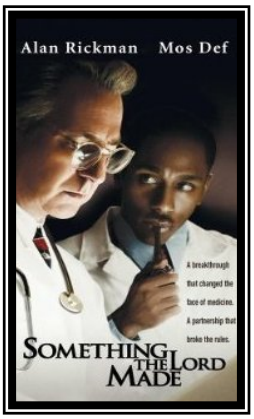
MOVIES FOR FILM LOVERS

Come to the Senior Center on **Tuesdays in February 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, February 2
Groundhog Day
1993
101 minutes
A weatherman finds himself living the same day over and over again. Stars Bill Murray, Andie MacDowell

Tuesday, February 9
Woman in Gold
(Reshowing by popular demand)
2015
1hr. 49 minutes
Sixty years after fleeing Vienna, Maria Altmann (Helen Mirren), an elderly Jewish woman, attempts to reclaim family possessions that were seized by the Nazis. Among them is a famous portrait of Maria's beloved Aunt Adele: Gustave Klimt's "Portrait of Adele Bloch-Bauer" With the help of young lawyer Randy Schonberg, Maria embarks upon a lengthy legal battle to recover this painting and several others, but it will not be easy, for Austria considers them national treasures.



Tuesday, February 16
Something The Lord Made
2004
110 minutes
A dramatization of the relationship between heart surgery pioneers Alfred Blalock and Vivien Thomas. Stars: Alan Rickman

Tuesday, February 23
Meet the Patels
2014
1hr. 28 minutes
Filmmaker Geeta V. Patel follows her brother, Indian-American actor Ravi V. Patel, as he embarks on a quest to find a wife and make his family happy.

Taken from http://www.imdb.com

EASY TRAVEL

Join us on **Wednesday, February 4 at 1:30** on a Safari to South Africa with Easy Travel host Wendy Gutterson.

PROUD TO SUPPORT THE BROOKLINE SENIOR CENTER

BrooklineBank
BrooklineBank.com
Member FDIC

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

Research conducted at Boston College

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

OPEN SPACE PLAN 2015 PUBLIC MEETING & INFORMATION SESSION

Dear Residents of Brookline,

The Brookline Conservation Commission and Open Space Committee would like to invite you to attend one of our upcoming public meetings to provide input, share issues and discuss opportunities with regard to parks, nature sanctuaries and other open space in Brookline. We are currently beginning the process of updating the Town's Open Space Plan for 2015, as required by the State Division of Conservation Services (DCS). The current Open Space Plan from 2010 is available here, http://brooklinema.gov/DocumentCenter/Home/View/2513. The Open Space Plan is an important planning document that is actively used by the Town to guide decisions regarding Brookline's open spaces. Public input is particularly important in creating a plan that is useful and meets the needs of the community now and in the future.

The meeting will include a short introduction and informational session on the existing Open Space Plan and how it is used, and will be followed by an open discussion with the public. All are welcome and encouraged to attend and to share their thoughts and ideas on open space. The meeting will be held on **Monday, February 8 at 7:00 pm at the Senior Center,** 93 Winchester Street, in the 3rd floor ballroom. **For further information, please call 617-730-2088. This meeting is weather permitting? Call ahead if there are any weather related concerns and for the snow date.**

HANDICAPPED ACCESS

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

AARP INCOME TAX APPOINTMENT

AARP volunteers will be at the Senior Center from **Tuesday, February 9 through Tuesday April 5.** To make an appointment call 617-730-2777 and request an intake review sheet. The completed intake is REQUIRED and must be provided to the tax preparer at the time of your appointment. All appointments will take place in the computer lab and will be e-filed.

Remember to bring:

- A copy of last year's return and any paperwork related to the current year (W-2's and 1099 interest statements etc.)
- A photo ID and your Social Security and Medicare Card.
- If you are unable to come in to the Center for your appointment and you are sending a representative on your behalf, the representative must present their own photo ID and a photo ID of you, the individual for whom they are filing taxes.

MISTRAL

OF LOVE AND REMEMBRANCE

The concert takes place at Temple Ohabei Shalom in Brookline on **Saturday, February 6 at 6:00pm.** It features beautiful and poignant works for strings, mezzosoprano, flute and harp about love and the triumph of the human spirit. One of the pieces is based on text from Ann Frank's diary. We offer a discounted Senior ticket rate of $25. For more information contact Sheila Tucker Mistral 978-474-6222.

TOUR THE SENIOR CENTER

The Senior Center is offering weekly, escorted tours of the Center Monday through Friday. You need to sign up for the tours ahead of time. To sign up for a tour, call 617-730-2770.

FEBRUARY AT A GLANCE

Monday, February 1
12:30-2:00pm Chinese New Year***
1:00pm Ukulele Group
Tuesday, February 2
10:00am-12:00pm Real Estate Tax Exemption
1:00pm Movies for Film Lovers-Groundhog Day
Wednesday, February 3
9:00am Brookline Legal Assistance for Brookline Residents only
1:00pm Brookline Music School Concert-Justin Meyer Trio
2:00-3:30 Aging Without Children meeting
2:00-3:00pm Blood Pressure Screening BPHD
Thursday, February 4
10:00am-1:00pm TRIPPS Orientation***
11:00am Ask a Nurse
1:30 Easy Travel-South African Safari with Wendy Gutterson
1:30 ZUMBA Gold $7 a session free to BHA residents
Friday, February 5
9:00am-12:00pm Podiatry***
11:00am-1:00pm Grandparent Alienation Support Group***
Saturday, February 6
6:00pm Mistral */***
Monday, February 8
1:00pm Long Term Care Insurance Workshop
7:00pm Parks and Open Spaces Meeting
Tuesday, February 9
1:00pm Movies for Film Lovers-Woman in Gold
Wednesday, February 10
1:00pm COA Orientation Meeting
1:00-2:00pm Blood Pressure Screening 50 Pleasant Street
2:00-3:30 Aging Without Children meeting***
Thursday, February 11
1:30 Zumba Gold $7 a session free to BHA residents
Friday, February 12
TRIPPS Presentation at Putterham Library *
Saturday, February 13
10:00am-12:00pm Cookin' Up Jazz at Goddard house***
Monday, February 15
President's Day Senior Center Closed
Tuesday, February 16
10:00am-12:00pm Real Estate Tax Exemption
12:00 noon February Birthday Celebration
1:00pm Movies for Film Lovers-Something The Lord Made
Wednesday, February 17
1:30pm Modern Beading Workshop
2:00-3:30 Aging Without Children meeting***
Thursday, February 18
9:00-10:00am Blood Pressure Screening at BSC
1:00pm Prescription Advantage Information Session***
1:00-2:00pm Brookline Hearing Service
Friday, February 19
Saturday, February 20
11:00am-1:00pm LGBT Out 2 Brunch Bunch*
Monday, February 22
2:00-3:00pm Putterham Book Discussion group-*Dark Winter* by David Mark
Tuesday, February 23
9:00-10:00am Nonfiction Book Group-The War at the Wall Street Journal: Inside Struggle to Control an American Business Empire
by Sarah Ellison
12:00 noon Out To Lunch Group***
1:00pm Movies for Film Lovers-Meet the Patels
2:00-3:30pm Networking Support Group-
Wednesday, February 24
1:00pm Silver Leaf Gospel Singers
1:00-2:00pm Blood Pressure Screening 61 Park Street
1:30-3:30 Memory Connections Café
2:00-3:30 Aging Without Children Meeting***
Thursday, February 25
1:00pm Mass College of Pharmacy Workshop
2:00-3;00pm TRIPPS Uber Training***
Friday, February 26
9:00am-12:30pm Edward M. Kennedy Institute-to register call Sara at 617-730-2082 ***

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 membership required
9:30 Figure Drawing *** (on Vacation in February)
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***
2:00-4:00pm Open Computer Lab

Friday

8:30 am-4:30 pm Fitness Center Open-Membership required
9 :00 am Bridge
10:00 am Solemates Walking Group ***
10:30 am Current Events Discussion Group
10:30 am Senior Chorus
12:00 noon Springwell Lunch ***
12:30-2:00 pm Basic Computer Class in Spanish ***
1:00-2:00pm Bootcamp for Seniors **
1:00-5:00 pm Ping Pong
2:00-3:30pm Tai Chi **
3:00 pm Latino Instrumental and Vocal ***

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

Brookline Health Care Center
A HealthBridge Management Company

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

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

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

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

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

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

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

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

Brookline Health Care Center

A Nursing and Rehabilitation Center

99 Park Street, Brookline, MA 02446 • 617-731-1050

www.healthbridgemanagement.com

416172

FOOD DISTRIBUTION SITE

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

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

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

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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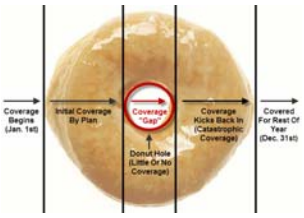
COUPON

LONG TERM CARE INSURANCE 101

Long Term Care Insurance can be a confusing product. It has been described as having "a lot of moving parts". Join Hans Hug, Jr. on **Monday, February 8 at 1:00pm** for an informative workshop in which we'll examine how a modern Long Term Care Insurance Policy really works. You will come away with an understanding of how benefits are paid, how your health affects eligibility, who the major Insurers are for this in Massachusetts, how to design a plan, and whether or not it is even something you should consider. Hans Hug, Jr. is the owner of the LTC Insurance Group, Exeter NH, an insurance brokerage opened in 1999 that specializes in Long Term Care Insurance. Mr. Hug is licensed in several states and as an independent broker, he represents multiple major Long Term Care Insurers. He can be reached for any questions at 888-758-8949 or via email at: hhug@apache1.net. To register for this workshop, please call 617-730-2770.

PRESCRIPTION ADVANTAGE PRESENTATION



Each year thousands of seniors in Massachusetts reach the gap in their Medicare prescription drug coverage (Part D) that is often called the "donut hole." This year, when Medicare beneficiaries (who do **not** get Extra Help) reach the donut hole, will pay 45% of the cost of covered brand name drugs and 58% of covered generic drugs. This means if you take a brand name drug that costs $300 **you will pay $135!!** This is where **Prescription Advantage** can help. Kathy Devine from the Executive Office of Elder Affairs will be at the here on **Thursday February 18 at 1:00pm** to explain how Prescription Advantage can help to fill the hole in your Medicare prescription drug coverage. Registration required 617-730-2770.

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 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/.

MODERN BEADING WORKSHOP

This workshop is for beginners and experienced beaders. We will meet on **Wednesday, February 17 at 1:30 pm** at the Senior Center. Marge Harvey will be on hand to instruct and help. At each workshop you will be able to learn modern techniques of beading using thin Soft Flex and crimps. Combine old beads and broken strands for new and interesting designs. To participate in this workshop, it is essential that you bring materials with you—beads, earring backs, crimps, and one yard of Soft Flex. All are available at local craft stores.

UKULELE GROUP

Do you have a Ukulele? Would you like to join a group to play and sing together? Join our monthly Ukulele Group with Judith Chasin on **Monday, February 1 at 1:00 pm**. Just bring a ukulele, a music stand if you wish, and some songs to share. We can attempt to make beautiful music together! The Senior Center does have a ukulele to loan during class if you don't have your own, but it will be available on a first come, first served basis.

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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.

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REIKI THERAPY

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

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

SHARE YOUR SIGHT

Volunteer to read or shop with a visually impaired person in your area. Volunteer partnerships allow people to remain independent and you will have an opportunity to meet a new friend.

No special skills are required and you may volunteer at a time that is convenient for you. For more information contact Kyle Robidoux, Director of volunteer and support services for the Massachusetts Association for the Blind at 617-926-4312.

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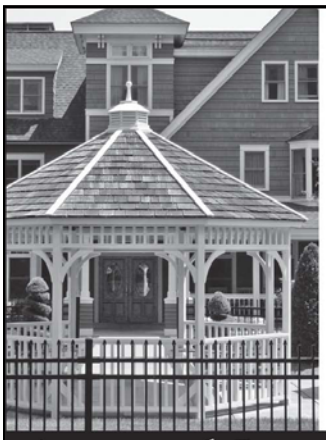

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VOLUNTEERING
A WORK OF HEART

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.

Opportunities we are spotlighting this month are: TRIPPS volunteers for research, alternate travel buddies and event organizer, back-up reception desk coverage, conversation and refreshments for the Memory Café from 1:30-4:30 on the 4th Wednesday of each month, scanning in hundreds of photos of BSC events for use in slide shows at upcoming events, reformatting the resource guide into one Word document and co-leader and driver for the Solemates walking program at Jamaica Pond on Friday mornings at 10:00am.

If you would like to learn more about these and other volunteer opportunities, please call for an appointment with Patricia, the Volunteer Coordinator (617 730 2743).

ANNUAL VOLUNTEER SURVEY & FILE AUDIT

Check your mail! We will be sending you two important mailings. The 1st will contain our annual volunteer survey and an updated comprehensive emergency procedure. The survey gives us valuable data for the Brookline Senior Center annual report so please fill it out and return it to Patricia. The 2nd will include any missing or very outdated forms from YOUR particular volunteer file. Both mailings will include a self-addressed envelope to either mail or drop off for Patricia, Volunteer Coordinator. Any questions, please contact her at 617 730 2743 or pburns@brooklinema.gov

1-ON-1 JOB SEARCH SKILLS APPOINTMENTS

Patricia Burns, the REAP Program Job Skills Counselor is available for 1-on-1 appointments to assist with essential job search tools - resume writing or updating, job-specific cover letters and LinkedIn profile development. Appointments are required. Contact Patricia at 617-730-2743 or e-mail her at pburns@brooklinema.gov for an appointment.

JOB/VOLUNTEER SEARCH SUPPORT TEAM MEETINGS

Join us on **February 23 through March 15** at Brookline Senior Center **from 2:00-3:30 pm.** This group is free to all job and volunteer work seekers. Our goal is to share resources and support with other job seekers. For information or to register please contact Deidre Waxman at: 617-730-2767 or dwaxman@broooklinema.gov
Patricia Burns at: 617-730-2743 or pburns@brooklinema.gov

ONLINE VOLUNTEER SEARCH

Alberta Lipson will be available on **Mondays during the month of February from 2:00-4:00pm** at the Brookline Senior Center. She will be meeting with individual volunteer opportunity seekers for online database inquiry and support.

-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.**

FROM THE BOARD PRESIDENT

Dear Friends,

It's hard to believe it's already February – a short month, but a significant one: Groundhog Day (I'm hoping that spring comes soon!) Presidents' Day, this year is leap year. My favorite - Valentine's Day, I am a a big fan of chocolates and flowers. **If there's someone in your life you'd like to remember, consider making a gift to the Brookline Senior Center in their honor.**
Valentine's Day also reminds me to take stock of whether I've honored the organizations I love as well. I care deeply about the future of the Brookline Senior Center and as a result, have included the Senior Center in my estate planning.
Perhaps you'd like to do that as well. It's relatively easy to do. See the box for suggested bequest language. Or consider making the Brookline Senior Center a beneficiary of your Life Insurance Policy, IRA or 401K. **By planning ahead now, you can help insure a vital Senior Center for years to come.** Be sure to let us know that you've included the Brookline Senior Center in your will or trust so we can recognize your generosity and **include you in our Ambassador Club**.

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

Suggested Bequest Language
(Please consult with your lawyer or financial advisor)
"I give $_____ (or percent of my estate or percent of the remainder of my estate) to Brookline Multi-Service Senior Center Corporation (EIN 04-2719972), a Massachusetts non-profit corporation, currently located at 93 Winchester St,

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!

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.

-SAVE THE DATE-

STOCK OUR SHELVES RESTAURANT EVENT

Don't miss our annual Stock Our Shelves (SOS) Restaurant Event at the Senior Center on **Tuesday, March 22, from 4:00 to 6:00 pm** to support Brookline hunger initiatives. All the Brookline food programs—the Brookline Food Pantry, Meals on Wheels, and the Brookline Food Co-operative (the latter at the Senior Center). Enjoy live entertainment while you sample mouthwatering cuisine. The ***admission fee*** for this event is a donation of $5.00 to the Brookline Senior Center and two to three nonperishable items from the Brookline Food Pantry's Pre-registration is required. For more information and to make reservations, call 617-730-2770. More information to come in the March newsletter.

THANK YOU

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Adele Pike, , Ruthann Dobek
Eleanor Small and the Wednesday Bridge Group, Jocelyne Fisse, and Mary B. Comstock

In memory of:

Anne Schwab from Yolanda Rodriguez
Mildred Adelson from Jonatha Ceely
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Bill Schlesinger from Phyllis Giller
Her grandparents from Bharti Khurana
Esther Seroll from Judi and Alan Wulf, Ruthann Dobek, Sonia and William Wong, Nancy Jacobson

In honor of:

Anne Turner and Harry Bohrs *honoring* Robert Sperber
Joanne K. Robinson *honoring* Berol and Shirley Robinson
Rich Boghosian *honoring* Ruthann Dobek
Special birthday of Dick Green from Enid Leipman
Leslie Prizer *honoring* all seniors
Jodi and Rob Sokoloff *honoring* Mrs. Charlotte Sokoloff
Suzanne G. Teich *honoring* Louise Weinberg
Marena Morrison *honoring* Ilse Lesser and Ralph Perkins
Claire Yung and the Chinese Mah Jong Group *honoring* the Chinese Mah Jong program
Anonymous *honoring* Tuesday Morning Dance Party and Senior Chorus
Charlotte Millman *honoring* Miriam Sokoloff
Kathryn Kilpatrick *honoring* Jim Darmos' 75th birthday
Sonia and William Wong *honoring* Chinese New Year
Ruthann Dobek *honoring* Leroy Neuberg

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More info, contact
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- We treat our clients like our family.
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Thanks to Judy, the sales process was super easy. Your honesty will not be forgotten. I will fondly cherish the memory of you sharing with me "I will make more money with this buyer but this is not the best buyer for you." Human beings like you are rare. We are lucky to know you. *-Dd, past buyer and seller*

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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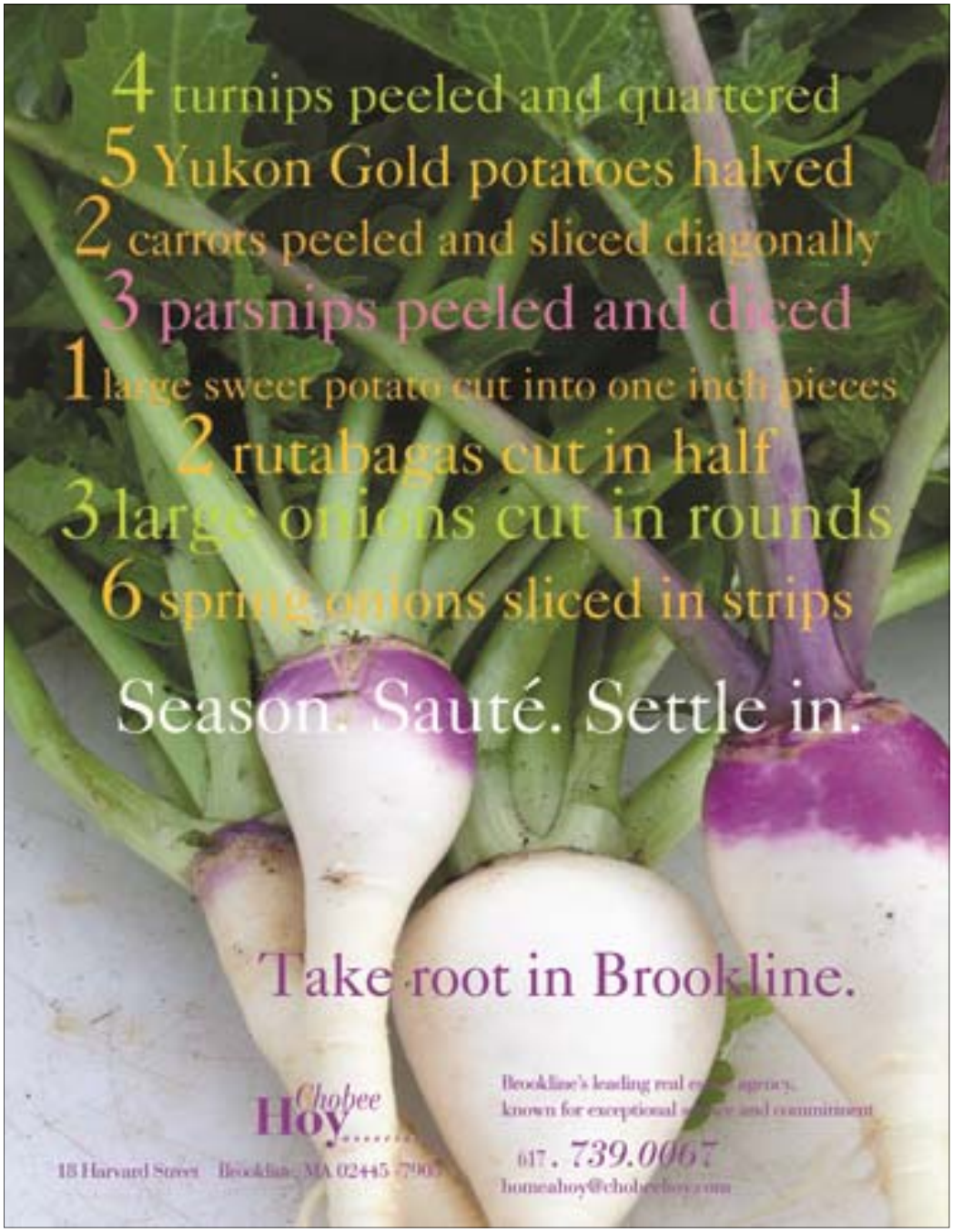
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