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 617 730 2777
Information Hotline 617 730 2778
Senior Center 617 730 2770
Van 617 730 2750

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

Brookline Community Aging Network
www.BrooklineCAN.org

HIGHLIGHTS

Try out Zumba Gold at a free class on **July 5**. See p. 22.

Learn how Networking Works! On **July 12**. See p. 7.

Enjoy the paintings of Barney Beliner beginning **July 23**. See p. 14.

MARK YOUR CALENDARS

…for these important upcoming events at the Senior Center!

Wednesday, October 24
8th Annual Autumn Benefit honoring Barney Frank

***

Friday, November 9, and Saturday, November 10
28th Annual Holiday Craft Fair

JULY 2012

BROOKLINE COMMUNITY AGING NETWORK (BROOKLINECAN) RECEPTION

If you are a new member of BrooklineCAN, are thinking of joining, or are already a member, you are invited to attend the 2nd annual reception on **Wednesday, July 18, from 5:00 to 6:30 pm** at the Senior Center. It has been a busy and productive year for BrooklineCAN. There have been awards both to the organization and to its cofounder, Frank Caro, and the organization itself. And the committees have been working hard.

- Over 50 Brookline businesses have signed on with discounts for BrooklineCAN members
- The vetted list of services now includes computer support, electricians, home contractors, handyman services, painters, plumbers, roofing and gutter contractors, and snow removal
- Livability studies available on the BrooklineCAN web site include available public restrooms in town and searchable apartment and condominium sections by such features as elevators, pets, number of units with 1-, 2-, and 3-bedrooms, etc.

Want to know more about BrooklineCAN? Come to the reception, ***bring a friend***, and learn more about this town-wide effort. Also here's a chance to offer ideas for additional programs and to discover how you can help to make Brookline an even more livable community. For more information about BrooklineCAN and about this reception, go to the web site at **www.brooklinecan.org**. You can also join the organization on the web site.

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Happy 4th of July!

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

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JULY HOLIDAYS

The Senior Center will be closed on Wednesday, July 4, for Independence Day. It's a wonderful day to go to the shore or to barbecue or to have a clambake with your friends, children, and grandchildren. And then, in the evening, sit back and watch the fireworks (and bonfires if you are lucky enough to know a community where this New England custom still exists) while the country celebrates its birthday.

July is also a month of bodacious events. It was in 1796 that the first passports were issued by the US Department of State—on July 8. In 1847, the first US postage stamps went on sale on July 1. In 1898, Guglielmo Marconi received a patent on the first radio (July 13). But we had to wait until 1902 before the air conditioner was invented making the hot summer days more bearable (July 17). And in 1943, taxes were first withheld from paychecks (July 1). July 30, 1969, was a major victory for seniors when Lyndon B. Johnson signed the Medicare Bill. Finally, we all watched with bated breath on July 20, 1969, as Neil Armstrong became the first person to walk on the moon ("one small step for man, one giant step for mankind").

BU AGING STUDY

- Healthy Adults: Age 65 and up
- Good or Corrected to Normal Vision (May Wear Glasses)
- Computerized Visual Task
- $ 8 per visit (hour)
- Please contact Li-Hung Chang at **617-410-6998** for more information.

BOSTON UNIVERSITY

The experiment is conducted in BU Charles River Campus & Brookline Senior Center.

THE ART OF GEORGIA O'KEEFFE —A WORKSHOP—

Join artist Gregory John Maichack at the Senior Center on **Wednesday, July 11, from 1:00 to 3:00 pm** at his workshop *How to Pastel Paint Flowers.*

Become inspired to create beautiful pastel paintings by exploring America's foremost modernist pastel painter of flowers. Focusing on the calla lily, participants work in tandem with Mr. Maichack. Such topics as O'Keeffe's landscapes, shells, and more will also be covered. From sheer beginners with no experience to advanced students, all will experiment with hundreds of Maichack's pastels learning pastel handling techniques O'Keeffe used in her pastel art. Scumbling, feathering, blending, slurring, edges, and layering will be mastered in this direct tactile medium of pure and nuanced color. How layering is accomplished without fixatives for achieving O'Keeffe's *clean* look will be a focus as well as building an abstract foundation through Leonardo da Vinci's revolutionary drawing technique. (*This paragraph is from Mr. Maichack's web site course description)*

All materials will be provided: an array of professional-grade pastels, pastel pencils, Rembrandt pastels, and assorted Canson pastel paper.

This workshop is free but space is limited so reservations are required. Call 617-730-2770 to register. This workshop has been fully funded by a grant from the Brookline Commission for the Arts, a local cultural council, which is supported by the Massachusetts Cultural Council, a state agency.

bca Brookline Commission for the Arts

Massachusetts Cultural Council

Ask a Nurse The Greater Medford Visiting Nurse Association is proud to announce that it will provide this service at the Senior Center on the **second Thursday of each month**—this month that means **July 12 from at 2:00 pm**. The nurse will be able to help you with your health questions. For more information, call 781-396-2633.

Podiatry Clinic Routine foot care with Dr. John McLaughlin is available at the Health Clinic at the Senior Center on **Mondays, July 2, 16, and 30, from 9:00 am to 12:00 noon**. Sessions, which last 15 minutes each, cost $30. Appointments are required. Call 617-730-2777.

Low Vision Group This peer-led support group for individuals with limited eyesight will meet at the Senior Center on **Wednesday, July 18, from 1:00 to 2:00 pm**.

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

And there will also be blood pressure screenings by Barbara Westley, the nurse from the Brookline Public Health Department (BPHD) at the Senior Center on **Thursday, July 19, from 9:00 to 10:30 am**. In addition, the BPHD nurse will provide blood pressure screenings:

- On **Wednesday, July 11,** at Sussman House, 50 Pleasant St., **from 1:00 to 2:00 pm**
- On **Wednesday, July 25,** at O'Shea House, 61 Park St., **from 1:00 to 2:00 pm**

And Megan Cheung, a nurse from the Greater Boston Chinese Golden Age Center (GBCGAC) will do blood pressure screenings at the Senior Center **on Monday, July 23**, during the Chinese programs—**from 12:30 to 2:00 pm**.

Note: There will ***not*** be blood pressure screening at the BPHD building this month.

Health Clinic Note that the Podiatry Clinic and blood pressure and other screenings are now given at our Health Clinic on the second floor.

Shingles is a painful skin rash that can last weeks or years. Immunization is recommended for those aged 60 or over.

If you missed getting a vaccination at the Senior Center in June, you can still get the vaccination at Walgreen's and at many other pharmacies. To find out more about shingles services, call Walgreen's or your local pharmacist.

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

LOWERING YOUR MEDICARE DRUG COSTS

More than 5.1 million seniors and others with disabilities who are on Medicare have saved an estimated $3.2 billion on prescription drugs because of the Affordable Care Act (the health-care reform act).

If you reach the Donut Hole, you will automatically receive a 50% discount on brand-name prescription drugs covered by your Part D plan. For generic drugs covered by your plan, you will pay 86%. These discounts apply whether you buy your drugs at a pharmacy or order them through the mail. What you pay for both brand-name and generic drugs in the Donut Hole will decrease each year until 2020 when the Hole will close entirely.

If you have already reached the Donut Hole, you should already be receiving these discounts. ***In the Donut Hole, you should not be paying full price for your drugs!***

You may be able to get additional help paying for your drugs. Prescription Advantage offers assistance to qualified individuals and can be reached at 1-800-AGE-INFO (1-800-243-4636), then press or say 2. The MCPHS (Massachusetts College of Pharmacy and Health Sciences) Pharmacy Outreach Program (previously known as MassMedLine) can work with you and your doctor to try to reduce your cost. Call 1-866-633-1617.

You can also make an appointment with a SHINE (Serving Health Information Needs of Elders) counselor—volunteers who offer free, confidential counseling on all aspects of Medicare and related health insurance programs. Call the Senior Center at 617-730-2777 and ask for a SHINE appointment.

You can also reach a SHINE counselor by calling 1-800-AGE-INFO (1-800-243-4636) and pressing or saying 3. Once you get the SHINE answering machine, leave your name and number. A volunteer will call you back, as soon as possible.

MY LIFE, MY HEALTH

Springwell has been running a series of Healthy Aging workshops at senior centers in Greater Boston. These workshops run once a week for six weeks and are free. They emphasize healthy eating for successful living.

Is living with a persistent health condition preventing you from really living? Share what you know and learn from others who are experiencing similar challenges such as chronic pain, limited mobility, or decreased energy. Learn strategies developed and tested by researchers that will help you set and meet personal goals, try out simple techniques that can improve your quality of life, improve communication with your doctor, handle stress, and learn to relax.

Come to the ***My Life, My Health*** workshop at the Senior Center in July and August and learn, have fun, and improve your health—all at the same time. The US Department of Agriculture's MyPlate is used as a framework, and classes provide recommendations for combining physical activity with good nutrition.

Come to an **information session on Wednesday, July 11, from 1:00 to 2:00 pm** at the Senior Center. If you like what you see and hear, register by calling 617-730-2770. **The actual workshops will run on Wednesdays, from July 18 through August 29 (no class on August 22), from 1:00 to 3:30 pm**.

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SENIOR SERVICES

The Brookline Senior Center and the Council on Aging (COA) offer a wide variety of programs and activities to help the Brookline senior community in everyday ways. Among the services offered to all seniors, including those who are intent on Aging Well at Home are:

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

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

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

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

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

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

BLAB The Brookline Legal Assistance Bureau volunteer lawyers will **not** have a prescence at the Senior Center **in July**. Come on **Wednesday, August 1, from 9:00 am to 12:00 noon** for legal expertise on matters of law as well as information and referrals. This service is offered free of charge, and no appointment is needed.

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

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

JOBS Job Opportunities for Brookline Seniors is an employment service designed and sponsored by the COA. Its goal is to match Brookline's capable, older workers with local employers who are seeking either part-time or full-time staff. (See also pp. 6 and 29.)

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

SHINE counselors Sonia Wong, Ed Levin, and Sybil Levisohn are on hand at the Senior Center to help individuals explore their health-insurance options. For an appointment with a SHINE counselor, call 617-730-2777. (See also p. 5—Medicare.)

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

ALZHEIMER'S CAREGIVERS SUPPORT GROUP

There are two sessions of this group per month. 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, July 13**. Call group leader Elaine Yanowitz at 617-730-2751 to register for future sessions and/or for further information about this group and for meeting time.

The Evening group will meet **Thursday, July 26**—call Susan Kanian-Andriole for time. Note that this group is temporarily full. However, call group leader Susan at 617-730-2754 if you are interested in being put on the waiting list or for referral information for another local group.

PARKINSON DISEASE SUPPORT GROUP

Everyone is welcome at the Parkinson Disease Support Group meeting on **Friday, July 6 from 1:00 to 2:30 pm**. This month there will be an open discussion. This group is free and no reservations are required.

For more information, call Vanessa Blais at 617-638-7729 or e-mail her at vblais@bu.edu. This group is cosponsored by the Council on Aging and the American Parkinson's Disease Association.

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Laurie Israel, Esq.
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NETWORKING WORKS! A JOB-SEARCH STRATEGY

Research suggests that less than 30% of open jobs are advertised publicly. Learn how to tap the *hidden job market* using your professional network. Join facilitators Deidre Waxman and Anne Spangler to discuss how to find networking opportunities, use your network effectively, and follow up to build new relationships. Share tips and practice conversation starters in a risk-free, supportive setting. So if you are 60+ and in a job search, plan on coming to this free workshop on **Thursday, July 12, from 1:00 to 2:30 pm** at the Senior Center. Space is limited so preregistration is required. For more information and to register, contact Deidre at (617)730-2767 or dwaxman@brooklinema.gov, or Anne at aspangler@brooklinema.gov.

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COUNCIL ON AGING NEWS!

Our Volunteer Coordinator ***Vivian Freeman*** is on vacation for July and August. If you want to talk to someone about the SHOP program, call 617-730-2752; or about volunteering, call 617-730-2756. For an immediate response, call 617-730-2777.

And we also need a substitute driver to fill our ***Van*** needs during July and August. If you are a good driver and enjoy this kind of work, please get in touch with Ruthann Dobek at 617-730-2756. You do not need to have a special license for this job.

We are currently looking for people who would like to serve on two very important committees. The ***Council on Aging Nominating Committee*** puts together the membership slate for the COA board of directors.

And we are also looking for volunteers to represent the Council on Aging on the ***Domestic Violence Roundtable*** (Founded in 1995 to provide a focus for domestic violence prevention and control activities in Brookline, this committee meets at 4:00 p.m. [next meeting is on September 6] on the first Thursday of the month the Brookline Public Health Department building at 11 Pierce Street. Members are from a variety of community-based organizations. The Roundtable has monthly guest speakers, as well as providing an opportunity for networking.)

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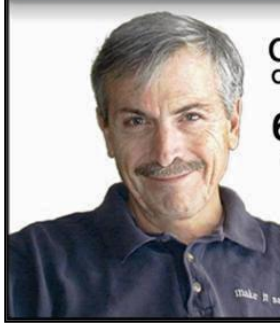

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ON VACATION IN JULY

Many of our regular programs take summer breaks. The ***Brookline Music School Concerts*** and the ***Mass College of Pharmacy*** have finished their series for the year. And the ***Council on Aging*** annually vacations in July and August (except for the ***Nominating Committee***, which meets in August). Other regular events that will ***not*** be held in July are the ***blood pressure screening at the Brookline Public Health Department, BLAB lawyer,*** and the ***Modern Beading Workshop***.

MBTA SENIOR ACCESS PASSES

The MBTA senior reduced-fare CharlieCard events at the Senior Center have been a huge success, and will be scheduled again in 2013. These events will be on hiatus for the rest of this year as the MBTA is reorganizing its operations center. The MBTA is totally reorganizing the management and physical presence of their services group and has already opened a new and improved CharlieCard Store.

If you need a first-time card, go to an MBTA reduced-fare CharlieCard Store (at Downtown Crossing). Bring with you a photo ID (such as a driver's license or RMV [Registry of Motor Vehicles]-issued ID) as proof of age eligibility.

To renew an expired or about-to-be-expired Senior CharlieCard, either bring the card or the above-listed forms of ID to the above listed store or call 617-222-3200 (note that this is a new telephone number) to renew. If you go to an office in person, you will be able to get the card while you wait. If you renew by telephone, the new card will be sent to you in two to six weeks.

ONE-ON-ONE COMPUTER SESSIONS

Are you computer phobic but eager to overcome it? Call 617-730-2777 and make an appointment to get help with basic computer skills and looking up and applying for benefits online. If you have questions, call Olga at 617-730-2768. Preregistration is required. Sessions are being held **on Tuesdays**. Each appointment is for 1 hour. Note that while follow-up appointments are available, preference will be given to those who have not yet had an appointment. And at present, we can only train on PCs. We do not have a Mac trainer available.

JOBS-SEARCH COMPUTER SUPPORT

The JOBS program is also offering computer support—for job searching. If you'd like to meet with a trained volunteer to get help with online job applications, uploading your résumé, creating a job alert, or other job-search technology, call 617-730-2777 for an appointment. This service is available on **Tuesday afternoons from 1:00 to 3:00 pm.**

This summer the JOBS program will also provide individual one-on-one coaching for job seekers. See p. 7 for a description of Networking Works!

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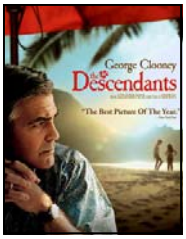
Hebrew SeniorLife is about options and choices for seniors. Nowhere is this more evident than at Center Communities of Brookline-three buildings in the heart of Brookline. These buildings provide an affordable home to 600 seniors who live independently, actively and securely. To learn more about senior 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

MOVIES FOR FILM LOVERS

Summer is upon us. The heat is building up. Come to the cool of the Senior Center every Tuesday afternoon at 1:00 pm and cool off while enjoying a fine feature film. In fact, come early and socialize at lunch at 12:00 noon (see pp. 16-17 for menus and reservation instructions).



July 3
The Descendants (2011) 115 minutes
When a tragic boating accident leaves his wife on life support, an affluent land baron (George Clooney) attempts to mend his relationship with his estranged daughters. But he's also trying to decide whether to let go of some valuable family real estate.

July 10
Hamlet (2000) 111 minutes
The President of the Denmark Corporation has recently been found dead, and his wife has remarried the man suspected of the murder. Nobody is suffering more than her son Hamlet (Ethan Hawke), who is not only determined to avenge his father's murder but is also in love with the enchanting but forbidden Ophelia.

July 17
The Iron Lady (2011) 105 minutes
Meryl Streep provides a subtle and nuanced portrait of Margaret Thatcher, the first female Prime Minister of Britain, whose political career and determination changed the rules that had limited women's opportunities for leadership.

July 24
Potiche (2010) 102 minutes
(In French with English subtitles)
A deft social comedy of the French bourgeoisie starring some of France's most celebrated actors, including Gérard Depardieu, Catherine Deneuve, and Fabrice Luchini. After Suzanne Pujol's (Deneuve) husband has a heart attack, she must take charge of the umbrella factory he manages. The resulting clashes between the genteel Suzanne and the Marxist union boss (Depardieu) generate plenty of riotous class conflict.

July 31
Extremely Loud and Incredibly Close (2011) 129 minutes
Believing that his father left him a message before dying in the September 11 attacks, young Oskar Schell embarks on an emotional odyssey through New York City to find the lock that matches a key he found among his father's belongings. Tom Hanks, Sandra Bullock, Thomas Horn, and Max von Sydow star.

FRENCH CONVERSATION

Hone your French conversational skills with Agnes Serenyi **every Tuesday in July at 12:00 noon**.

EASY TRAVEL

Last month we visited Paris Then. On **Thursday, July 5, at 1:30 pm**, Alice Fastov will take us to Paris Now with photos from her recent trip to the City of Light .

MORE MOVIE VENUES

There are also free weekly movies—***Senior Cinema***—at the Coolidge Corner branch of the Brookline Public Library. They are on Thursdays. Come at 1:00 pm for refreshments. The movie starts at 1:30 pm.

And at the ***Coolidge Corner Theater*** every Wednesday, all four feature films playing before 4:00 pm are only $4 for seniors (ages 62 and above).

ARTZ for Alzheimer's presents an interactive film program for people with memory loss and their care partners at the Coolidge Corner Theater. Admission is ***free*** with an RSVP, and popcorn and drinks are complimentary!

The program is called ***Meet Me at the Coolidge...and make memories*** and is a one-of-a-kind film experience. Short clips from classic films will be shown, followed by audience discussion and reminiscence, guided by a moderator. This program demonstrates how film can be a form of treatment for people with memory loss, Alzheimer's disease, and related dementias. Movies have the power to connect us with our deep-rooted emotional memories--the kind that never leave us.

For tickets, more information, or to volunteer, send an e-mail to Caulfield@ArtzAlz.org or call Sean Caulfield at 781-844-4671.

Summer of the Dragon: Outdoor Film Series

It's the *Year of the Dragon* and the Parks and Open Space Division presents the Summer of the Dragon film series on Monday evenings in July.

July 9	***Kung Fu Panda 2***
July 16	***Karate Kid***
July 23	***How to Train Your Dragon***

All films are at Devotion School Field, behind the Devotion School at 345 Harvard Street. Admission is ***free***. Shows begin **at dusk** (approximately 8:30 pm). Rain dates are the Tuesday following each scheduled performance. Participants are asked to bring their own blankets or folding chairs and a flashlight to make for an easier exit following the films. Parking is limited so viewers are urged to walk, carpool, or use public transportation. Alcoholic beverages are prohibited. Movies will be rescheduled if high wind or rain occurs during the performance.

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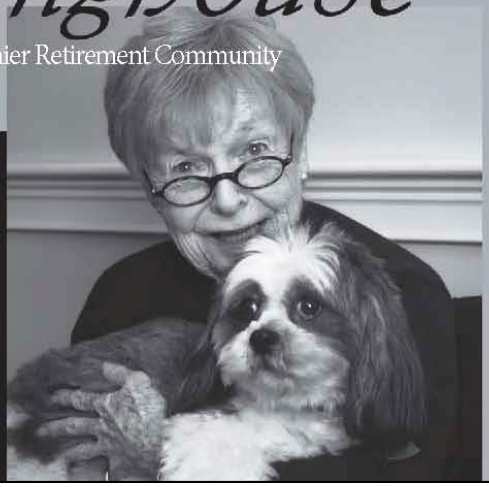

Contact our Marketing Team Today!

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SUMMER SUNDAYS IN THE PARK 2012: MOVIE NIGHT & MUSIC ENSEMBLE

The Emerald Necklace Conservancy presents Summer Sundays in the Park 2012, cosponsored by the Parks and Open Space Division and the High Street High Association, and presented at Olmsted Park's Allerton Overlook, at the intersection of Pond Avenue and Allerton Street.

On **August 5**, Movie Night features the classic ***Toy Story 3*** on the big screen! Kids' activities and crafts begin at 7:00 pm, with the movie at approximately 8:00 pm. Come early for the fun! (Call 617-522-2700 for rain date in case of inclement weather).

On **August 12**, Berkelee College of Music presents world music ensemble, ***Kina Zoré***. Blending elements of traditional and contemporary African music, the danceable rhythms of Kina Zore will have you on your feet in no time! (Call 617-522-2700 for rain location in case of inclement weather).

Note: Summer Sundays also includes a number of events on ***Sundays in July at Pinebank***, Jamaica Pond, co-presented with the Friends of Jamaica Pond and cosponsored by Boston Parks and Recreation. All events start at 6:00 pm.

July 8: Boston Opera Collaborative presents *Champagne Wishes and Operatic Dreams* performed by the artists of Boston Opera Collaborative. (Call 617-522-2700 for rain location in case of inclement weather.)

July 15: Boston Landmarks Orchestra Brass Ensemble and Friends Family Concert (Rain location: St. John's Episcopal Church, 1 Roanoke Avenue, Jamaica Plain)

July 22: Metropolitan Wind Symphony—selections of popular and classical music under the direction of Lewis J. Buckley)

July 29: 6pm A Far Cry Chamber Orchestra Ensemble supported by the Free for All Concert Fund

WEDNESDAY EVENING SUMMER CONCERTS AT EMERSON PARK

July 11	***The Corvairs***
July 18	***Vanessa Trien & The Jumping Monkeys***
July 25	***Mollie's Misfits***
August 1	***Dusty Gray***
August 8	***True West***
August 15	***Chasing Blue***

All concerts are from 6:00 to 8:00 pm at Daniel Ford Playground at Emerson Gardens, Emerson Street and Davis Avenue.

The Recreation Department presents its 2012 Summer Concert Series, which is free and open to all. Family and friends can gather at Emerson Park for an evening of great entertainment! Bring a picnic basket, a lawn chair, and a group of people eager to have a good time, then sit back and enjoy a variety of music including pop, folk, oldies, bluegrass, country, and rock. Children can play on the equipment within the park as well as in the splash pad or dance along in front of the stage to the music. Visit one of the many booths to receive information on additional events as well as giveaways from our sponsors! Please contact the Recreation Department at (617) 730-2069) for further information or to become a sponsor.

PROUD TO SUPPORT THE BROOKLINE SENIOR CENTER

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GARDENING NEWS

The *Gardening Group* meets every **second and fourth Friday from 10:30 am to 12:30 pm in July and August** (and possibly September), rain or shine behind the Senior Center in sunshine, inside in rainy weather. **July meetings are on the 13th and the 27th**. If rain keeps us inside, we will share gardening information, peruse gardening books, and envision future garden design features.

Volunteers needed! The Brookline High School Food Justice Committee will break ground on its organic community garden in a couple of weeks and will garden over the summer. A small group of volunteers with gardening experience are needed to work with the teens for a couple of hours a week over the summer and fall. Seniors—here is a perfect opportunity to share your years of gardening expertise. And a special incentive to help is that the teens plan to deliver produce from this garden to Brookline seniors.

The hope of the teens is to build a thriving garden and greenhouse program at Brookline High School (BHS). If you are interested in working with them this summer or for more information in general, call Sharon Devine at 617-730-2769. If you want to support other aspects of food justice work (food drives, educational events, and so forth), contact Micah Katz-Zeiger, Community Resource Coordinator for the BHS garden directly at mccahkz@yahoo.com.

Sean P. Hogan
Financial Advisor

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BROOKLINE FARMERS' MARKET

The Brookline Farmers' Market is back for the summer! What a wonderful place to spend an afternoon getting locally grown and/or prepared vegetables, fruits, herbs, cheese, eggs, plants, cut flowers, tarts, pies, breads, preserves, honey, turkey, beef, and lamb. And when they are in season, you will also find strawberries, plums, apples, blueberries, peaches, pears, cherries, and nectarines. If you need a cooling break from shopping, the ice cream truck will be there, too, as usual.

The Farmers' Market is **open on Thursdays from 1:30 pm until dusk**, rain or shine, **through October 25** at the Centre Street West Parking Lot. Don't miss it. It is always a treat to the tummy...and the eye—and it's local!

Moving? Downsizing?

the move maven

Call Karen Zweig
for a free consultation!

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karen@movemaven.com

Brookline Adult & Community Education

BA&CE

Join us, new classes starting soon!

www.brooklineadulted.org
617-730-2700

AT THE GALLERY

Photo by Gwen Ossenfort

The Brookline Senior Center
Cordially invites you
to an exhibit of paintings by

Barney Berliner

Monday, July 23
through Friday, October 12

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

Reception with the Artist
Wednesday, September 12
From 6:00 to 8:00 pm

BROOKLINE ADULT & COMMUNITY EDUCATION COURSES

Brookline Adult & Community Education (BA&CE) offers several courses ***at the Senior Center*** each term. The summer term is no exception and the courses are varied and interesting. For more information about these and other courses—consult the BA&CE Summer 2012 catalog available widely in Brookline or online at brooklineadulted.org. To register for courses, call BA&CE at 617-730-2700 or access BA&CE online at brooklineadulted.org.

BA&CE courses available at the Senior Center in July and August include:

Yoga for Older Adults
Stefi Shapiro, Instructor
***Course code:* W044 *Cost:* $27**
Chair class: Tuesdays from 2:00 to 3:00 pm
July 31, August 7 and 14

Mat class: Tuesdays from 3:00 to 4:00 pm
July 31, August 7 and 14

Balance and Flexibility for Seniors
Kristen Mercier, Instructor
***Course code:* D208 *Cost:* $40**
Fridays from 1:00 to 2:00 pm
August 3, 10, 17, and 24

***George Eliot's* The Mill on the Floss**
Susan Gorman, Instructor
Course code:* H086 *Cost: $85
Wednesdays from 10:30 am to 12:30 pm August 8, 15, and 22

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!

COMPUTER COURSES FOR SENIORS

There are a variety of computer courses for senior citizens that are given at the Senior Center. Students interested in taking courses, but unsure of which class to enroll in, should contact Bob Roll at 617-730-2782. Courses starting in July and August are:

Introduction to Computer Basics for Seniors
Bob Roll, Instructor *Code:* **C116**
Thursdays from 9:30 to 11:30 am
July 5, 12, 19, and 26

Intermediate Computer Basics for Seniors
Bob Roll, Instructor *Code:* **C157**
Fridays from 9:30 to 11:30 am
July 6, 13, 20, and 27

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

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)

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LIBRARY NEWS!

Good…no great news! The Brookline Public Library Trustees have voted to keep the Coolidge Corner branch of the library *open* on Sundays in July and August. There has been a lot of to-ing and fro-ing about this issue, but we now have a definite commitment. Council on Aging board member, Town Meeting member, and general all-around advocate for elders Evelyn Roll made the case beautifully in defense of opening :

> In the 1950s, here was a popular song titled, "Saturday Night is the Loneliest Night of the Week". And anyone without family and close friends nearby, single mothers and fathers, and especially senior citizens, will say instead that summer Sunday afternoons are really the loneliest days of their lives! When others are visiting family, leaving town for summer beach fun, etc., being alone in a town that has emptied of most people, is depressing and sad.
>
> Being able to stop in at the Coolidge Corner library and browse through books or having a place to go with your child to sit and read to him or her, is absolutely the best medication against depression to fill in those very lonely hours.
>
> Many years ago, when my son was very young, there were many weekends when my husband had to be away doing some consulting work. It was the early 1960s and the Massachusetts "Blue" laws kept everything closed all day long. Only two brave Brookline establishments—Brookline Booksmith and George's Folly—paid the $50 fine and stayed open on Sundays. With my family in New York City and friends away or with their own families, I would put my child in his stroller and wheel him to both stores, just to feel I had a place to go to when the streets and parks were empty and I felt so very alone.
>
> Please vote having summer Sunday opening of the Coolidge Corner Library…
>
> ***Editor's note:*** *This e-mail to the Trustees certainly didn't hurt! We can all make a difference with reminiscences like this.*

Springwell Nutrition Program JULY 2012

617-730-2770

MONDAY	TUESDAY	WEDNESDAY
2) Tomato Florentine Soup Cheeseburger, Ketchup/Mustard/Relish, Lettuce & Tomato, Peppers, Onions & Mushrooms, Sweet Potato Wedges, Hamburger Roll **OR** Tuna Salad w/Lettuce Leaf, Cucumber Dill Salad, Rice Tomato Black Olive Salad, Wheat Bread Peaches	3) **Independence Day** **Cold Picnic Special** ***Cold Fried Chicken (bone-in chicken) BBQ Sauce Summer Potato Salad Riviera Salad Tossed Salad w/Lite Italian Dressing Wheat Bread Berry Parfait w/Vanilla Pudding	4) **4TH OF JULY HOLIDAY** **NO MEAL SERVICE**
9) Lentil Spinach Soup Vegetable Cheese Quiche, Red Bliss Potatoes, Broccoli & Cauliflower, Oatnut Bread **OR** BBQ Breaded Chicken Breast Filet w/ Mozzarella Cheese, Sliced Red Onions, Summer Potato Salad, Tomato & Zucchini Salad, Hamburger Roll Ice Cream Cup	10) Vegetable Soup Baked Fish w/Butter Crumb Topping, Lemon Wedge, Whipped Sweet Potatoes, Green & Waxed Beans, Whole Wheat Roll **OR** Turkey w/American Cheese, Lettuce Leaf, Lite Mayo, Purple Cabbage Coleslaw, Tomato & Broccoli Salad, Bulkie Roll Chocolate Chip Cookie	11) Whole Grain Lasagna Roll Up w/ Meatball & Tomato Sauce, Parmesan Cheese, Brussels Sprouts, Multigrain Bread **OR** Egg Salad w/Lettuce Leaf, Tossed Salad w/Lite Italian Dressing, English Pea Salad, Oatnut Bread Prunes
16) Veal Marsala w/Mushrooms, Garlic Mashed Potatoes, Carrots, Oatnut Bread **OR** Roast Beef w/Provolone Cheese, Lite Mayo, Lettuce Leaf, German Potato Salad, Cucumber Tomato Salad, Rye Bread Butterscotch Pudding	17) **July Birthday Lunch** Minestrone Soup Spanish Shepherd's Pie, Summer Squash and Tomato Sauté, Snowflake Dinner Roll **OR** California Chicken Salad w/Lettuce Leaf, Riviera Salad, Pasta Salad w/Cheese, Oatnut Bread Chocolate Cake w/Vanilla Frosting and Sprinkles	18) Baked Macaroni & Cheese, Broccoli & Cauliflower Marinara, Whole Wheat Bread **OR** Turkey w/Swiss Cheese, Lite Mayo, Lettuce Leaf, Macaroni Salad, Tossed Salad w/Lite Italian Dressing, Multigrain Bread Applesauce
23) Split Pea Soup Meatloaf w/Mushroom Gravy, Mashed Potatoes, Dilled Carrots, Multigrain Bread **OR** Chicken Salad w/Lettuce Leaf, Tomato & Zucchini Salad, Orzo Vegetable Salad, Oatnut Bread Pears	24) Clam Chowder Fiesta Baked Fish, Whipped Sweet Potatoes, Seasoned Green & Waxed Beans, Wheat Bread **OR** ***Ham w/Swiss Cheese, Lite Mayo, English Pea Salad, Tossed Salad, Lite Italian Dressing, Rye Bread Carnival Cookie	25) Pasta Fagioli Soup Chicken w/Creamy Italian Sauce, Roasted Red Potatoes, Zucchini, Mushrooms & Onions, Oatnut Bread **OR** Tuna Salad w/Lettuce Leaf, Fruity Rice Salad, Spinach Mandarin Orange Salad w/Lite Italian Dressing, Bulkie Roll Fresh Fruit
30) Cream of Butternut Squash Soup Baked Fish w/Broccoli Cheese Sauce, Roasted Red Potatoes, Peas, Rye Bread **OR** Breaded Chicken Breast Filet, Lettuce Leaf & Lite Mayo, Coleslaw, Pasta Salad w/ Cheese, Hamburger Roll Tropical Mixed Fruit	31) Roast Pork w/Cinnamon Apple Glaze, Country Blend Vegetables, O'Brien Potatoes, Whole Wheat Bread **OR** Tuna Salad w/Lettuce Leaf, Spinach Mandarin Orange Salad, Lite Italian Dressing, English Pea Salad, Multigrain Bread Fresh Fruit	**For meal reservations on Monday, call the previous Friday by 11:00 am.** **For meal reservations on Tuesday through Friday, call the previous day by 11:00 am.**

THURSDAY	FRIDAY
5) American Chop Suey, Parmesan Cheese, Mixed Vegetable Blend, Tossed Salad w/ Lite Dressing, Oat Dinner Roll **OR** ***Ham w/American Cheese, Mustard, Lettuce Leaf, Spinach Mandarin Salad w/ Lite Italian Dressing, Corn Salad, Oatnut Bread Fresh Fruit	6) Mushroom Barley Soup Salmon Boat w/Lemon Butter Sauce, Spinach, Whipped Potatoes, Multigrain Bread **OR** Roast Beef w/American Cheese, Lettuce Leaf, Mustard, Lo Mein Pasta Salad, Riviera Salad, Rye Bread Cherry Turnover
12) Cream of Sweet Potato Soup Chicken Divan, Lemon Rice, Italian Blend Vegetables, Italian Bread **OR** Roast Beef w/Swiss Cheese, Lettuce Leaf, Lite Mayo, Orzo Vegetable Salad, Cucumber Dill Salad, Wheat Bread Mixed Fruit	13) Beef Stew, Peas, Corn Bread **OR** Tuna Salad w/Lettuce Leaf, Macaroni Salad, Riviera Salad, Rye Bread Fresh Fruit
19) Oriental Vegetable Soup Chicken Lo Mein, Oriental Vegetable Blend, Multigrain Bread **OR** Tuna Salad w/Lettuce Leaf, Pesto Pasta Salad, Coleslaw, Wheat Bread Pineapple	20) Cream of Butternut Squash Soup Breaded Fish w/Lemon Butter Sauce, Tartar Sauce, Au Gratin Potatoes, Sliced Beets, Rye Bread **OR** Chef Salad w/Ham, Cheese & Egg, Lite Italian Dressing, Potato Salad, Scali Bread Fresh fruit
26) ***Reduced Sodium Hot Dog, Baked Beans, Coleslaw, Ketchup/Mustard/Relish, Hot Dog Roll **OR** Turkey w/American Cheese, Lettuce Leaf, Lite Mayo, Purple Cabbage Coleslaw, Orzo Vegetable Salad, Wheat Bread Ambrosia	27) Whole Grain Lasagna Roll Up w/Meatball & Tomato Sauce, Spinach, Whole Wheat Bread **OR** Egg Salad, Lo Mein Pasta Salad, Tomato Pepper Salad, Multigrain Bread Pineapple

ALL MEALS INCLUDE 8 OZ. OF 1% MILK AND MARGARINE. ALL SOUPS COME WITH CRACKERS.

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

*****Higher Sodium Content**

Menu subject to change. $1.75 suggested donation

LUNCHEON SPECIALS FOR JULY

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

On **Tuesday, July 3**, come to the **Springwell Independence Day Cold Picnic Special** just like the old days with fried chicken, potato salad… everything but the ants!

And on **Tuesday, July 17**, enjoy the **July Birthday Special**. When you are making lunch reservations, don't forget to tell us if you or someone in your party has a July birthday.

The **Let's Go Out to Lunch** group will go to Vine Ripe Grill in Chestnut Hill on **Tuesday, July 31 at 12:00 noon**. Call 617-730-2770 if you would like to join them and if you need transportation.

And SAVE THE DATE—Tuesday, August 28—when the group will go to the ever-popular Tin Tin Buffet in Brighton.

JULY AT A GLANCE*

Monday, July 2
9 am-12 noon Podiatry Clinic***
10 am-12:30 pm Introduction to Watercolor**
1-2 pm Blood pressure screening with nurse from Brookline Health Care Center
1-3 pm Senior Center Decorators
Tuesday, July 3
8:30-9:30 am Nia for Seniors**
10:30 am-12:30 pm Literary Discussion: Summer**
12 noon Springwell Independence Day Cold Picnic Special lunch***
1 pm Movie for Film Lovers—*The Descendents*
Wednesday, July 4
INDEPENDENCE DAY, Senior Center is closed.
Thursday, July 5
1:30 pm Easy Travel with Alice Fastov—Paris Now
1:30-2:30 Zumba Gold—free introductory class
Friday, July 6
1-2:30 pm Parkinson Disease Support Group
2-3:30 pm Tai Chi for Seniors**
2:15-3:15 pm Strength Training and Conditioning for the Active Senior**
Monday, July 9
10 am-12:30 pm Introduction to Watercolor**
1-3 pm Senior Center Decorators
Tuesday, July 10
8:30-9:30 am Nia for Seniors**
10:30 am-12:30 pm Literary Discussion: Summer**
1 pm Movie for Film Lovers—*Hamlet* (Ethan Hawke)
1-3 pm A Matter of Balance***
Wednesday, July 11
1-2 pm Blood pressure screening with Barbara Westley, nurse from the Brookline Public Health Department (BPHD) at Sussman House
1-2 pm My Life, My Health informational meeting
1-3 pm The Art of Georgia O'Keeffe workshop***
Thursday, July 12
1-2:30 pm Networking Works! Workshop***
1:30-2:30 pm Zumba Gold
2 pm Ask a Nurse
Friday, July 13
10:30 am-12:30 pm Gardening Group
2:15-3:15 pm Strength Training and Conditioning for the Active Senior**
2-3:30 pm Tai Chi for Seniors**
Afternoon Alzheimer's Caregivers Support Group—call for time
Monday, July 16
9 am-12 pm Podiatry Clinic
2-3 pm Putterham Book Discussion Group—*The Hare with the Amber Eyes: A Family's Century of Art and Loss* by Edmund de Waal
Tuesday, July 17
10:30 am-12:30 pm Literary Discussion: Summer**
12 noon July Birthday lunch***
1 pm Movie for Film Lovers—*The Iron Lady*
1-3 pm A Matter of Balance***
Wednesday, July 18
1 pm Elder Law Update
1-2 pm Low Vision Group
1-3:30 pm My Life, My Health workshop***
5-6:30 pm BrooklineCAN Reception
Thursday, July 19
9-10:30 am Blood pressure screening with Barbara Westley nurse from BPHD
10:30-11:30 am Arthritis Exercise Class***
1:30-2:30 pm No Zumba Gold today
Friday, July 20
9:45 am-2:30 pm Brookline Rec tour of Fenway Park***
2-3:30 pm Tai Chi for Seniors**
Sunday, July 22
2 pm Theater Club goes to Annie***
Monday, July 23
8:30 am-5 pm New Gallery show starts—Paintings by Barney Berliner
12:30-2 pm Blood pressure screening with Megan Cheung from the Greater Boston Chinese Golden Age Center
1 pm 1st Holiday Craft Fair planning meeting
Tuesday, July 24
9-10 am Public Issues Nonfiction Book Discussion Group—*Taking on the Trust: The Epic Battle of Ida Tarbell and John D. Rockefeller* by Steve Weinberg
10:30 am-12:30 pm Literary Discussion: Summer**
1 pm Movie for Film Lovers—*Potiche*
1-3 pm A Matter of Balance***
Wednesday, July 25
1-2 pm Blood pressure screening with Barbara Westley nurse from BPHD at O'Shea House*
1-3:30 pm My Life, My Health workshop

Thursday, July 26
10:30-11:30 am Arthritis Exercise Class***
1:30-2:30 pm Zumba Gold
Evening Alzheimer's Caregivers Support Group—call for time
Friday, July 27
10:30 pm-12:30 pm Gardening Group
Monday, July 30
9 am-12 noon Podiatry Clinic
Tuesday, July 31
12 noon Let's Go Out to Lunch group dines at Vine Ripe Grill* & ***
1 pm Movie for Film Lovers—*Extremely Loud and Incredibly Close*
1-3 A Matter of Balance

** All events are at the Senior Center unless otherwise noted.*
*** 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, appointments, or reservations required.*

Recipe for our time from old times!

DEPRESSION CAKE

1 cup raisins
2 cups water
2 tablespoons oil
1 cup brown sugar
1 cup white flour
1 cup whole wheat flour
1.5 teaspoons baking soda
1 teaspoon cinnamon
1 teaspoon nutmeg

Boil 2 cups of water. Place raisins in a large stainless steel mixing bowl, and cover with the boiling water. Set aside and allow the hot water to supersaturate the raisins until the raisins are nice and plump, with about 1 cup of water left (1/2 the amount originally poured).

Thereafter, combine all ingredients into the mixing bowl and stir until well-blended.

Pour in a lightly oiled 8x8 inch baking pan and place into an oven pre-heated of 325 degrees. Bake for 35-40 minutes. Let cool completely before serving.

If desired, frost with a thin layer of icing. Combine organic powdered sugar, vanilla extract, an unsweetened organic plant-based milk, and a bit of softened Earth Balance Natural Buttery Spread to create a delicious icing. Trust yourself regarding the appropriate amounts of the ingredients--you can see and taste the desired consistency--an easy way to increase your confidence in the kitchen!

ONGOING SENIOR CENTER EVENTS

Monday
8:45-10:15 am Head-to-Toe Fitness for Seniors (90 minutes)**
9:30-4:30 Fitness Center open***
10:30-11:30 pm Head-to-Toe Fitness for Seniors (60 minutes)**
12:30 pm Chinese programs
12 noon-4 pm BETS
1 pm Mah Jongg/Scrabble
1-2 pm Line dancing $2.00/session
2-4 pm Open computer lab

Tuesday
One-on-One Computer Sessions***
Jobs-Search Computer Support***
9:30 am-4:30 pm Fitness Center open***.
10 am Flexibility, Resistance, & Balance Exercise
10:15 am Brookline Bees, Quilters
12 noon French Conversation
12 noon-4 pm BETS
1 pm Bingo
1 pm Movies for Film Lovers
1-3:30 pm Food distribution (hours are approximate)
2-3 pm Yoga for Older Adults (chair class)—July 3, 10, 17, and 24 Section 1 starts July 31 Section 2**
3-4 pm Yoga for Older Adults (mat class))—July 3, 10, 17, and 24 Section 1 starts July 31 Section 2**
3-4:30 pm Latino Instrumental and Vocal Music sessions

Wednesday (except July 4)
8:45-10:15 am Head-to-Toe Fitness for Seniors (90 minutes)**
9-10 am Living Our Values
9:30 am Bowling *at Ron's 20th Century Bowling Alley in Hyde Park*
9:30-4:30 Fitness Center open***
10:30 am Retired Men's Club
10:30-11:30 pm Head-to-Toe Fitness for Seniors (60 minutes)**
12 noon-4 pm BETS
12:30 pm Bridge
2-4 pm Open Computer Lab

Thursday
9:30-11:30 am Drawing for Pleasure
9:30-11:30 am Introduction to Computer Basics for Seniors**
9:30-4:30 Fitness Center open***
10:30 am Knit and Crochet
1-2 pm Beginners Spanish classes—registration required
1:30 pm Knit and Crochet
1:30 pm Russian Tea Room—For more information, call Rita Kropp at 617-730-2106
1:30 pm-Dusk Brookline Farmers' Market at the Centre Street West Parking Lot
2-3 pm Spanish Conversation Group***.

Friday
9 am Bridge
9:30-11:30 am Intermediate Computer Basics for Seniors**
9:45 am Solemates, Walking Group
10am-3 pm Fitness Center open***
10 am Project Volunteer
10:30 am Current Events Discussion Group
10:30 am Senior Chorus
12:30-2 pm Basic Computers for Spanish-speaking Seniors
1-2 pm Meditation in Movement

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

ASK A GERIATRICIAN

Question: What vaccinations should older adults get?

Answer: As we age, our immune systems get weaker, making it easier to catch certain diseases. Vaccines can help prevent dangerous diseases by helping the body develop immunity to these diseases and the ability to fight them in the future. There are four vaccinations that are recommended for adults older than 65:

1. Influenza vaccine (the flu). Get a dose every fall.
2. Tetanus, diphtheria and pertussis (whooping cough) also called the DTaP vaccine. After getting the DTaP, you need a Td booster shot every 10 years.
3. Shingles (for adults older than 60). This is a one-time dose.
4. Pneumococcal (pheumonia) vaccine. A one-time dose should protect against many kinds of pneumonia.

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

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

It is important to keep a record of your immunizations, since people often get different vaccines at different places, such as doctors' offices, flu clinics, public health facilities, and pharmacies.

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ELDER LAW UPDATE

On **Wednesday, July 18, at 1: 00 pm** at the Senior Center, Attorney Timothy Loff will present a program outlining new developments in probating estates made due to the recent implementation of the new Massachusetts Uniform Probate Code adopted in March 2012, and other recent developments in elder law.

Mr. Loff, a Newton attorney specializing in estate and health-care planning and other elder law issues, including disability and long-term care planning; guardianship and conservatorship; trusts; and estate administration. He is a member of the West Suburban Alzheimer's Partnership, the Waltham Elder Services Providers, the Newton Inter-Agency Council on Aging, and past chair and current member of the West Suburban Elder Services Money Management Advisory Board. Tim presents frequently to local and state groups and organizations on egal issues affecting seniors and disabled persons and their families.

ELF

The Equipment Loan Fund (ELF) open house in May was a huge success! Many of you came to view all of the medical equipment ELF had on hand. Remember that the offer of borrowing medical equipment is available year round! Call Karin Wannamaker at 617-730-2753 to borrow or donate an item or even multiple items. Because of space limitations and other guidelines, ELF is not able to accept all items, so please call and speak to Karin before dropping items off.

The ***Brookline Rotary's Medical Equipment Drive*** to collect much-needed equipment for third-world countries, is taking place from July 9 through August 3, If you have something to contribute, call Karen at 617-730-2753 as she is coordinating the Council on Aging's participation in this drive.

Healthy adults, 18-85,
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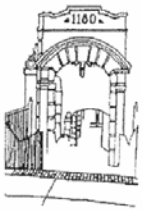
Research conducted at Boston College

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



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ZUMBA GOLD

This combination of Latin salsa, cardio workout, and interval moves is the hottest dance craze and the most fun workout program around. Get in shape and have fun doing so in this dynamic and effective fitness system given at the Senior Center.

Classes run **from 1:30 to 2:30 pm**. Try it out at a free introductory class on **Thursday, July 5.** Then join the full semester from **July 12 through August 30 (no class on July 19)** for only $40. If you can't, or don't want to, do the full semester, individual classes cost $7 per session and drop-ins are welcome.

This semester is free for Brookline Housing Authority residents thanks to a grant by the Brookline Community Foundation.

Brookline Community Foundation

SENIOR CENTER DECORATORS

Join this fun crafting group and help make stars and stripes for the Fourth of July, goblins for Halloween, snowmen for Christmas, and much more—all to adorn the walls of the Senior Center! The group will meet from **1:00 to 3:00 pm on Mondays, July 2 and 9.**

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SENIOR SCENE

This Brookline Access Television (BATV) program focuses on some very special BrooklineCAN projects. Carol Schraft gives an overview of the apartment/condo survey that is now available on BrooklineCAN.org—currently to everyone but eventually only to BrooklineCAN members. On this same program, Jules Levine gives an update of work being done to ensure caregivers overnight parking permits if they need them. And Lucy Robb talks about the traffic on Route 9. Frank Caro, co-founder of BrooklineCAN, is on hand to expand on all of these topics, which are concerns of the Livable Communities Committee. This is a program that is not to be missed.

has experienced technical difficulties running this newest Senior Scene program. However, the difficulties have been worked out and the new show, hosted by Bette Joel, is now airing on BATV in its usual time spot on Thursdays at 7:00 pm with repeat airings on Fridays at 1:00 pm and Sundays at 7:30 pm.

And don't miss the BrooklineCAN summer reception on July 18—see p. 1.

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FROM THE DIRECTOR

July is usually a time for summer vacations and a slower pace, but not so much here at the Senior Center. Come in to enjoy special programs as well as our regular programming all summer long. And remember if there are more heat waves—stop by as we are a Cooling Center for your comfort.

We are especially pleased to bring to the Senior Center the BrooklineCAN Membership Event (see p. 1). If you are curious to hear more about this exciting group that is working hard to make Brookline an even stronger community, stop by on July 18 from 5:00 to 7:30 pm. You will hear more about BrooklineCAN—Brookline's unique answer to the Village Movement. Come enjoy light refreshments and door prizes. We especially want you to bring a potential new member to the event.

This summer we welcome a variety of student interns to the Senior Center. When you see the students in the building, give them a warm welcome and chat with them.

We also have a request to help high school students who are creating a hunger garden (see p. 13). If you are interested in helping, contact Sharon Devine at 617-730-2769.

Several exciting day trips from Recreation still have openings. See p. 28 and drop by the Senior Center to pick up their flyers.

The Theater Club certainly is not taking the summer off! Make your reservations now to see several great summer shows. For more details, see p. 25.

The heat of summer will be felt as Mary continues her great workout Zumba classes (see p. 22) on Thursday afternoons. For people who live in Brookline Housing, the Zumba classes continue to be free thanks to the generosity of the Brookline Community Foundation.

One of my favorite events is showing off the Senior Center, especially to international guests.

Left to right: Enid Shapiro, Ruti Agmon (geriatric social worker from Israel), and Ruthann Dobek

Ryuichi Takaoka, the director of an adult day-care program in Japan, visited the Senior Center. Photo courtesy of his daughter, Yuko Sato.

We had visitors from Israel and Japan who were quite impressed by the activities and support that exist in Brookline. You can feel proud of your community and what it provides for its seniors.

And finally, I want to wish a Happy Fourth of July to all. My family always has a big party to watch the glorious fireworks and enjoy the delicious summer foods. I especially enjoy juicy grilled burgers, sweet watermelon, and fresh corn on the cob.

Summer flies by so quickly when you are an adult so make sure to savor your favorite tradition! Keep cool—come to the Senior Center to enjoy our air conditioned building, drink extra water this month, and join me at the Farmer's Market (see p. 13) for yummy summer treats and socializing with your neighbors.

—Ruthann Dobek, Director

HOLIDAY CRAFT FAIR

Can you believe it? The annual Holiday Craft Fair will be held on Friday, November 9, and Saturday, November 10! And that means that the planning must begin ***now***! If you want help plan and execute the fair, come to the first planning meeting on **Monday, July 23, at 1:00 pm** at the Senior Center.

THEATER CLUB

The Senior Center Theater Club has big plans for special **Sundays at 2:00 pm** for the rest of the fall—through November. The lineup for July and August alone is impressive:

***Annie*—July 22, at 2:00 pm** **$43**
at the North Shore Music Theatre in Beverly

Annie tells the story of a spunky orphan determined to find her parents who abandoned her years ago on the doorstep of a New York City orphanage run by the cruel, embittered Miss Hannigan. In her fun-filled adventures, Annie foils Miss Hanningan's schemes, befriends the President, and finds a new family in billionaire Oliver Warbucks, his secretary Grace, and a lovable mutt named Sandy.

***My Fair Lady*—August 19** **$37**
at the Reagle Theater in Waltham

My Fair Lady is the timeless 1950s Lerner and Loewe classic about an arrogant professor's transformation of a Cockney flower girl into an elegant, proper-speaking lady. Based on *Pygmalian* by George Bernard Shaw and made famous by Broadway stars Rex Harrison and Julie Andrews, the score boasts such favorites as "I Could Have Danced All night," "I've Grown Accustomed to Her Face," "On the Street Where You Live," "Wouldn't It Be Loverly? and "Get Me to the Church on Time."

And there is more scheduled!

Marie Antoinette on **September 9** at the American Repertory Theatre in Cambridge ($38)

The Kite Runner on **September 30** at the New Repertory Theatre in Watertown ($40)

Now or Later on **October 14** at the Huntington Theatre in Boston ($25)

Guys and Dolls on **November 4** at the North Shore Music Theatre in Beverly ($43)

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

We recognize that advance tickets sales may present scheduling challenges for many of you. However, remember that these advance group sales are what enable us to provide you with tickets at such an affordable rate. The shows we select and the number of tickets that we purchase are predicated on these advance sales agreements therefore your continued support is vital.

Refund Policy Refunds can be issued up to four weeks in advance of a show without question.

After that time, if you find yourself unable to attend the show, you may arrange for someone else to take your ticket(s).

Requests for refunds within four weeks of the show date will only be honored if we are able to sell the ticket to another interested individual. Please know that we do keep waiting lists, and that we will make every effort to sell the ticket, but that may not always be possible. You may also make private arrangements to sell your ticket to another individual.

Exchanging Tickets Note that we are not able to exchange tickets for shows. If you have purchased a ticket for a show and you are unable to attend, you must request a refund (see above ***Refund Policy***).

If you would like to attend a different show, you must then purchase a ticket for that show separately.

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

SPANISH IMMERSION

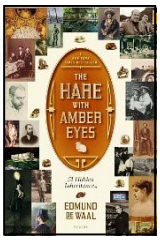
Spanish Immersion in Brookline offers five very different kinds of immersion in Latino language and culture—all at the Senior Center.

1. One-on-one Spanish conversations with seniors from Latin American countries.
2. Beginner Spanish language classes on **Thursday afternoons from 12:00 noon to 1:00 pm** starting on July 5 and running through August 30). And ***new*** **starting July 14 and running through August 23**, beginner Spanish II **from 1:15 to 2:15 pm**!!
3. Spanish small group conversations: **Thursday afternoons from 2:30 to 3:30 pm**. This is a small group with emphasis on conversational skills. You can join the Spanish conversation group at any time. 10 sessions for $40 or drop in when you can for $5/session.
4. Latino instrumental and vocal music on **Tuesday afternoons from 3:00 to 4:30 pm** with Eduardo Rojas.
5. Basic Computer Class for Spanish-speaking seniors on **Fridays from 12:30 to 2:00 pm**. This class meets on Fridays from 12:30 to 2:00 pm at the Senior Center starting on June 29 and running through August 14. If you are interested in registering and for more information, call Giovanna Tapia, Spanish Immersion coordinator, at 617-953-7016 or 617-730-2644.

For all the rates, more information, and to register for programs, contact program coordinator Giovanna Tapia at 617-953-7016 or 617-730-2644. These programs are cosponsored by the Brookline Senior Center and JPC: Tree of Life/Arbol de Vida.

Note: The Spanish Immersion program needs general help. If you are bilingual (English -Spanish) and would like to volunteer to help, call Giovanna Tapia, at 617-953-7016 or 617-730-2644.

PUTTERHAM BOOK DISCUSSION GROUP



The Putterham Book Discussion Group will meet this month on **Monday, July 16**, at the Putterham branch of Brookline Public Library **from 2:00 to 3:00 pm.** The book under discussion will be *The Hare with the Amber Eyes: A Family's Century of Art and Loss* by Edmund de Waal. This book has won many prizes: *The Economist*'s Book of the Year, the Costa Award for Biography, and the Galaxy National Book Award for new writer of the Year.

Edmund de Waal is a world-famous ceramicist. Having spent 30 years making beautiful pots—which have been sold, collected, and handed on—he has a particular sense of the secret lives of objects. When he inherited a collection of 264 tiny Japanese wood and ivory carvings, called "netsuke," he wanted to know who had touched and held them, and how the collection had managed to survive.

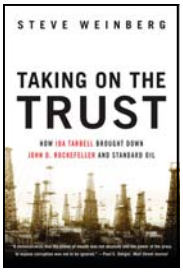
And so begins this extraordinarily moving memoir and detective story as de Waal discovers both the story of the netsuke and of his family, the Ephrussis. A nineteenth-century banking dynasty in Paris and Vienna, the Ephrussis were as rich and respected as the Rothchilds. Yet by the end of the World War II, this collection of very small carvings was all that remained of their vast empire.

MEDITATION IN MOVEMENT

Join instructor Jennifer Winslow in this class for seniors on **Fridays from 1:00 to 2:00 pm** at the Senior Center. The class will focus on gentle, simple movements that can, if done consistently, help to improve posture, balance, lung capacity, and overall joint health and movement. Fee: $5/session.

PUBLIC ISSUES NONFICTION BOOK DISCUSSION GROUP

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



July 24
Taking on the Trust: The Epic Battle of Ida Tarbell and John D. Rockefeller by Steve Weinberg (W.W. Norton & Company)

August 28
Triangle: The Fire That Changed America by David von Drehle (Grove/Atlantic)

September 25
Trick or Treatment: The Undeniable Facts about Alternative Medicine by Edzard Ernst and Simon Singh (WW Norton & Company)

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.

SOLEMATES

The Solemates, the Senior Center's intrepid walking group, meets regularly on **Friday mornings at 9:45 am**. For more information, call Julie at 617-730-2760.

KEEP COOL

Summer, with its spells of stifling weather, is definitely upon us. The Brookline Emergency Management team has already issued one *Heat Alert* and there will surely be more to come. With their alert, they gave a list of tips for preventing eat-related illnesses:

- *Never* leave children, adults, or pets alone in a closed, parked vehicle.
- Slow down, avoid strenuous activity.
- Avoid too much sun.
- Plan outdoor activities for early morning or evening.
- Stay indoors as much as possible and use air conditioners to cool the air. When the temperature is in the 90s, fans alone will *not* prevent heat related illness.
- Taking a cool shower or bath is a good way of cooling off.
- Wear loose-fitting, lightweight, light-colored clothing covering as much skin as possible.
- Protect face and head by wearing a wide brimmed hat.
- Drink plenty of fluids, even if you do not feel thirsty, and avoid alcoholic beverages and drinks with caffeine and large amounts of sugar—these actually cause you to lose more body fluid.
- Use your stove less and try to cook only in the cooler part of the day.
- •Check regularly on:
  - o People aged, 65 or older
  - o People who have a mental illness
  - o People who are physically ill, especially with heart disease or high blood pressure
- Visit adults at risk at least twice a day and watch them closely for signs of heat exhaustion or heat stroke.
- KEEP COOL – Spend as much time as you can in cooler surroundings such as Brookline Cooling Centers one of which is the Senior Center.

BROOKLINE RECREATION —IT'S WHAT WE DO!*

Excursions for July & August:

Friday, July 20, from 9:45 am to 2:30 pm
Tour of Fenway Park
Wear comfortable shoes for this walking tour of America's oldest ballpark on its 100th anniversary. Following the tour, lunch will be on your own at the Bleacher Bar on Landsdowne Street next to the park.
Cost: $16 for Brookline residents, $22 for nonresidents

Friday, August 17, from 8:00 am to 6:30 pm
Mohegan Sun
Mohegan Sun has more than 300,000 sq. feet of gaming in three casinos (one of which—Casino of the Earth, Sky, and Wind—has smoke-free areas).
Cost: $30 for Brookline residents, $41 for nonresidents

Friday, August 24, from 11:30 am to 2:00 pm
Larz Anderson BBQ
Enjoy a summer day at Larz Anderson Park with hot dogs, hamburgers, and drinks! The BBQ will be at the Shelter with plenty of shade for all.
Cost: $15 for Brookline residents, $20 for nonresidents

For more information and to make reservations, call Elizabeth Gugliotti, program coordinator, at 617-730-2082, or e-mail her at egugliotti@brooklinema.gov. You can also use the Brookline Rec mailbox on the 2nd floor of the Senior Center to make reservations, pay, comment, and/or ask questions.

**Note* that *cost* includes two-way bus transportation. Pickups/dropoffs are at the Soule Recreation Center (652 Hammond Street) and the Senior Center. Other pick-up locations may be arranged. Contact Elizabeth Gugliotti about transportation in general and pickup/drop off times.

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JULY EVENTS AT GODDARD HOUSE

Sunday, July 15 at 3:30 pm
Patrice Monahan Trio
This trio is nationally known for their artistic versatility, incorporating swinging bluesy jazz standards and original compositions. It includes vocals, piano, saxophone, and bass.

Wednesday, July 18 at 7:00 pm
John Gamel: His Life in the FBI
Former FBI Agent, Mr. Gamel, the lead investigator in the Whitey Bulger case from 1990 to 1996 will talk about his 20+ years in the agency. Through the use of photos, personal items, and his own stories, Mr. Gamel puts a human face to the public perception of the FBI.

Sunday, July 22 at 3:30 pm
Singer and Pianist, Larry Lee Lewis
Mr. Lewis plays genres ranging from the 1920s to the 1960s. His repertoire includes Sammy Kaye, Doris Day, Hank Williams Sr., Louis Prima, Louis Armstrong, Fats Domino, Elvis Presley, Johnny Ray and many others. Well known for his upbeat tunes plus a few ballads, he is also a comedian!

Wednesday, July 25 at 3:30 pm
The Four Seasons—Slide Show Presentation
Professional Photographer Frank Binder captures the wonder of all of New England's seasons. Spring brings us flowers and respite from the cold. Summer is a flurry of activity including New England's biggest Fair—The Big E. Fall is a blaze of color particularly in Vermont, and winter provides its own beauty and opportunity for hardy outdoor activities.
Mr. Binder has had a lifelong interest in photography and has established a second career as a professional photographer. His photographs have won a number of awards, and his work has been shown in several Massachusetts galleries.

THANK YOU

To Annual Appeal Donors Helen L. Berman, Doris Berger, Vera Brent, Judith A. Gregory (to help fund the senior exercise classes), Dina Oliver, Waneta Louise West, and Susan C. Wheeler & Christine M. Westphal

To Van Fund Donor Mary R. Regan

To BrooklineCAN Donors Laura A. Baber, Louise P. Bonar, Boylston Place-Laura Crosby, Anne Caplan, Center Communities of Brookline—Susan Carlsen and Carolyn Sandel, Alice D'Entremont, Marga Dieter, Thomas A. Faulhaber, Generations, LLC—Esther Rothkopf, Geriatric & Family Service—Sonia Michelson, Claire C. Goodwin, Susan G. Gracey, Mary & Paul Harris, Rhona Hirschowitz, Carmen & Irving Hurwitz, Elizabeth M. Kelleher, Janet L. Kleiner, Phyllis & Murray Marcus, Modigliani Geriatric-Suzanne Modigliani, Richard A. Moriarty, Catherine & Jerome Sadow, Nancy Sang, Ruth Kertzer Seidman & Aaron Seidman, Judith E. Sher, Rene & Michael Silevitch, Joseph Thifault,
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To Yolanda Rodriguez ***for her gift in celebration of*** Doreen Gordon***'s birthday***

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

To Ellen Zellner ***for her gift in honor of*** Anna Higgins and Julie Washburn

To Patricia H. Dobek (supporting the Van Fund) ***for her gift in memory of*** John F. Dobek

To Yolanda E. Santo ***for her gift in memory of*** Lola Silva

To Lee Katz and Nicole Brodsky ***for their gifts in memory of*** Mildred K. Lehman

FROM THE BOARD PRESIDENT

The Brookline Senior Center gratefully accepts donations to its nonprofit arm. These donations are completely tax-deductible to the giver. We use your gifts to keep the van running as well as to fund furnishings, improvements, and innovative programs for the Senior Center.

At this, the beginning of our new fiscal year, help us cover the added expense of substitute drivers for the summer by giving an extra gift in support of our van. Hundreds of seniors will thank you as the van and its driver can get them out of the isolation of their homes and to the Senior Center.

We are proud of our strong community and need your help to sustain it. Please be as generous as you can be.

Elizabeth (Betsy) Pollock
President, Brookline Senior Center Board

SENIOR CENTER FOOD DISTRIBUTION SITE

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

A variety of food is available at the site—many choices of bread and rolls and lots of produce. And you might just find some wonderful soups, specialty salads, and sandwiches. A varied group of offerings is always available.

Bring a bag to carry your choices home in, and also brings lots of patience and courtesy to help everyone involved enjoy the process and to avoid conflicts.

This program is very busy and depends on the generous donation of time by many volunteers. To volunteer to help, see Jackie Wright at the Senior Center on Tuesday mornings.

SUPPORT THE SENIOR CENTER

Help support the Senior Center and the many programs and services it offers. You can honor Brookline's seniors and help them age with respect and dignity by sending a gift:

❒ $25 ❒ $50 ❒ $100 ❒ $250 ❒ $500

Other: $_____

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To pay securely online by credit card, go to http://www1.networkforgood.org/for-donors#. Ender "Brookline Senior Center" after "Charity Name" in the box at the right.

***

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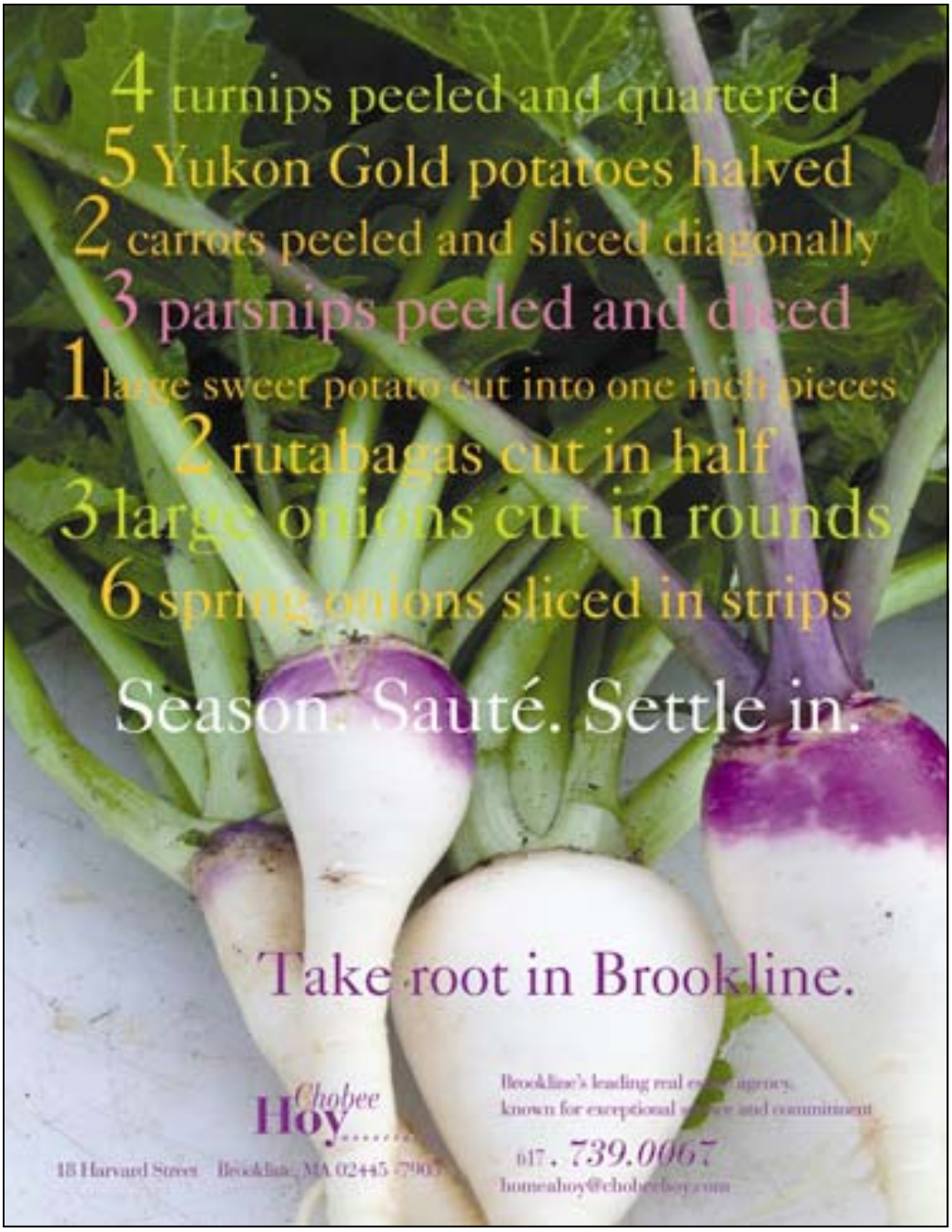

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