

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

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

Brookline Community Aging Network

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



## HIGHLIGHTS

Don't forget to  
Vote on Tuesday,  
March 1



Daylight Savings time begins on  
Sunday, March 13



MARCH 2016

## STOCK OUR SHELVES (SOS) 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 cuisine including Italian, Asian, Mexican and more. 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 special needs list: instant coffee; cup of soup/ramen noodles;

mayonnaise; packets of powdered milk; tea bags; packets of cocoa; canned meats and fish, canned vegetables, fruit, and hearty soups. Macaroni and cheese and other boxed dinners; rice; pasta/pasta sauce; hot and cold cereals; jellies and jams; cooking oil; baby food; shampoo; hand, dish, and laundry soap; toothpaste; and toilet paper. Preregistration is required. For more information and to make a reservation, call 617-730-2770. Bring extra cash for the raffle.



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<p><b>The Town of Brookline Senior News &amp; Events</b>  <b>BROOKLINE COUNCIL ON AGING (COA)</b></p>
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The Town of Brookline Senior News and Events is published monthly by the Brookline Council on Aging, 93 Winchester Street, Brookline, MA 02446.

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

## MARCH OBSERVANCES



There are no holidays in March on which the Senior Center closes. Programs can be enjoyed Monday through Friday all month. In addition to Social Work Month, we celebrate Women's History, National Craft and Irish Heritage month. We celebrate St. Patrick's Day and Evacuation Day on March 17, the first day of Spring on March 20, Purin on the Evening of March 23 and Easter Sunday on March 27.



### JAPANESE ZITHER CONCERT WITH THE WATANABE SISTERS

Join us on Monday, **March 21 from 1:00-1:30 pm** as we welcome back Akino and Yoshino Watanabe. Their concert program will include Shin Takasago, a beautiful song which is usually played in wedding ceremonies, among other songs suitable for the season, and an explanation of the ancient instrument, koto. Akino Watanabe, a junior at the Commonwealth School in Boston and a kotoist (Japanese zither player), is assionate about bridging Eastern and Western culture through her music. Akino's younger sister, Yoshino Watanabe, is a kotoist and a fourth grader at the Lincoln School in Brookline. The sister will perform for 30 minutes, followed by questions and light refreshments.

### COUNCIL ON AGING MEETING

On **Wednesday, March 9 at 1:00 pm** Lance Chapman, Marketing Director at Goddard House Assisted living will define assisted living for us. Bring your questions.

## SOCIAL WORKER MONTH

### Forging Solutions Out of Challenges



Our nation's more than 600,000 social workers have amazing tenacity and talent. They confront some of the most challenging issues facing individuals, families, communities and society and forge solutions that help people reach their full potential and make our nation a better place to live. We celebrate the contributions of social workers during National Social Work Month in March.

### BROOKLINE MUSIC SCHOOL CONCERT

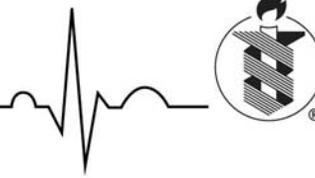


Join us on **Wednesday, March 2 at 1:00pm** for a concert with Marvento Duo, Elizabeth Chadil and Weronika Balewski, as they explore musical translations in the flute and piano repertoire:

text to melody, movement to sound, violin to flute, birdsong to sonata. Join them for a concert featuring a transcription of Claude Debussy's Violin Sonata, Robert Schumann's Three Romances, Bohuslav Martinu's Sonata for Flute and Piano, and David Dzubay's "Footprints."

### OFFICE HOURS SENATOR CREEM

Senator Creem will be hosting Coffee with Creem at the Brookline Senior Center on **Friday, March 25 from 9:00 - 10:30 a.m.** This is a time for constituents to meet with Senator Creem for a one-on-one discussion about legislation, constituent issues, or other items of interest. If you can't make it, you can call or email her office at any time: 617-722-1639 [Cynthia.Creem@MaSenate.gov](mailto:Cynthia.Creem@MaSenate.gov)



**Ask a Nurse**, Lynn Schuster a nurse from the Greater Medford Visiting Nurse Association will visit the Senior Center on **Thursday, March 3 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, March 4 and 18 from 9:00 am to 12:00 noon**. Sessions last 15 minutes each, cost \$30. Appointments are required. Call 617-730-2777.

**Low Vision Group** This peer-led support group for individuals with limited eyesight will meet on **Wednesday, March 16 at 1:00 pm**.

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

**Thursday, March 17** from 9:00 to 10:00 am at The Senior Center.

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

**Wednesday, March 9** Cancelled for this month

**Wednesday, March 23** 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.

**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.

**Brookline Hearing Services** The staff from Brookline Hearing Services will be visiting the Brookline Senior Center on **Thursday, March 17 from 1:00-2:00 pm** They will provide hearing aid cleanings, maintenance and patient counseling at no charge. They will also be selling all sizes of hearing aid batteries for \$5 per pack. All services will be provided on a first come, first served basis.

## Who knew there could be so much heart in health care?

The Health Page is sponsored by  
Beth Israel Deaconess Medical Center

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 DANA-FARBER/HARVARD CANCER CENTER  
A Comprehensive Cancer Center  
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 Official hospital of the  
Boston Red Sox

## ASK A GERIATRICIAN

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

**Question:** *I often have trouble sleeping. What can I do for this? I have heard that insomnia can lead to dementia. Is this true?*

**Answer:** Many people have periods of time when they have trouble falling or staying asleep. Some studies have shown a connection between years of chronic insomnia and memory loss, but this connection has not been proven for sure. In fact, several studies show that some anti-anxiety medicines which are sometimes prescribed for insomnia, if taken regularly for many years, may affect one's memory.

It is believed that 7 to 8 hours of sleep can help us think more clearly as well as improve memory. There are several non-medicine ways to try to help improve sleep.

If you have trouble sleeping at night, you can make up for lost sleep by taking a short afternoon nap before 5:00 pm so it doesn't interfere with sleep later.

What you eat (or don't eat) may affect whether you sleep well. It is hard to sleep on a very full stomach. On the other hand, if you are hungry at bedtime, you may not be able to fall asleep. A snack in the evening may help prevent this, but it depends on what you eat: Spicy foods may cause heartburn. People who are lactose intolerant may be kept awake with bloating and abdominal pain by foods containing milk products such as cream soups, yogurt or ice cream. Caffeine-containing foods such as coffee, tea, or chocolate may prevent you from falling asleep. Alcohol can make you fall asleep faster, but when it wears off, it can cause you to wake up early or sleep restlessly, so it is best not to drink alcohol within 2-3 hours of going to sleep.

### **Foods that may help you sleep include:**

A cup of chamomile tea is thought to be a relaxing-drink 2 hours before bedtime. Warm milk, turkey and tuna fish contain tryptophan, which is an amino acid which helps induce sleep. Some medications may interfere with sleep if taken at bedtime, such as cold pills containing decongestants, some blood pressure medicines, some anti-depressants and steroids. Discuss with your doctor whether you can take these medicines earlier in the day.

Try not to drink much liquid after supper so you won't have to go to the bathroom when you are sleeping. Getting exercise during the day-time (at 30 minutes/day) can help relax the body and make sleeping easier.

Sleeping pills can cause more problems than they solve, whether they are over the counter or by prescription. If they are used for more than a couple of weeks, they can become addictive. They may cause side effects that last into the next day, such as drowsiness, driving accidents, memory impairment and increased risk of falls.

There are many relaxation techniques that can be used to help you sleep (warm shower or bath before bedtime, reading (a book, not an electronic e-reader) before going to sleep, deep breathing exercises).

In the winter, when there is less light, sitting under a lamp designed for SAD (Seasonal Affective Disorder) for 30 minutes each morning can help reset a wake-sleep cycle and even boost our spirits during the winter, which can help sleep.

It is common to have short periods of time when we have trouble sleeping, but these usually pass. If they persist, speak with your doctor about seeing a sleep therapist.

## 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, March 2 from 9:00am-12:00pm** to consult on legal matters of law. **This service is offered for Brookline residents only and is free of charge, and no appointment is needed. Please pick up a number at the reception desk or the COA office on the second floor.**

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

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

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

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

## THANK YOU, MIRIAM AND WELCOME PATTIE!



As you may know, our beloved Brookline Bees quilting instructor, Miriam Sokoloff retired in

January after almost 20 years of dedicated service. She guided the Bees through the creation of many beautiful quilts and we cannot thank her enough. She will be greatly missed! Of course, the silver lining to this transition is that we get to welcome our new, talented quilting instructor, Pattie Chase. We are excited to see what Pattie and the Bees have in store for us next!

In the meantime, stay tuned for more information about their latest EXQUISITE quilt that is currently on display in the Coffee Lounge. We plan to begin selling raffle tickets soon.

### GOT RHYTHM!

Join us for a sampling of our wonderful 'I Got Rhythm' music group **on Monday, March 7 from 11:30-12:20pm**. During this free, drop-in event, we will offer a light lunch and the opportunity to meet and make music with Adrienne Flight, music therapist at Brookline Music School. The 'I Got Rhythm' music group is an opportunity to make music and connect with friends in an intimate, small-group setting. The group is for musicians and non-musicians alike All are welcome! During most group meetings, members sing together, play small percussion instruments and tone bells, write songs, and discuss issues relevant to group members to provide support and friendship in a welcoming environment. To register, call 617-730-2770.

## ONE-ON-ONE COMPUTER SESSIONS TEMPORARY CHANGE



Jacob Knable will be having Computer One on One

appointments on **Wednesdays, March 2 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 **Monday, Wednesday and Thursday afternoons from 2:00-4:00pm**.

### HYPERTENSION & HEART DISEASE



Join us on **Monday, March 14 at 1:00pm** for a lecture followed by a question and answer period on hypertension and heart disease and the link between them. Doctor Harold

Rosenblatt will be speaking on this very important topic for seniors. Please register for the lecture by calling 617-731-2777.

### Israel, Van Kooy & Days, LLC



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**617-277-3774**  
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## ALZHEIMER'S CAREGIVERS SUPPORT GROUP

The Senior Center continues to offer two on-going support groups designed to help caregivers cope with the stress and demands of loved ones who are struggling with Alzheimer's Disease. Both groups meet at the Senior Center. The daytime group meets early afternoon on the second Friday of each month and the evening group meets on the last Thursday of each month. For information about the daytime group, please call group facilitator, Helen Kass at 617-738-1790. If you are interested in the Thursday evening group, please call group facilitator, Susan Kanian-Andriole at 617-730-2754.

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

On **Wednesday, March 30 from 2:00-3:00**, the Equipment Loan Fund (ELF) program is having a "**Giveaway Day**" to clear out a majority of miscellaneous inventory. Many unique items will be available, so please stop in. Continue to call Jamie at 617-730-2753 to obtain items at any time.

## 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. We say good bye to our longtime coordinator, Mildred Siegel, and wish her all the best in her new endeavors. Solemates will resume meeting on **Friday, March 18, at 10:00am**. Come to 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 the group and additional drivers.**

### HERE COMES SPRING! THE JOY OF MUSIC

On **Wednesday, March 30 at 1:00 pm** Sopranos Carley DeFranco, Rhaea d'Aliesio, and pianist Raymond Chow will bring you a musical program covering a range of genres. These performers recently completed their graduate degree in music from Longly School of Music and they are active performers in the Boston area. Expect a fun-filled hour of art songs, operatic excerpts, music theatre pieces... and even tangos!

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Community  
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## FROM THE DIRECTOR

The first day of spring is one thing, and the first spring day is another. The difference between them is sometimes as great as a month. *Henry Van Dyke (1852–1933)*

March, despite claiming to have the first day of spring, has some of the bleakest weather and with it some of us get the winter blues. At the Senior Center we are here to help make the days go by in a warm and enjoyable way with lots of wonderful programs and activities. Certainly, coming through our doors is the perfect antidote to mud, gray days and the wind. Stop by today.

I personally want to thank everyone who has so far responded to our Annual Appeal and generously sent in a check to us. Everyone needs to be aware that donations support the van, equipment, and our food expenses. This year we also made a special appeal to expand our weekend and evening hours. I am proud to announce that due to your generosity, we have been able to schedule some exciting weekend and evening offerings. Please keep sending in your donations. Be as generous as you possibly can.

Please help those who are going hungry this winter by coming to the Stock our Shelves Event on Tuesday, March 22 from 4:00-6:00 pm. Delectable samples from local restaurants including music to entertain you, all for the price of \$5.00 and 2-3 cans of food for all our Food Programs. In addition, remember no senior should be hungry in Brookline. We have the SNAP (food stamps), hot lunches at the Senior Center, Brookline Co-op's weekly bread and produce programs, The Food Commodity Program, and Brookline Food Pantry. Ample nourishment abounds ensuring sound nutrition. In this agency, we are fortunate to have the dedication of many people who go beyond their normal duties to make the world a better place.

March is Social Work Month and this year's theme is "Forging Solutions out of Challenges". I want to acknowledge the important work of our social workers. We have our social work interns, professional staff, and retired social worker volunteers. Each one contributes to Brookline's strong sense of community. When you see one of our social work staff please thank them. Buy some daffodils or shamrocks, eat a slice of Irish bread, and take a walk when the sun shines. Please remember to bring a donation to the Food Pantry when you visit this month.

*Ruthann Dobek-Director*

### 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.

### MOUNT PLEASANT HOME



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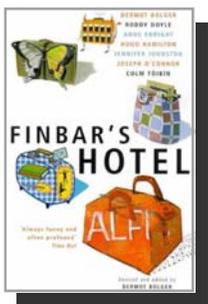
Near the Brookline Border



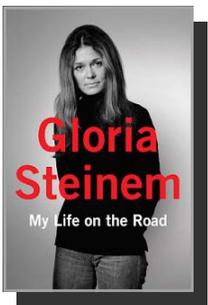
617.522.7600 301 South Huntington Ave, Jamaica Plain, MA  
[www.MountPleasantHome.org](http://www.MountPleasantHome.org)

## BOOK DISCUSSION GROUP AT THE PUTTERHAM LIBRARY

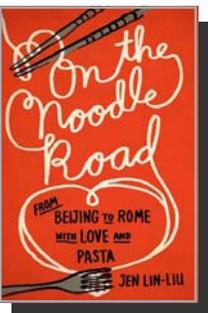
Meetings are in the community room at the Putterham Branch Library. And new members are always welcome. Our monthly meetings are on **Mondays from 2:00–3:00 pm**. Books are available at the Putterham Branch Library. The discussion leaders for this Book Group are Charlotte Millman and Roberta Winitzer.



**Monday, March 28**  
*Ladies Night at 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

### 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.

## 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, March 22**  
*The Glass Cage: Automation and Us*  
by Nicholas 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.

### 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.

## 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 March are Tuesday, March 1 and 15.**

## ABCD FUEL ASSISTANCE BROOKLINE AREA INTAKE SITES

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



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## FOOD COMMODITY PROGRAM



The Greater Boston Food Bank Commodity Program provides shelf-stable food to low income seniors. Two shopping bags of food for each approved participant are delivered to the Brookline

Senior Center @ 93 Winchester Street, Sussman House @ 50 Pleasant Street and O'Shea House @ 61 Park Street on the third Wednesday of each month. We are actively recruiting new applicants to participate in this program. If you or anyone you know are interested in applying or finding out more about the program, please call Nancy at 617 730 2772 to set up an appointment.

## AGING BACKWARDS

Aging Backwards is resuming on Wednesday, **March 23, from 2:30 to 3:00pm** in the Fitness Center. We will begin with mobility and bone strengthening work-outs and progress to posture, pain relief, weight loss and body shape routines. Registration is required by calling Sharon Devine at 617-730-2769.



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**Brookline Community Aging Network – Brookline-CAN** – is an all-volunteer organization that focuses on Brookline as a great place to live. It provides information

for older residents that helps them remain engaged in the life of the community and advocates to make Brookline an even better place to live for seniors and everyone. For information and to join, visit [www.BrooklineCAN.org](http://www.BrooklineCAN.org).

**-SAVE THE DATE-**

**SELLING THE FOUNTAIN OF YOUTH**

*How the Anti-Aging Industry made a Disease out of Getting Old and Made Millions*

On **Monday, April 11 from 6:00-8:00 pm** join us at Hunneman Hall, Brookline Public Library to hear Arlene Weintraub discuss her book. Ms. Weintraub spent more than ten years as a science reporter at Business Week. She will take us inside the world of the internet marketers, behind the rise of acai berries, to the backrooms of pharmacies, where made to order non regulated compounds are produced and to the doctors who run chains of rejuvenation centers to tout their “miracle” cures. Sponsored by our founding partners Brookline Council on Aging, Center Communities of Brookline, Goddard House Assisted Living and the Jewish Family and Children’s Service. The Program is free. To register call 617-730-2777

**TRIPPS RESEARCH VOLUNTEERS**

TRIPPS is a program that helps Brookline residents aged 60+ who are looking for alternatives to driving. We are currently looking for volunteers to serve as Transportation Information Specialists. These volunteers help research and compile detailed information on transportation options for non-drivers. This information is collected in a resource guide, which is available both online and in print. If you would like more information, please contact TRIPPS Program Director Kerri Ann Tester at 617 730 2644. We’d love for you to come join our team of enthusiastic volunteers!



**MEET THE TRIPPS PROGRAM DIRECTOR**

Come meet the TRIPPS Program Director, on **Tuesday, March 8 at 2:00pm** at the Coolidge Corner library. Share your own stories about getting around without a car, and get answers to your questions about transportation options for seniors. For more information call Kerri Ann at 617-730-2644.

**SHARE YOUR FEEDBACK WITH THE LIBRARY**

Our collection of 5,678 Large Print books circulated only 7,162 times in 2015. We want to improve, so we invite you to join us and let us know what authors, genres, and subjects you’re looking for when you browse this collection. Library Director, Sara Slymon, Supervisor of Collection Development, Colin Wilkins, and Reference Librarian, Liz Mellett will be at the Senior Center on **Thursday, March 3 at 3:00 pm**. to listen to your perspectives. We hope to see you then!

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## LGBT OUT 2 BRUNCH BUNCH!

Goddard House, in partnership with the Brookline Council on Aging, ETHOS, the LGBT Aging Project and the City of Boston Commission on the Affairs of the Elderly, supports the LGBT Older Adult Out 2 Brunch Bunch! The group will meet monthly for brunch on **the third Saturday of every month; March 19 from 11:00-1:00 p.m.** at Goddard House, 165 Chestnut Street, Brookline, MA 02445. To attend, RSVP to Zoraida at [meals@ethocare.org](mailto:meals@ethocare.org) or 617-522-6700 ext. 306

## ESL CONVERSATION GROUP

Agnes Clifford 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!

Lin Sasman, our wonderful Ping Pong Coordinator, is 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 have begun on **Thursdays, 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.

Stay tuned for more information on the upcoming Spring session of Zumba Gold at the Senior Center.

## ALZHEIMER'S FRONTIER 2016

Join us at Goddard House on **Thursday, March 24 at 5:30pm** for Alzheimer's Frontier 2016 with Gad Marshall, MD of Brigham and Women's Hospital Center for Alzheimer Research and Treatment. The talk and discussion, includes a light, healthy supper. Registration is required by emailing [jhenning@goddardhouse.org](mailto:jhenning@goddardhouse.org) or calling (617)731-8500 x144

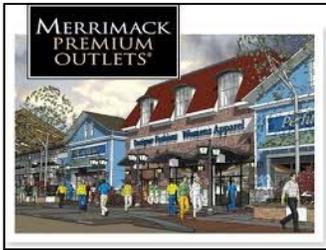
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617-552-6949 or e-mail [canlab@bc.edu](mailto:canlab@bc.edu).

## BROOKLINE RECREATION



### 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**

### 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 comforta-  
ble walking shoes and bring water. All fitness  
levels are welcome. Transportation is not pro-  
vided. **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 pro-  
gram call Sara at 617-730-2082 or the Main Rec-  
reation line at 617-730-2069.**

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

**Gallery 93  
Hours:**

**Monday-  
Friday**

**8:30-5:00**

**Through  
March 31**



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p><b>Minestrone Soup</b>  <b>HOT:</b> Hamburger on Bun w/Ketchup &amp; Mustard; Italian Green Beans; Roasted Potatoes.  <b>COLD:</b> Mediterranean Tortellini Salad (V); Summer Squash Salad; Rye Bread.  <b>Lemon Pudding</b></p>	<p><b>Seafood Chowder</b>  <b>HOT:</b> Créole Fish; Herbed Brown Rice w/ Kidney Beans; Fresh Broccoli; Oatmeal Bread.  <b>COLD:</b> Roast Beef w/Lite Mayo &amp; American Cheese on Multigrain Bread; Broccoli Slaw; Balsamic Vinaigrette Pasta Salad.  <b>Peaches</b></p>	<p><b>Lentil Spinach Soup</b>  <b>HOT:</b> Roast Pork w/Apple Glaze; Butternut Squash; Green Beans; Multigrain Bread.  <b>COLD:</b> Garden Salad w/Chicken Breast &amp; Lite Ranch Dressing; Scallions; Greek Pasta Salad.  <b>Tropical Fruit</b></p>	<p><b>Garden Salad w/Lite Italian Dressing</b>  <b>HOT:</b> Tortellini w/Pesto Cream Sauce (V); Parmesan Cheese; Roast Eggplant Medley; Italian Bread.  <b>COLD:</b> Tuna Salad on Oatmeal Bread; Three Bean Salad; Carrot Pineapple Salad.  <b>Fruit Loaf</b></p>
<p>7. <b>Beef Vegetable Soup</b>  <b>HOT:</b> Greek Chicken; Couscous w/ Vegetables; Fresh Summer Squash; Wheat Dinner Roll.  <b>COLD:</b> Roast Beef on Pumpernickel Bread w/Lite Mayo &amp; Provolone Cheese; Riviera Salad; Pesto Pasta Salad. <b>Orange</b></p>	<p>8. <b>Tomato Soup</b>  <b>HOT:</b> Salmon Filet w/Honey Mustard Sauce; Cabbage &amp; Carrots; Orzo Rice w/ Peas; Rye Bread.  <b>COLD:</b> Ham Salad on Wheat Bread; Orzo Vegetable Salad; Cauliflower &amp; Carrot Salad.  <b>Mixed Fruit</b></p>	<p>9. <b>Corn Chowder</b>  <b>HOT:</b> Ground Beef Stuffed Peppers; Peas &amp; Mushrooms; Creamy Parmesan Polenta; Multigrain Bread.  <b>COLD:</b> Vegetarian Chef Salad (V); Potato Salad; Pita Bread. <b>Cinnamon Applesauce</b></p>	<p>10. <b>Vegetable Barley w/ Spinach Soup</b>  <b>HOT:</b> Lentil Stew w/Shredded Cheese (V); Herbed Brown Rice; Fresh Broccoli; Tossed Salad w/ Lite Italian Dressing; Wheat Roll.  <b>COLD:</b> Chicken Salad on Oatmeal Bread; Corn Salad; Tomato Red Pepper Salad.  <b>Sherbet</b></p>	<p>11. <b>Vegetable Barley w/ Spinach Soup</b>  <b>HOT:</b> Whole Grain Lasagna w/ Marinara Sauce (V); Italian Green Beans; Italian Bread.  <b>COLD:</b> Seafood Salad on Rye Bread; English Pea Salad; Spinach &amp; Mandarin Salad.  <b>Apple Cinnamon Muffin</b></p>
<p>14. <b>Tomato Basil Soup</b>  <b>HOT:</b> Sweet Potato Pollack w/ Tartar Sauce; Butternut Squash; Fresh Broccoli; Rye Bread.  <b>COLD:</b> Roast Beef w/Lite Mayo &amp; Provolone Cheese on Pumpernickel Bread; Summer Potato Salad; Cauliflower Carrot Salad.  <b>Fruit Loaf</b></p>	<p>15. <b>Cream of Broccoli Soup</b>  <b>HOT:</b> Chicken Paprika; Fresh Zucchini &amp; Red Peppers; Red Bliss Potatoes; Oat Bread.  <b>COLD:</b> Tuna Salad on Multigrain Bread; Balsamic Vinaigrette Pasta Salad; Three Bean Salad. <b>Lemon Pudding</b>  <b>Birthday Lunch</b></p>	<p>16. <b>Beef &amp; Bean Soup</b>  <b>HOT:</b> Stuffed Shells w/Marinara Sauce (V); Spinach &amp; Chick Peas; Scallions.  <b>COLD:</b> Curry Chicken Salad on Wheat Bread; Garden Shell Pasta Salad; Carrot Pineapple Salad.  <b>Applesauce</b></p>	<p>17. <b>March Special</b>  <b>HOT:</b> Corned Beef*** w/Mustard Glaze; Turnips &amp; Carrots; Boiled Potatoes w/Parsley Golden Biscuit  <b>COLD:</b> Seafood Salad on Oat Bread; Broccoli Tomato Salad; Corn Salad.  <b>Mint Green Pudding w/Topping</b></p>	<p>18. <b>Italian Garden Vegetable Soup</b>  <b>HOT:</b> Veggie Burger (V) on Hamburger Roll w/American Cheese; Baked Beans; Cole Slaw.  <b>COLD:</b> Mediterranean Tortellini Salad (V); Summer Squash Salad; Scallions Bread.  <b>Banana</b></p>
<p>21. <b>Beef Stroganoff; Buttered Egg Noodles; Green Beans; Rye Bread.</b>  <b>COLD:</b> Chicken Salad on Oatmeal Bread; Roman Blend Salad; Lo Mein Pasta Salad.  <b>Orange</b></p>	<p>22. <b>Cream of Carrot Soup</b>  <b>HOT:</b> Fish Florentine; Whipped Potatoes; Collard Greens &amp; Onions; Wheat Bread.  <b>COLD:</b> Ham***, Swiss Cheese &amp; Mustard on Wheat Bread; English Pea Salad; Summer Squash Salad. <b>Pears</b></p>	<p>23. <b>Chicken Orzo Soup</b>  <b>HOT:</b> Eggplant Parmesan (V) over Penne Pasta; Fresh Broccoli Florets; Scallions Bread.  <b>COLD:</b> BBQ Chicken, Mozzarella &amp; Red Onion Sandwich on Bulkie Roll; Summer Potato Salad; Spinach &amp; Mandarin Salad w/Lite Italian Dressing. <b>Fruit Flavored Yogurt</b></p>	<p>24. <b>Split Pea Soup</b>  <b>HOT:</b> Chicken a La King; Orzo Pilaf; Green Cabbage; Wheat Dinner Roll.  <b>COLD:</b> Cottage Cheese &amp; Fruit Plate (V); Orange Juice; Pasta Vegetable Salad.  <b>Chef's Choice Dessert</b></p>	<p>25. <b>Vegetarian Chili (V); Herbed Brown Rice; Tossed Salad w/Lite Italian Dressing; Mini Corn Loaf.</b>  <b>COLD:</b> Seafood Salad on Multigrain Bread; Tri Color Pasta Salad; Carrot Pineapple.  <b>Tropical Fruit</b></p>
<p>28. <b>Mushroom Barley Soup</b>  <b>HOT:</b> Chicken Picatta; Red Bliss Potatoes; Kale; Oat Bread.  <b>COLD:</b> Roast Beef on Pumpernickel Bread w/Lite Mayo &amp; Swiss Cheese; Root Vegetable Salad; Cole Slaw. <b>Mixed Fruit</b></p>	<p>29. <b>Italian Garden Vegetable Soup</b>  <b>HOT:</b> Pot Roast w/Gravy; Mashed Potatoes; Italian Green Beans; Wheat Dinner Roll.  <b>COLD:</b> Tuna Salad on Rye Bread; Spinach &amp; Mandarin Salad w/Lite Italian Dressing; Pesto Pasta Salad.  <b>Birthday Cake</b></p>	<p>30. <b>Hot Dog*** on a Hot Dog Roll w/Ketchup, Mustard &amp; Relish; Baked Beans; Cole Slaw.</b>  <b>COLD:</b> Chicken Salad on Oatmeal Bread; Carrot Pineapple Salad; Mixed Bean Salad.  <b>Banana</b></p>	<p>31. <b>Chicken Vegetable Soup</b>  <b>HOT:</b> Tortellini w/Marinara Sauce (V); Fresh Zucchini &amp; Red Peppers; Scallions Bread.  <b>COLD:</b> Chef Salad w/Ham &amp; Cheddar Cheese; Lite Italian Dressing; Macaroni Salad; Oatmeal Bread. <b>Vanilla Pudding</b></p>	<p>(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.</p>



## LUNCHEON SPECIALS

**Reservations for ALL Springwell lunches must be made by 10:30 am on the weekday preceding the day on which you want to have lunch.** For reservations for Monday, call the previous Friday by 10:30 am. Call 617-730-2747 for reservations. Lunch is served at 12:00 noon unless otherwise noted.

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

On **Tuesday, March 15** we celebrate March birthdays at the monthly Birthday Lunch. The sponsor of this lunch has happily provided a complimentary lunch and a small gift to all March 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, March 29, 12:00 noon** at Bamboo (Thai) 1616 Commonwealth Ave. Brighton For reservations and transportation, call 617-730-2770.

## MASS COLLEGE OF PHARMACY DIABETES WORKSHOP

Kayla Najafipour, a Mass College of Pharmacy and Health Sciences student will be at the Senior Center on **Thursday, March 17 at 1:00 pm.** to discuss what normal blood sugars should be and the importance of controlling your blood sugar levels if you are a diabetic. Kayla will also discuss hypoglycemia, one of the side effects of anti-diabetic medications. It is important to know the symptoms of hypoglycemia, and what are the appropriate treatment options for you, your family, and friends. Please call 617-730-2770 to register.



## NEW DIETARY GUIDELINES FOR AMERICANS

Every 5 years, the dietary guidelines are updated by health professionals. This year brought some big changes with regards to cholesterol and sodium! Meghan Ostrander, RD, will be at the Senior Center on **Thursday, March 31 at 1:00pm** to discuss the changes in the Dietary Guidelines for Older Americans and what they mean to you.

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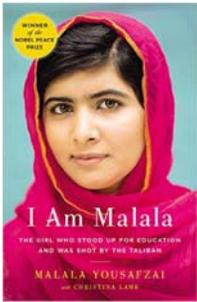
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## MOVIES FOR FILM LOVERS

Come to the Senior Center on **Tuesday in March 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, March 1**

*He Named Me Malala*

2015

1hr. 28 min.

After the Taliban tries to kill her for speaking out on behalf of girls' education, Pakistani teenager

Malala Yousafzai emerges as a leading advocate for children's rights and the youngest-ever Nobel Peace Prize Laureate.



**Tuesday, March 8**

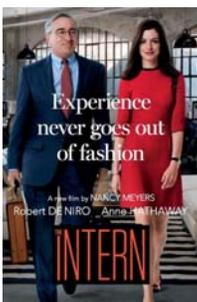
*The Martian*

2015

2hr. 24 min.

When astronauts blast off from the planet Mars, they leave behind Mark Watney (Matt Damon),

presumed dead after a fierce storm. With only a meager amount of supplies, the stranded visitor must utilize his wits and spirit to find a way to survive on the hostile planet.



**Tuesday, March 15**

*The Intern*

2015

2hr.1 min

Starting a new job can be a difficult challenge, especially if you're already retired. Looking to get

back into the game, 70-year-old widower Ben Whittaker (Robert De Niro) seizes the opportunity to become a senior intern at an online fashion site.

**Tuesday, March 22**

**No Movie due to Stock our Shelves Event**

Steve Jobs by Walter Isaacson

**Tuesday, March 29**

*Steve Jobs*

2015

2hr. 2min.



With public anticipation running high, Apple Inc. co-founders Steve Jobs (Michael Fassbender) and Steve "Woz" Wozniak get ready

to unveil the first Macintosh in 1984. Jobs must also deal with personal issues related to ex-girlfriend Chrisann Brennan and their young daughter Lisa.

### EASY TRAVEL

On **Thursday, March 3 at 1:30** join travel host Jamie Donchinon her Birthright Israel tour from 2013.



### 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.

## BROOKLINE SYMPHONY ORCHESTRA AND METROPOLITAN CHORALE

Come and explore themes of Peace and War with Sibelius and Vaughan Williams **Saturday, March 19 at 8:00 pm and Sunday, March 20 at 3:00 pm. Both performances will be held at All Saints Parish in Brookline.** Music Director Adam Boyles leads the Brookline Symphony Orchestra in Symphony No. 4 by Jean Sibelius, and with the Metropolitan Chorale, Ralph Vaughan Williams' *Dona nobis pacem*. Tickets can be purchase at Brookline Booksmith or online at [www.brooklinesymphony.org](http://www.brooklinesymphony.org) and [www.metropolitanchorale.org](http://www.metropolitanchorale.org). Restaurant discounts are available on the day of the concert at The Fireplace restaurant in Brookline.

### SOUTH BROOKLINE SENIOR SOCIAL

The Brookline Senior Social will begin it's 6th year on **Friday March 25 from 10:30 am-1:00 pm** the Brookline Recreation Department will sponsor its bi-yearly cookout in the Community Room rear of the Putterham Branch Library. If you have questions or would like to volunteer to setup and to register for the cookout call Regina Millette Frawley, Coordinator at 617-469-0052.

### THANK YOU IDA

We are sad to announce that our Ida Kwong, our Chinese outreach worker from the Greater Boston Chinese Golden Age Center (GBCGAC) moved on from the agency at the end of February. We thank Ida for all her help over the past year and we wish her well going forward! GBCGAC is hoping to hire a new outreach worker in the near future so we will keep you posted.

## AARP INCOME TAX APPOINTMENT

AARP volunteers will be at the Senior Center on **Tuesday, March 1 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.

## SHINE

### ARE YOUR PRESCRIPTION DRUG COSTS TOO HIGH?

Look into the **Extra Help** program from the Social Security Administration! You may be eligible to apply for **Extra Help** in meeting prescription drug costs and you can be a homeowner and still potentially qualify for this program. Benefits for 2016 include drug co-pays as low as \$2.95 for generics and \$7.40 for brand name drugs. An **Extra Help** application can be completed anytime during the year. If you want assistance or want to apply, contact the SHINE program at your COA or Senior Center. To qualify Individual Monthly income limit is \$1,492 and \$2,011 for a couple.

## MARCH AT A GLANCE

### **Tuesday, March 1**

Voting Day

10:00am-12:00 noon Real Estate Tax Exemption Information

1:00pm Movies for Film Lovers

AARP Income Tax Appointment-Call for Appointment\*\*\*

2:00-3:00pm Job Search Support\*\*\*

### **Wednesday, March 2**

9:00am-12:00 noon Brookline Legal Assistance for **Brookline Residents only**.

1:00pm Brookline Music School Concert\*\*\*

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

### **Thursday, March 3**

11:00am Ask a Nurse

1:00pm Easy Travel

1:30pm Zumba Gold

3:00pm Library Focus Group-Large Print Books

### **Friday, March 4**

9:00am-12:30pm Got Rhythum

### **Monday, March 7**

### **Tuesday March 8**

1:00pm Movies for Film Lovers

2:00pm Meet TRIPPS, Program Director at the Coolidge Corner Library

2:00-3:00pm Job Search Support\*\*\*

### **Wednesday, March 9**

COA Meeting-Assisted Living

### **Friday, March 11**

Alzheimer Support Group\*\*\*

### **Sunday, March 13**

Daylight Savings Spring Forward

### **Monday, March 14**

1:00pm Heart Disease-Dr. Rosenblatt\*\*\*

### **Tuesday March 15**

10:00am-12:00noon Real Estate Tax Exemption information

12:00noon March Birthday Celebration \*\*\*

1:00pm Movies for Film Lovers

2:00-3:00pm Job Search Support\*\*\*

### **Wednesday, March 16**

1:00pm Low Vision group

1:00pm Luau\*\*\*

20

1:30 Modern Beading

### **Thursday, March 17**

9:00am-3:00pm Merrimack Outlets Trip\*\*\*/\*

9:00-10:00am Blood Pressure Screening

1:00pm Mass College of Pharmacy-Diabetes Workshop\*\*\*

1:00-2:00pm Brookline Hearing Service

### **Friday, March 18**

9:00am-12:00noon Podiatry\*\*\*

10:00am Solemates

### **Saturday, March 19**

11:00am-1:00pm LGBT Out 2 Brunch Bunch\*\*\*/\*

8:00pm Brookline Symphony and Metropolitan Chorale\*

### **Sunday, March 20**

3:00pm Brookline Symphony and Metropolitan Chorale\*

### **Monday, March 21**

1:00pm Watanabe Sisters Concert

### **Tuesday March 22**

9:00-10:00am Public Issues Nonfiction Book Group—The Glass Cage

4:00-6:00pm Stock Our Shelves Event\*\*\*

### **Wednesday, March 23**

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

1:30-3:30pm Memory Café

2:30-3:00pm Aging Backward\*\*\*

### **Thursday, March 24**

5:30pm Alzheimer's Frontier 2016 at Goddard House\*\*\*/\*

### **Friday, March 25**

9:00-10:30am Senator Creem Office Hours

### **Monday, March 28**

1:00pm Recycling Presentation

2:00-3:00pm Putterham Book Discussion Group-Ladies Night at Finbar's Hotel\*

### **Tuesday, March 29**

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

1:00pm Movies for Film Lovers

### **Wednesday, March 30**

1:00pm Concert with Raymond Chow\*\*\*

2:00-3:00pm ELF Giveaway

### **Thursday, March 31**

1:00pm Nutrition Talk with Meghan Ostrander

## 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

### Tuesday

8:30 am-4:30 pm Fitness Center Open—  
membership required

One-to-One Computer Sessions (call 617-730-  
2777 for appointment \*\*\*

9:00-12:00 noon Reiki Therapy \*\*\*

10:00 am Flexibility, Resistance Training, and  
Balance

10:15 am Brookline Bees, Quilters

11:00-11:45 Tuesday Morning Dance Party

12:00 Springwell Lunch \*\*\*

12:00 noon French Conversation

12:00-4:00 pm BETS

12:30-3:30 pm Canasta Group\*\*\*

1:00 pm BINGO

1:00 pm Movies for Movie Lovers

2:00-3:00 pm Exercise for Health &  
Rejuvenation

2:00-3:00pm Yoga Chair Class \*\*

2:00-4:00 pm Food Distribution Site (hours  
approximate)

3:00-4:00 Yoga Mat Class\*\*

### Wednesday

8:30 am-4:30 pm Fitness Center Open-  
Membership required

8:45-10:15 Strength Training \*\*

9:00-10:00 am Living Our Values

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

10:30am Retired Men's Club

10:30am Senior STRETCH \*\*

12:00 noon Springwell Lunch \*\*\*

1:00-3:00pm Scrabble

2:00-4:00 pm Open Computer Lab

3:00-4:00pm ESL Conversation Group

### Thursday

8:30 am-4:30 pm Fitness Center Open member-  
ship required

9:30 Figure Drawing \*\*\*

9:30 Art for Pleasure Class \*\*\*

10:30 am Arthritis Exercise \*\*\*

10:30 am and 1:30 pm Knit and Crochet

11:00-1:00pm TRIPPS office hours

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](http://www.brooklineadulted.org) to register

\*\*\* Registration Required

# Brookline Health Care Center

## A HealthBridge Management Company

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

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

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

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

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

### Physical Therapy

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

### Occupational Therapy

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

### Speech Therapy

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



*Brookline Health Care Center*  
A Nursing and Rehabilitation Center

99 Park Street, Brookline, MA 02446 • 617-731-1050  
[www.healthbridgemanagement.com](http://www.healthbridgemanagement.com)

416172

## FOOD DISTRIBUTION SITE



There is free food distribution at the Senior Center every **Tuesday from approximately 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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## MEMORY CONNECTIONS CAFÉ

Memory Connections Café on **Wednesday, March 23 from 1:30-3:30pm**, the Senior Center will host its free 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.

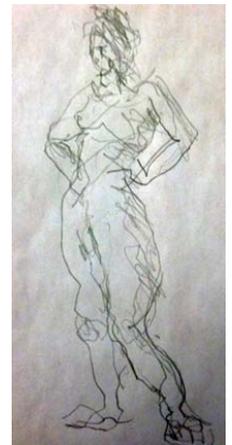
## CAN'T DO AN ISLAND GETAWAY?



Then Trader Joe's will bring the island getaway to you on **Wednesday, March 16 at 1:30 pm!** This event is sponsored by Trader Joe's with entertainment by our old friend, Tommy Bahama. Put on your dancing shoes and get ready to dance the afternoon away. Tommy Bahama spins your favorite tunes of the '50's, 60's, and 70's. Light refreshments will be served. Space will be limited so register soon by calling 617-730-2770.

## DRAWING FOR PLEASURE

The Drawing for Pleasure drawing did not give credit to the artist Lilian Helf Last month. Thank you Lilian for the use of you art.



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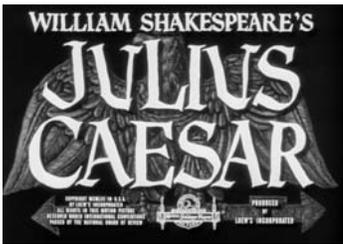
## SENIOR CHORUS

The Senior Chorus always welcomes new members to add to its already enthusiastic roster of singers. There are no auditions. Just come on **Fridays at 10:30 am** and make a joyous sound with the group led by Joe Reid.



## -SAVE THE DATE-

### NEW REP COMES TO YOU



The Brookline Senior Center presents Shakespeare's "JULIUS CAESAR" on **Sunday, April 10 at 2:00pm**. In Shakespeare's political tragedy, suspicions arise

when the beloved Caesar gains popularity among his people. Fearing that he will corrupt the freedom of the State, other members of the government plot to have him killed. In a tumultuous world where politics are vicious, JULIUS CAESAR will resonate powerfully with today's audiences. Price: \$5 refreshments Included. Free to BHA residents. To register, please call 617-730-2777.

### MODERN BEADING WORKSHOP



This workshop is for beginners and experienced bead-ers. We will meet on **Wednesday, March 16 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 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.

*This group is on vacation in March but will return in April.*

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## BROOKLINE RECYCLING

Join us on March 28 at 1:00 pm to learn more about Brookline's recycling market and how it is rapidly changing. Also, come with questions pertaining to recycling and solid waste to learn more about everyday best practices that can directly affect you! To register call 617-730-2770.



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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.

## 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.

**PROUD TO SUPPORT THE  
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## SUPPORT THE SENIOR CENTER

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

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

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

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

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



#### **SUPPORT THE BROOKLINE SENIOR CENTER**

*Help BROOKLINE's SENIORS age with dignity and respect*

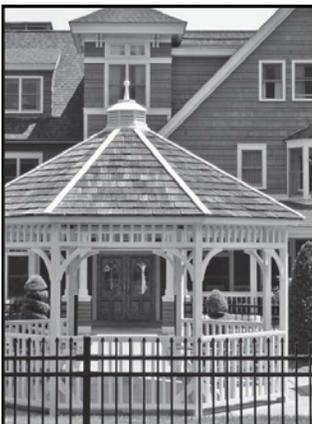
Use the form above. OR Donate Online via PayPal at

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

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

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

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## VOLUNTEERING GIVING TIME AND TOUCHING HEARTS

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 mentors and event organizer, back-up reception desk coverage, conversation and refreshments for the Memory Café from 1:30-4:30 on the 4<sup>th</sup> 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 10am.

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

### THE SHOP PROGRAM



**SHOP** is a volunteer opportunity for seniors 60 and older and high school students to share experiences and some time with each other. Seniors volunteer to help Brookline High School students earn their community service credits by allowing the students to shop for them and the students volunteer to do grocery shopping for seniors. A real Win-Win!

The Brookline Senior Center would like to hear from seniors 60 and older who need help with their shopping and who would like to have a student do their grocery shopping for them. If you would like a student shopper please call Patricia, the Volunteer Coordinator at 617-730-2743 and leave your name and number.

## 1-ON-1 JOB SEARCH SKILLS APPOINTMENTS



Patricia Burns, the REAP Program Job Skills Counselor is available for

1-on-1 appointments to assist with essential job search tools - resume writing or updating, job-specific cover letters and LinkedIn profile development. Appointments are required. Contact Patricia at 617-730- 2743 or e-mail her at [pburns@brooklinema.gov](mailto:pburns@brooklinema.gov) for an appointment.

## JOB/VOLUNTEER SEARCH SUPPORT TEAM MEETINGS

Join us on Tuesdays, **March 1, 8 and 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 [dwxman@brooklinema.gov](mailto:dwxman@brooklinema.gov) Patricia Burns at: 617-730-2743 or [pburns@brooklinema.gov](mailto:pburns@brooklinema.gov)

## ONLINE VOLUNTEER SEARCH

**1 on 1** Meetings to Assist Volunteer Job Seekers. The Brookline Council on Aging is testing out a new user-friendly volunteer website for people of all ages who are searching for meaningful volunteer opportunities. On **Mondays from 2:00-4:00pm** at the Senior Center, the website coordinator, Alberta Lipson, will meet with people who are looking for volunteer work in Metro Boston and Brookline. If you'd like to schedule an appointment or have questions, please contact Alberta ([albertalipson@gmail.com](mailto:albertalipson@gmail.com)).

## ANNUAL VOLUNTEER SURVEY & FILE AUDIT

LAST CALL to participate in our annual volunteer survey. The survey gives us valuable data for the BSC's annual report and our fundraising efforts that are so important to keep our programs running. Please fill it out and return it to Patricia. Check your mail! A 2<sup>nd</sup> mailing 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, the Volunteer Coordinator. For questions or if you have misplaced the survey or envelope, please contact Patricia at 617 730 2743 or [pburns@brooklinema.gov](mailto:pburns@brooklinema.gov).

### 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.

## LONGWOOD DENTAL GROUP

Dentistry from the Heart



On Saturday, April 2 the Longwood Dental Group gives back to the community. 100 patients without access to dental care will receive either free fillings, extractions or cleaning at the Longwood Dental Group 1842 Beacon Street in Brookline. Registration for those 18 years or older begins at 7:30 am. Arrive early we will serve the first 100 patients on a first come first serve basis between the hours of **8:00am and 2:00pm** For more information call 617-566-5445.

Are you at least 60 and have a problem with your in-home caregiving services?

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If so, please call us!

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## THANK YOU

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Eleanor Small & the Wednesday Bridge Group  
Beatrice Chorover  
Beverly Gleason  
Charlotte and Bert Alkon  
Ellen Hertzmark  
Marilyn Jurich

### ***In memory of:***

Anne Schwab *from* the Senior Stretch class  
Anne Schwab *from* Janie V. Chickering  
Bill Schlesinger *from* Laurie Leibowitz  
Paula Horowitz *from* Ruthann Dobek  
Andrea Canzonetti Griffen *from* Patricia Dobek  
for the Van

### ***In honor of:***

Frances Pechenick *honoring* the Senior Center  
Claire Yung and the Chinese Mah Jong Group  
*honoring* the Chinese Mah Jong program  
Carolyn Manson *honoring* Sharon Devine

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### ***In memory of Corrine Long from:***

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Lucille Tawa  
Lila Sesholtz  
Sonia and William Wong  
Sherry Lee  
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Serena Heartz

## FROM THE BOARD PRESIDENT

A special thank you to all of you who made an end of the year donation to the Senior Center. Due to the generosity of the community, we have continued to expand our state of the art fitness center, Zumba at the Senior Center, programs at Brookline Housing and fitness scholarships.

Please keep sending your donations so we can continue to add have programs for our seniors.

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



## -SAVE THE DATE -

### CLIMATE ACTION WEEK



The dates for 2016 Climate Week are **March 28-April 3**. Do you own an electric car? Want to come open your hood and show off your electric engine?! Come to Brookline Climate Week 3R Depot on **Saturday April 2, 2016** to see other electric cars and add yours to the event. We hope to have dealers with new cars and local Brookline owners to meet with the community and answer questions. There are also two electric charging stations in the parking lot we will highlight. For further information or to schedule your car, contact [Judy 3rdepot@gmail.com](mailto:Judy3rdepot@gmail.com)



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- We don't tell people what they want to hear. We tell them the truth.
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- We believe education leads to personal and professional growth.
- We treat our clients like our family.
- We believe stable homes support strong family bonds and strengthen communities.
- We believe everyone deserves respect.

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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*

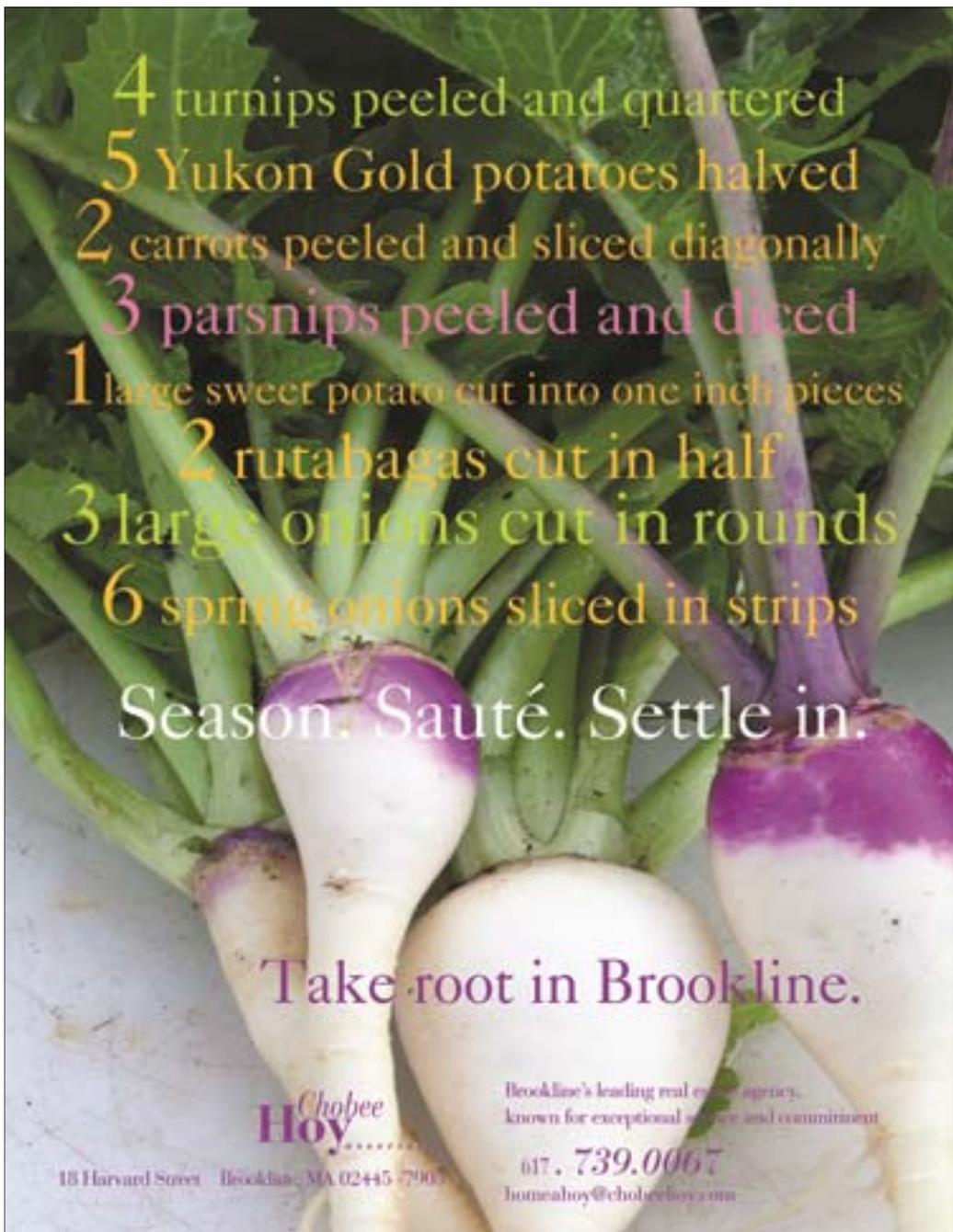
I found Judy to be professional, responsible and amazingly service oriented...It's all about taking care of you during the selling or buying process and that's what Judy does best. -*David, past buyer and seller*

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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Brookline, Massachusetts 02446

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