TOWN OF BROOKLINE
SENIOR NEWS AND EVENTS

Council on Aging

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

Brookline Senior Center
93 Winchester Street
Brookline, Massachusetts 02446

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

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

Brookline Community Aging Network
www.BrooklineCAN.org

JUNE 2016

HIGHLIGHTS

ELK'S BARBECUE

On **Saturday, June 18 at 1:00 pm** come to the Senior Center for a very special event—a BBQ—prepared and sponsored by Brookline Elks Lodge #866. The Brookline Elks always do a marvelous job on their special meals—whether a holiday feast or a summer BBQ—so be sure not to miss this treat. However, since the event is so popular, you need to make reservations. To make reservations, call 617-730-2770.

MARIE LAVINE MEMORIAL CONCERT

Come and enjoy the 13th annual Marie Lavine Memorial Concert on **Thursday, June 9, at 2:00 pm.** The concert is a tribute to the memory of Marie Lavine, a beloved Senior Center volunteer who loved concerts and theater. It is lovingly underwritten every year by Marie Lavine's daughters, Eileen Solomon and Kathy Sue Lavine.

This year will feature the outstanding Winiker Band. The Winikers need no introduction to Brookline. These fabulous musicians and entertainers knew Marie personally. Cindy Gale (vocalist) accompanied by Neil Green (pianist) will perform at the concert. Ms. Gale, a talented musician, will entertain us from the Great American Song Book. For the last 15 years she has been performing with the Bill and Bo Winiker Band and has had the extreme pleasure to have performed with the Boston Pops Orchestra for their New Year's Eve Concerts in 2013 and 2014.

Also performing is Neil Greene a pianist and graduate of the Boston University School of Fine and Applied Arts. Neil is well known for his prodigious piano technique and has mastered many styles of music from classical, jazz to pop and rock & roll. Neil has been a member of the Winiker Orchestra for the past 15 years.

Afterwards, join your friends at the delectable dessert buffet including homemade chocolate chip cookies, Marie's favorite.

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Happy Father's Day

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

Ruthann Dobek
Director, Council on Aging/Senior Center

Julie Washburn
Program Manager, Council on Aging/Senior Center

Maureen Cosgrove-Deery
Newsletter Editor

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

JUNE HOLIDAYS

There are no holidays in June for which the Senior Center is closed. You can plan on enjoying the many and varied facilities and programs every weekday in June from 8:30 am to 5:00 pm. There are only a couple of holidays of note that actually fall in June: Father's Day and Flag Day.

Father's Day is celebrated on **Sunday, June 19,** Flag Day, celebrated on **Tuesday, June 14,** commemorates the adoption of the flag of the United States, which happened that day by resolution of the Second Continental Congress in 1777. In 1916, President Woodrow Wilson issued a proclamation that officially established June 14 as Flag Day; in August 1949, National Flag Day was established by an Act of Congress. It is not an official federal holiday.

SECOND INTERNATIONAL DAY OF YOGA

All over the world on **Tuesday evening, June 21,** people celebrate the second International Day of Yoga, which also marks the Summer Solstice. Popular local yoga teachers will conduct a **free open-air yoga class from 7:00 – 8:30 pm at Cypress** Field, directly across from Brookline High School (rain location is the high school gym). All Brookline residents are invited to participate regardless of age, gender or previous experience.

The yoga event is being co-sponsored by Brookline on the Move and the Brookline Departments of Public Health and Recreation. The first International Day of Yoga, organized by the United Nations in 2015, attracted more than two billion people from 192 countries. Yoga is promoted by health and fitness advocates for its ability to reduce stress and boost well-being. For further information: Lynne Karsten, 617-730-2336; lkarsten@brooklinema.gov.

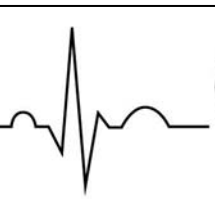
ANNUAL SIDEWALK SALE

We have all been cleaning our closets and cupboards and have amassed a variety of treasures. There are so many treasures accumulated that the Senior Center is inviting everyone to a "white elephant" sidewalk sale on **Thursday, June 30, from 10:00 am to 2:00 pm**—rain or shine. Come and take your pick among the goodies available. All proceeds of the sale will benefit the programs and services of the Senior Center. There are many bargains to be had. So come and buy!

MEMORY CONNECTIONS CAFÉ

On **Wednesday, June 22 from 1:30-3:00 pm** 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. This program is supported by a grant from the Brookline Community Foundation. This month's event is co-sponsored by Bayada Home Health Care. *Please note that there was an error in last month's co-sponsorship. May's event was co-sponsored by Brookhaven Hospice and Right at Home In Home Care & Assistance.

THE **HEALTH** PAGE



Beth Israel Deaconess Medical Center

Ask a Nurse, Lynn Schuster a nurse from the Greater Medford Visiting Nurse Association will visit the Senior Center on **in June at a date undetermined. Please check the TAB for** update and for more information call 781-396-2633. **Please Note change of date.**

Podiatry Clinic Routine foot care with Dr. John McLoughlin is available at the Health Clinic at the Senior Center the cost $30. to inquire about appointments call 617-730-2777. Please not that Dr. Mcloughlin's rate will be $40 beginning in July 2016.

Low Vision Group This peer-led support group for individuals with limited eyesight will meet on **Wednesday, June 15 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, June 16 from 9:00 to 10:00 am at The Senior Center.
Wednesday, June 1 at the BPHD building on Pierce Street (**Cancelled** for this month)
Wednesday, June 8 from 1:00-2:00 pm at Sussman House, 50 Pleasant Street.
Wednesday, June 22 from 1:00-2:00 pm at 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, **June 16 from 1:00-2:00 pm.** They will provide hearing aid cleanings, maintenance and patient counseling at no charge. They will also be selling all sizes of hearing aid batteries for $5 per pack. All services will be provided on a first come, first served basis.

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

The Health Page is sponsored by Beth Israel Deaconess Medical Center

Affiliated with Joslin Clinic

A research partner of NCI CCC DANA-FARBER/HARVARD CANCER CENTER A Comprehensive Cancer Center Designated by the National Cancer Institute

Official hospital of the Boston Red Sox

ASK A GERIATRICIAN

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

DRIVING QUESTION: AT WHAT AGE SHOULD WE STOP DRIVING?

ANSWER: There is no "one answer fits all." Almost 80% of people over the age of 70 are driving.

A recent survey in California of adults over age 65 of their top 10 fears revealed that after the Number 1 fear of being diagnosed with a fatal illness, the Number 2 fear was losing the ability to drive and losing their driver's license.

Driving is important for going shopping, getting to medical care, visiting and going to events. Other forms of transportation are often much less convenient, if they are available at all.

The number of fatal accidents has been dropping, which is good news. However, often our bodies change with age, which can make driving dangerous for the driver and for others.

So how do we know who are the people who are at risk?

Often we look at the "4 C's" which M.G. O'Connor presented in an article in the Journal of the American Geriatric Society in evaluating at-risk drivers:

Crash history, family concerns, clinical conditions (such as diabetes, heart disease, medications, stroke, Parkinson's disease, seizures, arthritis, vision, hearing.) and cognitive function such as cognitive impairment (dementia, medications affecting thinking,) and age-related slowing of processing information .

A physician often faces a conflict. On one hand, patients expect that the doctor will respect their privacy and not divulge personal information. On the other hand, there is an obligation to protect the public from harm due to unsafe drivers.

If there is concern about driving, a physician can test vision, physical range of motion and can do cognitive testing for memory, planning, and making decisions. If there is more concern, a driving assessment should be done. The person must understand that if he/she fails the assessment, either they can take a driving "rehab" course, or in the worst case, must give up the driver's license. This is a dramatic event and can cause a great deal of friction between the driver, family and caregivers.

E.L.F. MONTHLY FEATURED ITEMS AND NEWS

The Equipment Loan Fund has had multiple requests for walkers with seats (rollators) and standard and transport wheelchairs. If you have a donation of any of these items, it would be most appreciated. Please call Jamie at 617-730-2753 to make a donation or to obtain any items.

Daniel M. Gorfinkle
CRS, ABR, CPA
RE/MAX Unlimited
Mobile: (617) 820-8085
Fax: (617) 224-4499
DGorfinkle@remax.net
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02446

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 not be at the Senior Center this Wednesday.** to consult on legal matters of law. This service is offered for Brookline residents only and is free of charge, and no appointment is needed. Please pick up a number at the reception desk or the COA office on the second floor.

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

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

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

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

ANNUAL LGBT PRIDE EVENT

The LGBT community is celebrating the 13th anniversary of the annual Pride week and the culminating parade on Saturday, June 11. This year, Pride week runs from June 3 through June 12. On **Sunday, June 5** at **3:00 pm** we are proud to announce our fabulous new event; The Silver Party dinner dance held at the Holiday Inn Brookline. This special event often boasts over 200 guests and kicks off the Pride week activities with a fabulous party at

On **Saturday, June 13th**, the LGBT Senior Pride Coalition will march in the **Boston Pride Parade** with over 100 LGBT seniors, many of Our Pride week activities allow LGBT seniors to know what it feels like to be out, open and supported in the LGBT community.

ALZHEIMER'S CAREGIVERS SUPPORT GROUP

The Senior Center continues to offer two ongoing 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.

The evening support group is currently full but the group facilitator, Susan Kanian-Andriole would like to hear from you. Please call 617-730 -2754 if you would like more information on the Thursday evening group.

LIVING OUR VALUES

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

Gallery 93

Wish You Were Here
(Mixed media works)

By Cathie Brenner

April 4-June 30
Monday-Friday 8:30-5:00

We Love it Here!

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

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

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

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

COREY PARK

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

Providence House
Senior Living Community

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Managed by Welch Healthcare & Retirement Group

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Services:

- Alternative & Holistic Services
- Medication Assistance
- Incidental Transportation
- Home Modification
- Financial Options
- Evaluation Process
- Human Service Associate Direct Care
- Our Commitment to the LGBTQ Community

ZUMBA GOLD

Get in shape and have fun with Zumba Gold at the Senior Center! Free introductory class on **Thursday, June 16 at 1:30 pm.** Subsequent summer session is on **Thursdays, June 23-July 28 from 1:30-2:30 pm.** Cost for summer session is $35, but drop-ins are welcome at $7 per session. Free for Brookline Housing Authority residents thanks to the Brookline Multiservice Senior Center Corporation, a 501 (c)(3) corporation that supports Senior Center programming.

FAREWELL TO MARY

As you may already know, Mary Stevenson, our stalwart Zumba Gold instructor will be relocating to New York at the end of the summer. That means that we must say goodbye to our dear friend. Mary has been a wonderful part of our community and she will certainly be missed.

AND WELCOME TO EMILY BRENNER

While we are sad to see Mary go, we are very pleased to welcome Emily Brenner as our new Zumba Gold instructor in the fall. Emily auditioned for us in the spring and received rave reviews so we are certain that she will be a wonderful addition. If you would like to learn more about Emily, you can visit her website at: http://dancewithemily.webs.com

EASY TRAVEL

Join us on **Thursday, June 2 at 1:30 pm**, as Wendy Gutterson, our armchair travel host will be talking about the colors and art in San Miguel de Allende, Mexico.

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. Solemates meets on **Fridays at 10:00am** in the lobby of the Senior Center. 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.

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.

SENIOR CENTER THEATER CLUB

Sunday, June 12 at 2:00 pm
Reagle Theater in Waltham
Carousel Cost: $39

This iconic American classic features some of the most powerful music ever written for the stage, including "If I Loved You", "Mister Snow", "June is Bustin Out All Over" and the iconic "You'll Never Walk Alone." To register call 617-730-2777.

Sunday July 10 at 2:00 pm
Reagle Theater in Waltham
Thoroughly Modern Millie
Cost: $39

Thoroughly Modern Millie takes you back to the height of the Jazz Age in New York City, when "moderns" including a flapper named Millie Dillmount were bobbing their hair, raising their hemlines, entering the workforce, and rewriting the rules of love.

Thursday, August 11 at 12:05 pm.
Pawtucket Red Sox VS Durham Bulls
Cost:$15

Join the Brookline Senior Center and Center Communities of Brookline for an afternoon of baseball at McCoy Stadium Pawtucket RI.

Sunday, August 14 at 2:00 pm
Reagle Theater in Waltham
Crazy for You
Cost $39

Registration is required and space is limited for these special events. To register please call 617-730-2777

SUMMER BERRIES!

Our friends from Boylston Place will be back on **Wednesday, June 29 at 1:00 pm** to delight us with a sampling of some tasty summer berry treats from their kitchen. We have certainly have enjoyed their tastings in the past, so we can't wait to see what they have "cooked up" for the summer .

MODERN BEADING WORKSHOP

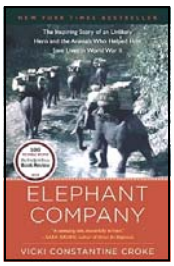
This workshop is for beginners and experienced beaders. We will meet on **Wednesday, June 15 at 1:30 pm** at the Senior Center. Marge Harvey will be on hand to instruct and help. At each workshop you will be able to learn modern techniques of beading using thin Soft Flex and crimps. Combine old beads 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.

THE TRACY CLARK DUO

Join us on **Wednesday, June 15 at 1:00 pm** for a performance by Brookline resident and realtor, Tracy Clark and Bonnie MacLeod for a show that is sure to make you tap your feet and sing along!

BOOK DISCUSSION GROUP AT THE PUTTERHAM LIBRARY

Meetings are in the community room at the Putterham Branch Library. 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. We will be on vacation in June but will return on Monday, July 18.



Monday, July 18
The Elephant Company by Vicky Croke

BROOKLINE ADULT EXCURSIONS

Lost Pond Walking Tour
Wednesday, June 1 from 2:00-4:00pm
Join us to spend an afternoon visiting one of Brookline's sanctuaries, Hall's Pond, with our Environmental Educator. The walk will focus on the natural history of the sanctuary as well as the plants and animals found
there. Please wear sturdy walking shoes. Trip fee includes transportation.
$8 residents $11 Nonresidents

Adams National Historic Park
Thursday, June 23 from 9:00am-1:00pm
Join us for a tour of the Adams National Historical Park which was designated as part of the National Park Service in 1946. Trip fee includes transportation and tour admission.
$10 residents $14 Nonresidents

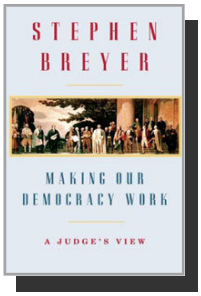
To register, call The Brookline Recreation Department at 617-730-2082 or 617-730-2069 **pick up locations: Brookline Senior Center ,Soule Recreation Center**

PUBLIC ISSUES NONFICTION BOOK DISCUSSION GROUP

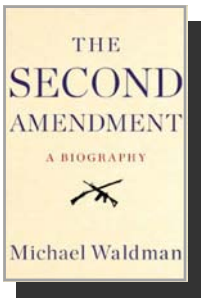
At the Senior Center

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.

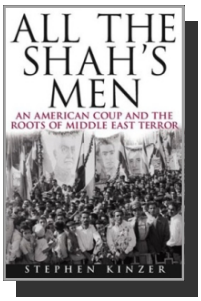
The Coolidge Corner Branch Library will have copies of the books available several weeks ahead of each meeting. Suggestions for future titles are encouraged. Meeting time is **9:00 to 10:00 am on the fourth Tuesday of each month.**



Tuesday, June 28
Making Our Democracy Work: A Judge's View by Stephen Breyer (Alfred A. Knopf, Inc.)



Tuesday, July 26
The Second Amendment:
A Biography by Michael Waldman (Simon & Schuster, Inc.)



Tuesday, August 23
All the Shah's Men
by Stephen Kinzer (John Wiley &Sons, Inc.)

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

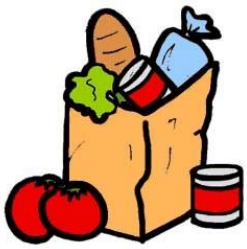
FITNESS FOR ALL

Aging Backwards will continue on **Wednesdays, 2:30 to 3:00pm** in the Fitness Center. Call Sharon Devine, 617 730 2769, to pre-register.

Balance Class Tuesdays & Thursdays 4:00 - 4:30pm in the Fitness Center. Practice balance and flexibility exercises. Reduce personal and environmental fall hazards. For information and required pre-registration, Call Sharon Devine, 617 730 2769.

YOGA, Wednesdays, 1:00-2:00pm in the Fitness Center. Class includes active and restorative poses. Over time, yoga can build strength, flexibility, balance, and body awareness. Pre-registration is required, call 617-730-2769. A donation of $5 to $10 per session is requested. For more information, call Sharon Devine, 617-730- 2769

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 at 617 730 2743 to set up an appointment.

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

WHAT'S YOUR PLAN FOR DRIVING RETIREMENT

On Thursday, June 16 from 6:00-8:00pm at the Brookline Senior Center join a panel of seniors from our community who get around without driving. Some take the T, some use paratransit, some love the buses, some take taxis, some use ride-hailing apps, and others walk or cycle. These seniors will describe their own experiences, discuss the drawbacks and benefits of using various modes of transportation, and talk about overcoming some of the barriers that can keep other seniors from exploring and using non-driving options. This event is free, but space is limited. Please call 617-730-2644 to reserve your seat. Light refreshments will be available. For help with transportation to and from this event, please call 617-730-2644.

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

Research conducted at Boston College

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

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.

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 except for June 21** 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

WORRIED ABOUT A SENIOR LIVING ALONE?

Gorgeous, compassionate,
HAPPY home
for seniors
who need a little help

All-inclusive & affordable!

Near the Brookline Border

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www.MountPleasantHome.org

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Volunteer
Luncheon
2016

VOLUNTEER OF THE YEAR

MURIEL STARK

The 2016 John and Molly Dolan Volunteer of the Year Award was presented to Muriel Stark. Ruthann outlined some of the many ways that Muriel has volunteered since the late 1990s – Quilting, Food Distribution, Craft Fair and Gift Cart to name a few, but most importantly her position as Brookline Senior Center Ambassador as well as her "we'll get through it" attitude. In addition to the certificate of award, Muriel was also given a lovely plant and a bowl of chocolates.

Ruthann then announced the Community Partner Award that was given to Trader Joe's this year. She thanked them for their weekly donation of flowers, produce and the festive Hawaiian luau event they sponsored. Ruthann encouraged all of us to thank them when we were in the store.

ONE-ON-ONE COMPUTER SESSIONS

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

OPEN COMPUTER LAB

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

WHEN CAN YOU ENROLL IN A MEDIGAP PLAN?

Medigap plans are health insurance plans that provide extra protection beyond Medicare by filling in some of the "gaps" in Medicare coverage. In Massachusetts, these plans allow continuous open enrollment. You must have Medicare A and B to enroll, and cannot be enrolled in a Medicare Advantage plan. Anyone who is eligible may enroll or change plans or coverage levels at any time, with changes effective the first of the following month. Note that Medigap policies do not cover prescription drugs, which are covered separately under Medicare Part D.

In Massachusetts, seven insurers offer the same two Medigap plans, Core and Supplement 1. The Core plan pays some of the copays for Medicare covered services, while the Supplement 1 covers all the deductibles and copays for these services. This means that a Medigap policy will generally pay only when Medicare approves payment. With a Medigap policy, you are free to choose any doctor or hospital that accepts Medicare and you do not need referrals to see a specialist.

For assistance with choosing a Medigap plan or any Medicare issue, contact the SHINE Program. Trained SHINE volunteers offer free, confidential counseling on all aspects of Medicare and related health insurance programs. To schedule a SHINE appointment, call your local Senior Center. For other SHINE related matters, call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Once you get the SHINE answering machine, leave your name and number. A volunteer will call you back, as soon as possible.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1. HOT: Pot Roast w/Gravy; Creamy Potatoes; Italian Green Beans; Tossed Salad; Wheat Dinner Roll. COLD: Tuna Salad on Rye Bread; Spinach & Mandarin Salad w/Lite Italian Dressing; Pesto Pasta Salad. Fruit Snack Loaf	**2.** Chicken Vegetable Soup HOT: Chicken w/BBQ; Chuckwagon Corn; Fresh Zucchini & Red Peppers; Rye Bread. COLD: Roast Beef w/Mustard & Swiss Cheese on Multigrain Bread; German Potato Salad; Chickpeas, Cucumber & Tomato Salad Ambrosia w/Topping	**3.** Tomato Basil Soup HOT: Potato Pollock Filet on Lemon Sauce; Brown Herbed Rice; Carrots; Multigrain Bread. COLD: Chef Salad w/Ham, Cheddar Cheese & Lite Italian Dressing; Macaroni Salad; Oatmeal Bread. Applesauce
6. Escarole & Bean Soup HOT: Lasagna w/Marinara Sauce (V) & Meatball; Spinach & Mushrooms; Wheat Bread. COLD: Seafood Salad on Multigrain Bread; Zucchini Salad; Orzo Vegetable Salad. Orange	**7.** Cream of Mushroom Soup HOT: Creole Fish; Rice & Beans; Collard Greens & Onions; Multigrain Bread. COLD: Roast Beef w/Mustard & American Cheese on Oat Bread; Cole Slaw; Balsamic Vinaigrette Pasta Salad. Chocolate Pudding w/Topping	**8.** Chicken Orzo Soup HOT: Honey Mustard Chicken; Italian Green Beans; Fresh Butternut Squash; Dinner Roll. COLD: Cottage Cheese & Fruit Plate (V); Orange Juice; Garden Shell Pasta Salad. Chocolate Chip Cookie	**9.** HOT: Meatloaf w/Gravy; Mashed Potatoes; Peas & Onions; Oat Bread. COLD: Vegetable Chef Salad (V); Multigrain Bread; Israeli Couscous. Mixed Fruit	**10.** HOT: Macaroni & Cheese (V); Baked Tomato Half; Multigrain Bread. COLD: Chicken Pesto Caesar Salad; Potato Salad; Scali Bread. Peaches
13. Broccoli & Cheese Soup HOT: Turkey w/Gravy; Mashed Potatoes; Zucchini & Red Peppers; Rye Bread. COLD: Mediterranean Plate (V); Hummus; (1/2) Pita Bread; Cucumber, Feta, Tomato Salad; Israeli Couscous. Butterscotch Pudding w/Topping	**14.** HOT: Chicken Meatballs w/Ziti & Tomato Sauce; Spinach Tossed Salad w/Lite Italian Dressing; Multigrain Bread. COLD: Seafood Salad on Wheat Bread; Potato Salad; Tossed Garden Salad w/ Lite Italian Dressing. Pears	**15.** Tomato Basil Soup HOT: Baked Fish w/Broccoli Cheese Sauce; Brown Rice Orzo Pilaf; Mixed Vegetables; Wheat Bread. COLD: Cold Meat Loaf on Rye Bread w/ Lite Mayo & Lite Ketchup; Corn Salad; Cole Slaw. Cantaloupe	**16.** Father's Day Special Lunch Clam Chowder Beef Burgundy Baked Potato w/Sour Cream Fresh Broccoli Cinnamon Dinner Roll Mini Éclair	**17.** HOT: Hot Dog***on Hot Dog Roll w/ Ketchup, Mustard & Relish; Baked Beans; Cole Slaw COLD: Turkey Chef Salad; Greek Pasta Salad; Multigrain Bread. Apple Raisin Compote w/Topping
20. Cream of Pumpkin Soup HOT: Hamburger on bun w/ Ketchup & Mustard; Roasted Potatoes; Fresh Broccoli. COLD: Mediterranean Tortellini Salad (V); Summer Squash Salad; Scali Bread. Mandarin Oranges	**21.** Escarole & Bean Soup HOT: Salmon Filet on Lemon Pepper Sauce; Whipped Butternut Squash; Peas & Mushrooms; Rye Bread. COLD: Roast Beef on Multigrain Bread w/Lite Mayo & Cheddar Cheese; Pesto Pasta Salad; Riviera Salad. Tapioca Pudding	**22.** HOT: American Chop Suey; Fresh Summer Squash; Tossed Garden Salad w/Lite Italian Dressing; Scali Bread. COLD: Tuna Salad; Greek Salad w/Lite Italian Dressing; English Pea Salad. Birthday Cake	**23.** Vegetable Chicken Soup HOT: Chicken Marsala; Rice Pilaf Browned Orzo; Kale; Garlic Dinner Roll. COLD: Egg Salad (V) on Rye Bread; Potato Salad; Summer Squash Salad. Peaches	**24.** HOT: Jack Cheese Omelette (V); Orange Juice; Home Fries; Saute Vegetables; Multigrain Bread. COLD: Chicken Pesto Caesar Salad w/ Caesar Dressing & Parmesan Cheese; Tri Color Pasta; Garlic Dinner Roll. Banana
27. Seafood Chowder HOT: Fish Florentine; Mashed Potatoes; Ratatouille; Multigrain Bread. COLD: Ham & Swiss Cheese on Rye Bread w/Lite Mayo; Potato Salad; Cauliflower Carrot. Chocolate Pudding w/Topping	**28.** HOT: Veggie Burger (V) w/ Swiss on a Hamburger Bun; English Pea Salad; Root Vegetables. COLD: Seafood Salad on Wheat Bread; Three Bean Salad; Cole Slaw. Pears	**29.** Cream of Broccoli Soup HOT: Honey Mustard Chicken; Zucchini & Red Pepper; Whipped Sweet Potatoes; Wheat Dinner Roll. COLD: Vegetarian Chef Salad (V); Garden Shell Pasta Salad w/Lite Italian Dressing; Pumpernickel Bread. Applesauce	**30.** Mushroom Barley Soup HOT: Stuffed Shells w/Tomato Sauce (V) & Meatball; Mixed Vegetable; Rye Bread. COLD: Turkey on Scali Bread w/Lite Mayo & Cheddar Cheese; Corn Salad; Summer Squash Salad. Sliced Watermelon	

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, June 21** we celebrate June birthdays at the monthly Birthday Lunch. The sponsor of this lunch has happily provided a complimentary lunch and a small gift to all June 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.

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!

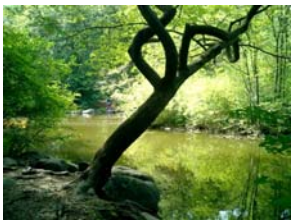
1-800-243-4636

(1-800-AGE-INFO)

LET'S GO OUT TO LUNCH BUNCH

Dine with the Let's Go Out to Lunch Bunch on **Tuesday, June 28 at Deluxe Station Diner in the old station at Newton Center at 12:00 noon.** For reservations and transportation, call 617-730-2770.

IT TAKES A VILLAGE GREATER BOSTON WALKING CLUB



This inclusive program welcomes people with dementia and their care partners. Transportation is available or you can meet us at the site. We leave from Goddard House at 10:15am. Complimentary lunch is served following the walk at Goddard House. For more information or to RSVP call Brigit Ganson at 781-718-5277.

Friday June 17 Habitat Nature and Wildlife Sanctuary/Belmont Walk
Friday, July 15 Arnold Arboretum/Walk in the Meadows
Friday, August 18 Jamaica Pond
Friday, September 16 Habitat Nature Walk & Wildlife Sanctuary
Friday, October 21 Larz Anderson Park

PROUD TO SUPPORT THE BROOKLINE SENIOR CENTER

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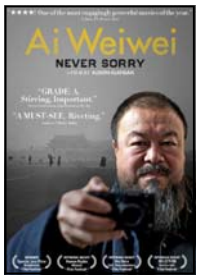
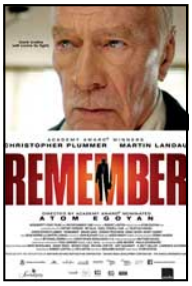
MOVIES FOR FILM LOVERS

Come to the Senior Center on **Tuesdays in June 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, June 7
Ai Weiwei Never Sorry (2012)
1hr. 31 min.
Alison Klayman documents the life and work of Chinese artist and activist Ai Weiwei. She showcases his artistic process as he prepares for a museum exhibition, his relationships with family members and his clashes with the government.

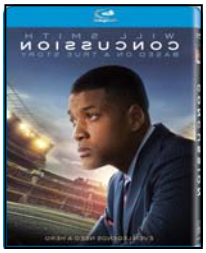
The Ai Wei Wei documentary that we are showing is in recognition of his work that is currently on display as part of the "Megacities Asia" exhibit at the MFA and the Rose Kenne-



Tuesday, June 14
Remember (2016)
1 hr. 34 min.
With the aid of a fellow Auschwitz survivor and a hand-written letter, an elderly man with dementia goes in search of the person responsible for the death of his family.

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

Tuesday, June 21
NO MOVIE TODAY
Due to the Elder Law Seminar



Tuesday, June 28
***Concussion* (2015)**
2hr. 3min.
While conducting an autopsy on former NFL football player Mike Webster (David Morse), forensic pathologist Dr. Bennet Omalu (Will Smith) discovers neurological deterioration that is similar to Alzheimer's disease. Omalu names the disorder chronic traumatic encephalopathy and publishes his findings in a medical journal. As other athletes face the same diagnosis, the crusading doctor embarks on a mission to raise public awareness about the dangers of football-related head trauma.

Taken from www.imdb.com

COUNCIL ON AGING MEETING

On **Wednesday, June 8 at 1:00 pm** join us for a presentation by Lynda Giovaniello, RN, BS From Clinical Liaison Home & Community Based Services. We will learn about Personal Assistance Care, Adult Day Care (ADH), Home Health Care and Hospice Care. Bring your questions. This program is a division of Hebrew Senior Life.

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.

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. **In June we will meet on June 18 from 11:00-1:00 p.m.** at Goddard House, 165 Chestnut Street, Brookline, MA 02445. To attend, RSVP to Zoraida at meals@ethocare.org or 617-522-6700 ext. 306

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.

ESL CONVERSATION GROUP

Agnes Clifford will lead the ELS conversation 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!

COOLIDGE CORNER COMMUNITY CHORUS SPRING CONCERT

Coolidge Corner Community Chorus presents: "Songlines" Directed by Lee Colby Wilson & Accompanied by Marilyn Cook. The event will include Bach, Wachet Auf, Cantata 140, Lauridsen, Lux Aeterna and smaller works of Beethoven, Clemens non papa, Tallis. Join us on **Saturday, June 4, at 8:00 pm** All Saints Parish,1773 Beacon Street, Brookline. The suggested donation: $15 ($10 students and seniors) and Tickets will be available at the door.

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112 Centre Street

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

Center Communities of Brookline
Hebrew SeniorLife

JUNE AT A GLANCE

Wednesday, June 1
Thursday, June 2
1:30pm Easy Travel with Wendy Gutterson
Friday, June 3
Saturday, June 4
1:00-3:00pm PorchFest
8:00pm Coolidge Corner Community Corus Concert *
Sunday, June 5
Silver Party Dinner*
Monday, June 6
1:00pm Ukulele Group
Tuesday, June 7
1:00pm Movies for Film Lovers-***Never Sorry***
Wednesday, June 8
1:00pm COA Meeting
1:00-2:00pm Blood Pressure Clinic at Sussman House
Thursday, June 9
2:00pm Marie Lavine Concert***
Friday, June 10
Sunday, June 12
2:00pmCarousel at Reagle Theater***
Monday, June 13
Tuesday, June 14
1:00pm Movies for Film Lovers-*Remember*
Wednesday, June 15
1:00pm Tracy Clark Duo***
1:00pm Low Vision Group
1:30pm Modern Beeding
Thursday, June 16
9:00-10:00am Blood Pressure Clinic
11:00am Ask A Nurse
1:00pm Nutrition Talk***
1:00-2:00pm Brookline Hearing Service
1:30 Zumba Gold Free session ***
6:00-8:00pm Driving Retirement
Friday, June 17
10:15am Habitat Nature Walk*
Saturday, June 18
11:00am-1:00pm LGBT Out 2 Lunch Bunch*
1:00 pm ELKS BBQ***
Monday, June 20
Tuesday, June 21
12:00noon Birthday Lunch***
NO MOVIE due to Elder Law Seminar
1:00pm Elder Law Seminar-Estate Planning***
7:00-8:30pm Second International Day of Yoga*
Wednesday, June 22
1:00-2:00pm Blood Pressure Clinic at 61 Park St.
1:30-3:30pm Memory Café***
6:00-7:00pm Public Health Policy Forum*
Thursday, June 23
1:30pm Zumba Gold ($7 lesion free for BHA)
Friday, June 24
Monday, June 27
1:00pm Stephen Collins***
Tuesday, June 28
9:00am Public Issues Nonfiction Book Group*
12:00 noon Out to Lunch Bunch***
1:00pm Movies for Film Lovers-Concussion
2:00-3:00pm **Wednesday, June 29**
1:00pm Taste Boylston Place
Thursday, June 30
10:00am-2:00pm Annual Sidewalk Sale

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 no class on 6/21
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
2:30-3:00pm Aging Backwards***
2:00-3:00pm Yoga Chair Class **
2:00-4:00 pm Food Distribution Site (hours approximate)
3:00-4:00 Yoga Mat Class**
4:00-4:30 Balance 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
10:30am Retired Men's Club
10:30am Senior STRETCH **
12:00 noon Springwell Lunch ***
1:00-2:00pm Yoga**
1:00-3:00pm Scrabble
2:00-4:00 pm Open Computer Lab
3:00-4:00pm ESL Conversation Group

Thursday

8:30 am-4:30 pm Fitness Center Open membership required
9:30 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***
1:30-2:30 ZUMBA GOLD
2:30 pm Spanish Immersion Conversation Group***
2:00-4:00pm Open Computer Lab

Friday

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

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

Brookline Health Care Center
A HealthBridge Management Company

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

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

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

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

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

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

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

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

Brookline Health Care Center

A Nursing and Rehabilitation Center

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

www.healthbridgemanagement.com

416172

FOOD DISTRIBUTION SITE

There is free food distribution at the Senior Center every **Tuesday from 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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COUPON

FROM THE DIRECTOR

June is a splendid month in Brookline with the return of the Farmer's Market, the glorious long days, and some fabulous annual events, as well as some special programs. One of these programs will be held on Thursday, June 9, at 2:00 pm. The 13th annual concert in memory of Marie Lavine will feature the outstanding Winiker Band. The Winikers need no introduction to Brookline. These fabulous musicians and entertainers knew Marie personally. Cindy Gale (vocalist) accompanied by Neil Greene (pianist) will perform at this concert. Ms. Gale, a talented musician, will entertain us from the Great American Song Book. Afterwards, join us at the delectable dessert buffet including homemade chocolate chip cookies (Marie's favorite). This is one concert not to be missed! We appreciate Marie's daughters, Eileen and Kathy, who lovingly sponsor this annual event in memory of their dear mother.

On Wednesday, June 22, at 6:00 pm, we are pleased to host the Public Health's 20th Annual Report Card on Health Care at the Senior Center. Brookline's own Michael Dukakis will moderate the forum. The topic this year is Celebrating 20 Years of Advocating for Health Care Reform. (See p.29 for details).

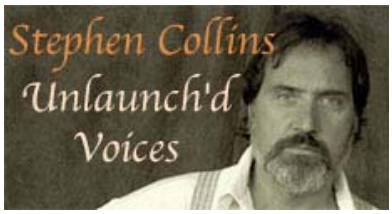
Thank you for your support of the Brookline Senior Center. Many of you honor loved ones through your donations. I am especially touched when someone includes a note with their contribution. Here is an excerpt from a recent one. "I would like to donate just as a token of my appreciation for all that your wonderful organization stands for by providing seniors with so many options".

On Sunday, June 5, at 3:00 pm, the LGBT community celebrates "The Silver Party", a dinner dance at the Brookline Holiday Inn on Beacon Street. Pride activities allow LGBT seniors to know what it feels like to be out, open, and supported in the community. We will have a couple of free tickets. See me if you want to attend.

Finally, Happy Father's Day to the fathers and grandfathers. My father was a very special man. He was a teacher and humanitarian who instilled in me the importance of finding the good in all people. Indeed, every day his spirit is here at the Senior Center. One of his lessons was to always be warm and welcoming, and open to all people by striving to make the world a better place, one kind act at a time. Please join me in doing something extra nice this month for someone in his memory.

Ruthann Dobek, Director

SHAKE-SCENE II



Who had more effect on the English language than William Shakespeare? He created over 1700 common words that before him were either used in a new manner or didn't exist at all. Join us on **Monday, June 27 at 1:00** pm as we celebrate Shakespeare's legacy on the 400th anniversary of his passing with our friend, Stephen Collins. Stephen will make Shakespeare's words come alive as he performs as King Lear, Edmund, Iago, Prospero, Bottom and others. To reserve your place for this exciting show, please call 617-730-2770.

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UKULELE GROUP

Have you always wanted to play the ukulele and sing songs from days gone by and even some from days to come? If so, why not give the Ukulele gathering a try. We play some easy tunes to begin so if you are a novice, you can join in. Teaching will be secondary but singing is PRIMARY. So come and join us for the next session on Monday, **June 6 at 1:00 pm.** for an hour of musical merriment. No need to sign up, just come. Bring a uke and a music stand if you have one, and we will supply song sheets and some instruction. You can also see this information on line at www.meetup.com/BostonUke.

BROOKLINE PORCHFEST

We will preform at the Porchfest from 1**:00 - 3:00 pm on June 4** (rain date June 11) at 51 Naples Road. We will be singing children's songs as well as old standards with many ukuleles.

2016 ELDER LAW SEMINAR EDUCATION PROGRAM

Join Denise McCarthy, Esq. on **Tuesday, June 21 at 1:00 pm for a** presentation and overview of elder law issues with a spotlight focus on basic estate planning. This program is sponsored by the Mass Bar Association and the Mass Chapter of Elder Law Attorneys

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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.

-SAVE THE DATE-

SUMMER CANASTA LESSONS

All interested men and women welcome! Canasta is an interesting and challenging partner-oriented card game guaranteed to sharpen up your thinking process and enjoyment level! Taught by Dianne Honig, an experienced teacher and player of Canasta with lots of patience! Experienced Canasta players would be welcome to help with those learning the game. If you are interested in teaching these lessons, contact Dianne Honig at Happyhills28@gmail.com.
(Lessons will take place on **Mondays, July 11-August 15 from 2:30-4:00 pm** at the Brookline Senior Center. Class is limited to 12, preregistration is required by calling 617-730-2770.

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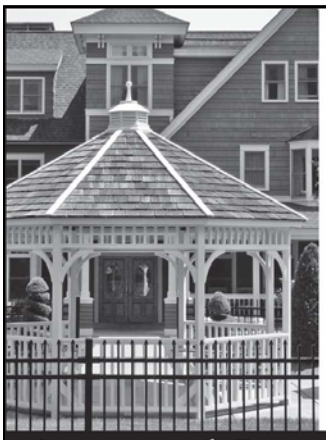

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1-ON-1 JOB SEARCH SKILLS APPOINTMENTS

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

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 2:00-4:00 pm** 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 Albeta albertalipson@gmail.com.

JUNE SPOTLIGHTED VOLUNTEER OPPORTUNITIES

This month's spotlighted opportunities include: conversation and refreshments for the Memory Café – 1:30-4:30 on the 4th Wednesday of each month, friendly visitors, Russian interpreter for the Food Commodity program for 3 morning hours on the 3rd Wednesday of each month, and Captain of the Brookline Senior Center Alzheimer's Walk team. The walk is in September, but preparations start a few months in advance.

INDIVIDUAL JOB SEARCH TOOLS APPOINTMENTS

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

-SAVE THE DATE-

DO YOU HAVE HEALTH CHALLENGES? DO YOU STILL WANT TO WORK?

Join us on **Wednesday, July 13 from 2:00-4:00 pm** for a panel and discussion with disabilities and legal experts to discuss workplace challenges and solutions for mature workers with disabling conditions.

We will learn about the ADA (Americans with Disabilities Act), Workplace Accommodations, The ILC(Independent Living Centers Program) which is part of the Mass Rehab Commission, Mass Commission for the Blind as well as programs for the hearing impaired. This event is free and open to the public. A $5.00 admission fee will be charged at the door for unregistered participants. Please call Deidre Waxman, LICSW at 617-730-2767 for further information or to register. Refreshment will be provided and time for questions.

Brookline Friends of Public Health
Press Release - For Immediate Release
For Further Information: Alan Balsam (617) 730-2300

Celebrating 20 Years of Advocating for Health Care Reform: Looking Back, Looking Forward

20th Annual Public Health Policy Forum

Brookline—On Wednesday evening, June 22, 2016, the 20th Annual Public Health Policy Forum will take a focused look at the recent successes achieved in health care reform and the challenges still faced in working towards universal care**.** Join us to celebrate 20 years of advocacy, reflect on the status of health care reform, and look towards the future. The forum will be held at the Brookline Senior Center**, 93 Winchester Street**, Brookline, MA. Following a reception from **6-7 PM**, the forum, which is free and open to the public, takes place from **7-9 PM.** No registration is required.

Former Governor Michael Dukakis will moderate the panel, which features: JudyAnn Bigby, current Senior Fellow at Mathematica Policy Research and former Secretary of Health and Human Services for the Commonwealth of Massachusetts; John McDonough, Health Policy and Management professor at the Harvard T.H. Chan School of Public Health; Amy Whitcomb Slemmer, Executive Director of Health Care For All; and Dolores Mitchell, former Executive Director of the Group Insurance Commission.

Sponsored by the Friends of Brookline Public Health and the Brookline Adult and Community Education Program, the forum offers Brookline residents an opportunity to hear experts discuss the impact to date and challenges ahead for health care reform from the government, consumer, and research perspectives.

The Public Health Policy Forum is co-sponsored by the Brookline Department of Public Health, the Brookline Council on Aging, the League of Women Voters of Brookline, the Brookline Commission for Women, the Brookline Department of Veterans Services, and the Brookline Department of Diversity, Inclusion and Community Relations. For further information, contact the Brookline Department of Public Health, 617-730-2300 or Brookline Adult and Community Education, www.brooklineadulted.org.

MEDICATION, FOOD, AND HERBAL INTERACTIONS

Avoid hospitalizations by attending this invaluable presentation by Sara Miller, RN on **Thursday, June 16 at 1:00 pm.** Learn about potential interactions between medications, certain foods, and herbal supplements. Learn how seniors respond differently, what to ask about a new drug, oversight of herbal products, top 10 medications to use with caution, and much more! This program is sponsored by Right at Home Boston Metro West and Brookhaven Hospice. To reserve your place, call 617-730-2770.

Annual Appeal Donors:

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Andrea Canzonetti Griffen and Lou Stone *from Patricia Dobek*
Her beloved father John F. Dobek from Ruthann Dobek

In Honor of:

Ruth Werksman *honoring* Ruth Geller
Ruthann Dobek *honoring* Mother's Day
Claire Yung and the Chinese Mah Jong Group *honoring* the Chinese Mah Jong program
Anonymous *honoring* Vera Sharma for her nomination as "Volunteer of the year"
Patricia J. Burns *honoring* Marguerite Ference and Bernardine Thomas

In Honor of Continued:

Mark Murstein *honoring* the Tax Preparation program.
Anonymous *honoring* Mother's Day
Bay State Federal Savings Charitable Foundation *honoring* the Fitness program
Barbara Sloet *honoring* Sharon Devine and the Fitness Center.
Constance Warshowsky *honoring* the Scrabble players and the Scrabble program.

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FROM THE BOARD PRESIDENT

Did you know "Exercise is the only thing that helps everything associated with aging." That's according to Dr. Janice Schwartz, a professor of medicine at the University of California, San Francisco. I am continually amazed by the amount of new research that confirms the value of fitness for older adults. It improves physical health, boosts memory and helps prevent dementia! One of the ways we support fitness is the addition of our successful Ping Pong program. The active players have asked for a second table to support their numbers. Many of you have already donated but I ask that you please consider making a small donation for the second Ping Pong table. We also continue to fundraise for scholarships for the fitness center and no cost exercise programs for low income elders. **Please join me in supporting these important fitness programs. Our fiscal year ends on June 30. Your contribution today will help sustain these programs for our next fiscal year.**

A note of gratitude to our generous benefactor Bay State Federal Savings Charitable Foundation who donated in support of our fitness program.

With much appreciation, Elizabeth Pollock

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- We're a small company with a big heart.
- We put the needs of our clients before our own and only associate with people who are committed to that.
- We don't tell people what they want to hear. We tell them the truth.
- We always strive to improve.
- We believe an educated consumer is an empowered consumer.
- 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.

What do our recent clients say?

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

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

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

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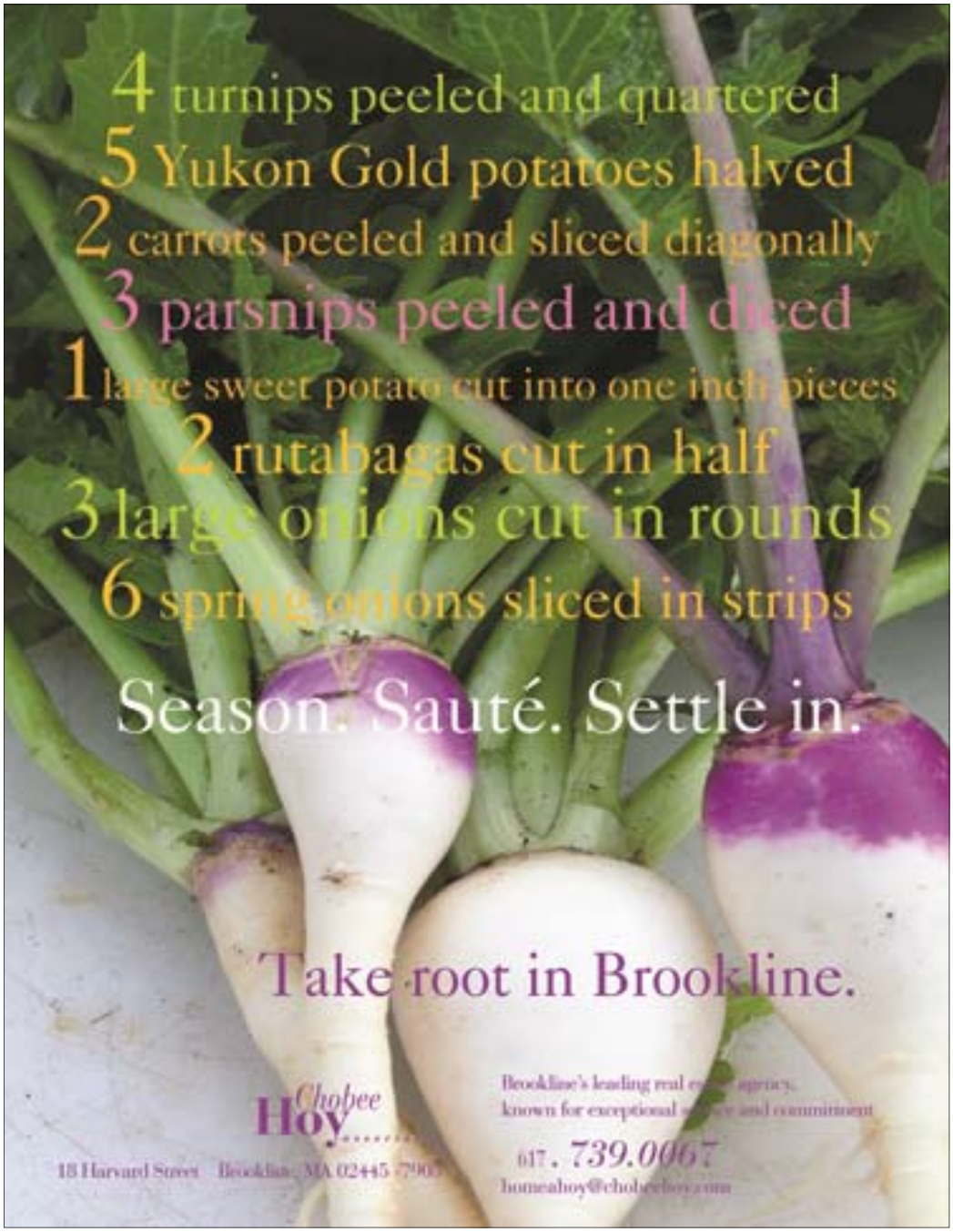
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