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

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Senior Center **Van**
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Brookline Council on Aging
www.brooklinema.gov
Www.brooklineseniorcenter.org

Brookline Community Aging Network
www.BrooklineCAN.org

HIGHLIGHTS

On November 7, ask the Experts about how to find a job. See p. 7.

Come to the 28th Annual Holiday Craft Show on November 9 and 10. See p. 3.

Let the Mass College of Pharmacy tell you all about cholesterol. See p. 13.

Take the Safe Home Tour on November 19. See p. 6.

Don't forget to ***VOTE*** on Tuesday, November 6.

Voting is a privilege and a duty. Exercise your rights and make your voice heard!

NOVEMBER 2012

NATIONAL ALZHEIMER'S DISEASE AWARENESS MONTH

The facts are grim; the statistics, horrific. According to the March 2012 Alzheimer's Association Fact Sheet:

- 5.4 million Americans are living with Alzheimer's disease (AD) .
- One in eight older Americans has AD.
- It is the sixth-leading cause of death in the United States and the only cause of death among the top 10 in the United States that cannot be prevented, cured, or even slowed.
- More than 15 million Americans provide unpaid care valued at $210 billion for persons with AD and other dementias.
- US payments for care are estimated at $200 billion.

This is all frightening. And the situation will only get worse as the Baby Boomers continue to swell the ranks of the older population at the rate of one every 69 seconds (and that time line is expected to accelerate to one every 33 seconds by 2050). It serves well to highlight the urgency of supporting more research aimed at developing a cure for this "progressive brain disorder that damages and eventually destroys brain cells, leading to loss of memory, thinking, and other brain functions." *(quote from alz.org)*

There are things that are being done to make the burden of caring for AD and other dementing diseases less unbearable. At the Senior Center, for example, we have two Alzheimer's Caregivers Support groups and a Parkinson Disease Support Group monthly. (See . 14.)

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

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The Town of Brookline Senior News and Events is published monthly by the Brookline Council on Aging, 93 Winchester Street, Brookline, MA 02446.

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

28TH ANNUAL HOLIDAY CRAFT FAIR

Photos by Mimi Katz

Once again we are inviting everyone—young, old, and in between—to come to the 28th Annual Holiday Craft Fair at the Senior Center on ***Friday, November 9 from 10:00 am to 3:00 pm, and Saturday, November 10, from 10:00 am to 1:00 pm***. Shop for holiday gifts for your self, family, and friends. There will be knitted goods, handmade jewelry, photography, handmade cards, and much more—a White Elephant room, home-made goodies, breakfast and lunch items, raffles, and fun. Don't miss this fair. Come on both days and enjoy. Remember that the proceeds from the fair help Senior Center programs, activities, and facility maintenance.

We still need donations of better costume jewelry and gift items for the Boutique, items for the White Elephant table, and home baked goods for the food court. If you have something to donate, drop them off by Friday, November 2, at the Senior Center to the attention of Julie Washburn.

Check the subscription date on the mailing label on your Senior News and Events. If it has been highlighted, your subscription has run out. Renew subscription so you don't miss out on news and events each month! Use the envelope enclosed in this copy of the newsletter. Do it today, and stay on top of everything!

NOVEMBER HOLIDAYS

The Senior Center will be closed on **Monday, November 12**, for Veteran's Day and **Thursday, November 22**, for Thanksgiving Day. However, we will be open on Friday, November 23, from 8:30 am to 5:00 pm as usual.

As I am certain I have mentioned before, Thanksgiving is my all-time favorite holiday. It is a time when families and friends get together and eat and talk and eat and laugh and eat and watch football and eat. Notice the emphasis here. And not a word about buying presents or taking fancy trips or anything more commercial than the turkey itself.

And it is redolent of simpler times—times when people actually stopped to give thanks for the bounty of the land, when families were together and not scattered to the four winds, when the world (at least for one day) was at peace.

EASY TRAVEL

On **Thursday, November 1, at 1:30 pm** at the Senior Center, Brookline quilter, Miriam K. Sokoloff, will present a slide show of "The Many Faces of Jerusalem," as depicted in quilts on display at Brigham Young University's Jerusalem campus on Mount Scopus. The juried quilt show was sponsored by the Israeli Quilters Association; it opened in July and will run through early December.

Ask a Nurse A nurse from the Greater Medford Visiting Nurse Association will visit the Senior Center on the **first Thursday of each month**—this month that means **November 1—at 11:00 am** to help you with your health questions. For more information, call 781-396-2633.

Podiatry Clinic Routine foot care with Dr. John McLaughlin is available at the Health Clinic at the Senior Center on **Mondays, November 19 and December 3, 17, and 31 from 9:00 am to 12:00 noon**. Sessions, which last 15 minutes each, cost $30. Appointments are required. Call 617-730-2777.

Low Vision Group This peer-led support group for individuals with limited eyesight will meet at the Senior Center on **Wednesday, November 21, from 1:00 to 2:30 pm**.

Blood Pressure Screenings
The nurse from the Brookline Health Care Center will provide blood pressure screenings at the Senior Center on **Monday, November 5, from 1:00 to 2:00 pm**.

Barbara Westley, the nurse from the Brookline Public Health Department (BPHD), will be at the Senior Center on **Thursday, November 15, from 9:00-10:30 am**, and she will also provide blood pressure screenings:

- On **Wednesday, November 7**, at the BPHD building at 11 Pierce St., **from 2:00 to 3:00 pm**
- On **Wednesday, November 14,** at Sussman House, 50 Pleasant St., **from 1:00 to 2:00 pm**
- On **Wednesday, November 28, from 1:00 to 2:00 pm** at O'Shea House at 61 Park St.

And Megan Cheung, a nurse from the Greater Boston Chinese Golden Age Center will do blood pressure screenings at the Senior Center **on Monday, November 26**, during the Chinese programs—**from 2:30 to 3:30 pm**.

Blood Sugar Screening Jewish Family & Children's Services will provide blood sugar screening at the Senior Center on **Thursday, November 8, at 11:00 am**.

Flu Clinic The BPHD will hold free Flu Clinics for Brookline residents **at the Devotion School from 3:00 to 6:00 pm on Wednesday, November 14; at the Baker School from 11:00 am to 2:00 pm on Sunday, November 18; and at the BPHD building from 4:00 to 6:00 pm on Tuesday, December 4**. Remember to bring all health insurance records with you and wear loose-sleeved clothes.

Shingles is a painful skin condition. Immunization is recommended for those aged 60 or over especially if you ever had chicken pox. You can get the vaccination at many pharmacies. Call your pharmacist for more information.

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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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 jgimple@brooklinema.gov or call at 617-730-2790. I will make sure that Dr. Salamon gets the questions and answers them in the* Senior News & Events.)

Question: What are leg cramps, and how can I prevent them?

Answer: Leg cramps are a big nuisance, as anyone who gets them knows. They are extremely common. Leg cramps, which happen most often at night, cause sharp pains and sudden muscle tightness in the legs and/or feet. They often wake people up from their sleep and last from a few seconds up to a few minutes.

Surprisingly, for as common as leg cramps are, we really don't know what causes them. The best we can do is try to prevent them.

For a long time, doctors prescribed quinine for leg cramps. However, because of concern that the high dose of quinine in these pills could cause heart problems, they are no longer sold in this country for treatment of leg cramps. Some people get relief by drinking 4 ounces (½ cup) of tonic water (regular or diet) before bedtime. Tonic water contains small amounts of quinine that are safe and may help prevent cramps.

Some studies show that stretching the leg muscles every night before bedtime can help. This is done by standing 3 feet away from a wall, placing both hands on the wall, stretching forward toward the wall (like doing standing push-ups against the wall), and stretching your calf muscles for several seconds. Warming your legs before bed with a bath or heating pad may also help.

Cramps happen more when feet are in an extended position (toes pointed forward like a ballerina) and less when they are in a flexed position (toes pointed toward head). Keeping the blanket and sheet loose so the feet are not bound tightly may help.

MEDICARE OPEN ENROLLMENT ENDS ON DECEMBER 7TH!

Every year, Medicare Part D and Medicare Advantage (managed care) plans may change formularies (list of drugs covered), premiums, co-pays, and deductibles. It's important to review your options EVERY year to make sure you have the plan that works best for you.

Some plans are leaving while new ones are entering. (For example, note that Tufts Medicare Preferred Basic without Druill will not be offered in 2013.) If you have a plan that is leaving, you must make certain that you have a new plan in place for January 2013.

Trained SHINE (Serving Health Information Needs of Elders) volunteers offer free, confidential counseling on all aspects of health insurance to anyone on Medicare. Call you the Senior Center at 617-730-2777 and make a SHINE appointment.

If there are no more appointments available at the Senior Center, first call the Callahan Center at 508-532-5980 and at the message press 4120. Leave your name and phone number, and someone will contact you in a couple of days. Be patient as the service is especially busy at this time of year, handling many calls.

You can also call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Leave your name and telephone number, and a SHINE volunteer will call you back as soon as possible.

For assistance from a Medicare customer service representative 24/7, call 1-800-MEDICARE (1-800-633-4227).

COUNCIL ON AGING MEETING

The Council on Aging (COA) meeting on **Wednesday, November 14, at 1:00 pm** will feature the Centers for Medicare and Medicaid Services's External Affairs Specialist Joseph Stone speaking on "Accessing Medicare to Pay for Home Care Benefits." This speaker is sponsored by the Greater Medford Visiting Nurse Association (VNA). This is a subject of continual interest to the senior community and should provoke a lively question and answer session.

TAX EXEMPTIONS

Once more tax time is approaching and once more Sandy Spector will be at the Senior Center on **Mondays, November 5 and 26 and December 10**, to offer tax exemption information for seniors.

THE SAFE HOME TOUR

For seniors, a fall is the greatest threat to being able to continue living independently at home. The majority of older Americans want to remain at home as they age, but most housing was never designed to accommodate their changing needs. This is especially challenging in New England, where we have some of the oldest housing stock in the country.

On **Monday, November 19, at 1:00 pm**, spend an hour taking *The Safe Home Tour* with Stacey Greenspan of Make It Safe. Examine a typical home and some of the common slip, trip, and fall hazards that lurk therein; then discuss solutions. The tour will also address fire safety, emergency egress, and maintaining a safe home and will offer a few child safety tips for when the grandchildren visit.

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ASK THE EXPERTS

Unlock the mysteries of the job-search process! On **Wednesday, November 7, from 6:00 to 7:30 pm**, bring all your questions about recruiters, hiring managers, applicant tracking systems, résumés, keywords, interviews, networking and other job-search-related topics, to the Senior Center's "Ask the Experts" evening. Human Resources professionals will be available to answer questions and help demystify the process. Hear from our panel of Human Resource experts and learn from your fellow job seekers. Registration is requested for this free program, open to Brookline residents age 60+. To register or for more information, phone Deidre Waxman at 617-730-2767 or e-mail Anne Spangler at aspangler@brooklinema.gov.

OLOC

The Older Lesbians Organizing for Change (OLOC), a chapter of a national network of lesbians over age 60 who are working to confront ageism in our communities and our country, will hold **Sunday** meetings at the Senior Center on **November 18**, January 6, and March 3 **from 2:00 to 4:00 pm**. This group uses education and public discourse at their primary tools.

LOSS AND BEREAVEMENT SUPPORT GROUP

The Holidays are often a time for tradition, family, and good times. Many, however, struggle to cope with their grief or sadness over the loss of a loved one. Therefore, during this season the Senior Center offers a 5-week support for Brookline residents 60 or older who are experiencing grief and want to share their concerns with others.

The group will meet on **Wednesdays from 1:30-3:30 pm on Nov. 14 and 28 and Dec. 5, 12, and 19**. This group is free of cost but registration is required. For more information and to register, call Deidre Waxman at 617-730-2767.

HOLIDAY BLUES

Do you find the holiday season depressing? Does it weigh on you and make you feel blue? If so, you are not alone, and the Greater Medford VNA will be at the Senior Center on **Monday, November 26, at 1:00 pm** with a program featuring Michele Caron, RNC, MSN, discussing this topic**.** Come and join in the discussion. You might even find some remedies.

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SENIOR SERVICES

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

BETS (Brookline Elder Taxi System), the cab discount program that allows income-eligible Brookline residents over 60 to buy up to five (5) coupon books a month at a 50% discount ($25 a month yields $50 worth of cab rides as each coupon book has 10 coupons each worth $1 and a book costs $5.).

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

If you want to apply for the first time, or be recertified, for the BETS program, bring your 2011 income tax returns when you meet with Alicia. If you do not have to file tax returns, check with Alicia before you come in about what documentation you will need to bring. (All riders must be recertified every year in order to be able to buy BETS coupon books.) Eligibility requirements: An individual's maximum annual income cannot exceed $45,500; a couple's, $52,000.

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

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

BLAB The Brookline Legal Assistance Bureau volunteer lawyer will be at the Senior Center to consult for legal expertise on matters of law as well as information and referrals on **Wednesday, November 7, from 9:00 am to 12:00 noon.** This service is offered free of charge, and no appointment is needed.

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

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

JOBS Job Opportunities for Brookline Seniors is an employment service designed and sponsored by the COA. Its goal is to match Brookline's capable, older workers with local employers who are seeking either part-time or full-time staff. (See also Ask the Experts on p. 7.)

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

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

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

FROM THE DIRECTOR

> Feeling gratitude and not expressing it is like wrapping a present and not giving it.
>
> William Arthur Ward

November is the month of Thanksgiving and a season of gratitude. Here are a few of the items that I am most grateful for every day.

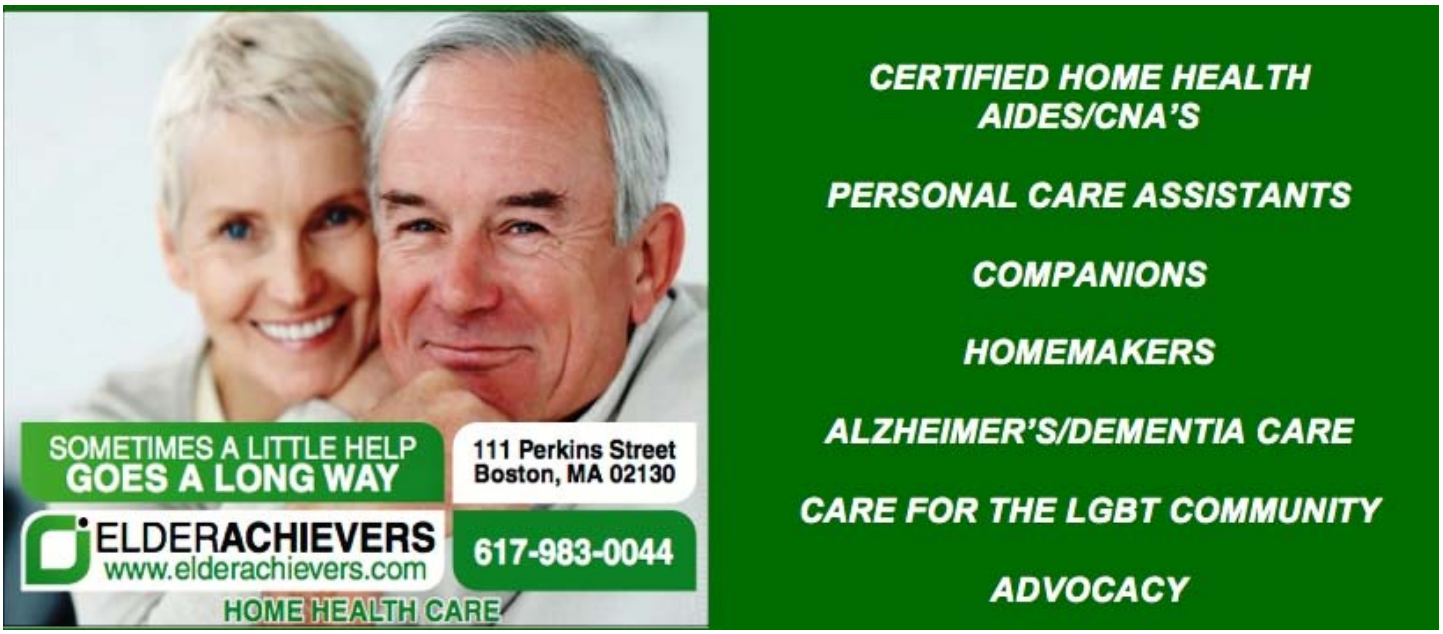
- ***Our volunteers***—Over 300 strong and there for us every day. We would have to close our doors if we had to go without their thousands of hours of work.
- ***Our board members***—Advocates in the rain, snow, and freezing cold and against the bitter and the ageist. They are the reason we have funding and programs.
- ***Our programs***—Now more than ever, a tremendous bargain for high-quality entertainment and educational opportunities.
- ***Our staff***—A strong team of dedicated people who work hard each day to make and keep the community strong and vibrant. They are unsung heroes who toil to keep seniors independent. Stop and say "thank you" this month.
- ***Our services***—The envy of most communities. We provide dignity and independence to every Brookline senior through top-notch delivery. This has been our vision for over 50 years and will continue to guide us as we create new ways to help seniors *age well in our community*.
- ***YOU—The Brookline seniors***—the ones who make this job worthwhile with your wisdom, creativity, and energy. I salute so many of you every day. I am also thankful for your thoughtful letters. Here is an excerpt from Sally Levine daughter's letter:

  > The Center was one of the highlights of my mother's life especially when she was able to walk over. She was very interested in the activities and diligently marked them on her calendar, and you know how she looked forward to receiving the bulletin.

- ***Spirit of kindness***—people who come to the Senior Center share this attitude. Here we care about one another. The joys and the heartaches alike are part of our powerful community. We create community and stay connected.

Enjoy the holidays with your family and friends. Take a moment to create your own list of items that you are grateful for and share your feelings of gratitude with others.

—Ruthann Dobek, Director



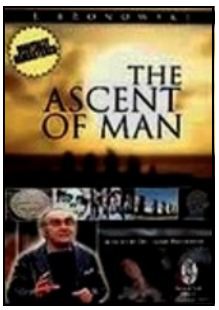
MOVIES FOR FILM LOVERS

On Tuesday afternoons at 1:00 pm, the Senior Center presents superior movies free of charge. In November, there will be no movie on November 6 as it is election day and the Senior Center is a voting station. Instead we strongly encourage you to exercise your right to vote and influence the direction our democracy will go in for the next four years.

The other Tuesdays in November have great movie fare:

November 13
The Best Exotic Marigold Hotel
(2011) 124 minutes
To make the most of their meager retirement savings, a group of British seniors (with a most wonderful cast that includes Judi Dench, Maggie Smith, Bill Nighy, Penelope Wilton) moves to India to live out their golden years at the Marigold Hotel. Upon arrival, they discover the once-lavish resort had wilted considerably.

November 20
The Conspirator
(2010) 122 minutes
Robert Redford directed this gripping historical drama that follows the efforts of young lawyer Frederick Aiken as he reluctantly defends Mary Surratt, a Confederate sympathizer accused of conspiring to assassinate President Lincoln. The superb cast includes James McAvoy, Robin Wright, Evan Rachel Wood, and Alexis Bledel.



November 27
The Ascent of Man
(1972) Disc 2
This second disc includes three episodes of this prestigious BBC television series narrated by Jacob Bronowski that traces human development from the dawn of evolution and the creation of rudimentary tools to the rise of technology and the computer age. The three episodes are "Grain in the Stone," "The Hidden Structure," and "Music of the Spheres."

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MOVIES AT THE LIBRARY

Voices from the Basement The Trustees of the Brookline Public Library invite you to travel back in time to the glory days of Filene's Basements on **Sunday, November 18, from 2:00 to 4:00 pm**, at the Coolidge Corner branch of Brookline Public Library, with a special screening of this Emmy-nominated documentary.

The film is a collection of stories told by the people who worked and shopped at Filene's. Celebrities, politicians, employees, and loyal shoppers share their passion for this landmark institution that was one of Boston's most visited tourist attractions for generations. The producers will join us as we share stories and celebrate Filene's Basement.

Senior Cinema You can also see a free movie at the Coolidge Corner branch **every Thursday**. There are **refreshments at 1:00 pm**, and the **movie starts at 1:30 pm**. Unfortunately, the list was not yet available for the November movies at press time.

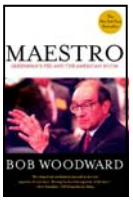
Midday Movies The Putterham branch also shows free movies—**every Wednesday at 2:30 pm**. In November:
November 7 ***Moonrise Kingdom*** (2012)
November 14 ***Hannah and Her Sisters*** (1986)
November 21 No movie. Happy Thanksgiving!
November 28 ***One for the Money*** (2012)

PUTTERHAM SHORT STORY READING GROUP

There is a new group in town! Are you a short story fan? Do you like to read aloud and discuss them? The new Putterham Short Story Reading Group is here for you (and everyone else). The group will select short stories to read aloud and discuss. All are welcome, no experience in public reading is necessary. The group will meet at the Putterham branch on **Thursdays from 2:00 to 3:00 pm**. The first meeting is **November 15**. For more information, call Alan Allaire at 617-739-1984 or e-mail him at alan.allaire@gmail.com.

PUBLIC ISSUES NONFICTION BOOK DISCUSSION GROUP

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



November 27
Maestro: Greenspan's Fed and the American Boom by Bob Woodward (Simon & Schuster)

December 18
That Used To Be Us: How America Fell Behind in the World It Invented and How We Can Come Back by Thomas L. Friedman and Michael Mandelbaum (Farrar, Straus and Giroux)

January 22
The Checklist Manifesto: How to Get Things Right by Atul Gawande (Picador/Henry Holt and Company)

PUTTERHAM BOOK DISCUSSION GROUP

On **Monday, November 19, from 2:00 to 3:00 pm**, the group will meet at the Putterham branch of the library to discuss ***The Paris Wife*** by Paula McLain, a deeply evocative story of ambition and betrayal, which captures a remarkable period of time and a love affair between two unforgettable people: Ernest Hemingway and Hadley Richardson. Hadley is a quiet 28-year-old who has all but given up on love and happiness—until she meets Ernest and her life changes forever. Following a whirlwind courtship and wedding, the pair set sail for Paris, where they become the golden couple in a lively and volatile group—the fabled *Lost Generation*.

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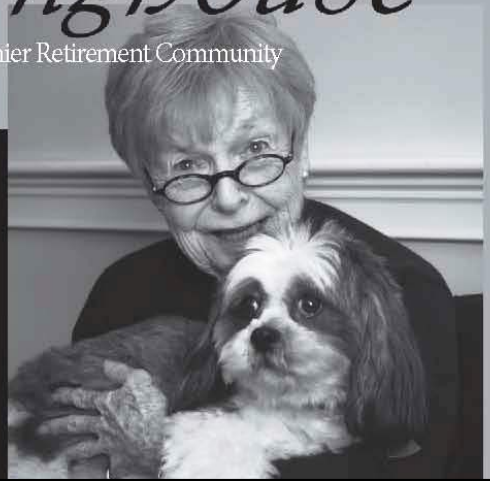

Contact our Marketing Team Today!

617-522-0043

springhouseboston.org

A gracious retirement community, Springhouse is nestled on 13 wooded acres of conservation land just across from Faulkner Hospital.

Just minutes from Boston's cultural, educational and medical centers, Springhouse offers the perfect living choice to meet your needs and lifestyle.

-Independent Living
-Assisted Living
-Assisted Living with memory support

44 Allandale Street Boston, MA 02130

MASS COLLEGE OF PHARMACY

What is cholesterol, and how does it affect you? Come to this month's session on **Thursday, November 15, at 1:00 pm** to learn about what cholesterol levels mean, how your diet can affect those levels, and which medications can lower them!

SENIOR CENTER DECORATORS

Join this fun crafting group on Mondays, **November 5 and 19, from 1:00 to 3:00 pm** and help make stars and stripes for the Fourth of July, goblins for Halloween, snowmen for Christmas, and much more—all to adorn the walls of the Senior Center!

MODERN DANCE AND MOVEMENT

Lynn Modell's dance and movement workshops will not meeting in November. Stay tuned to the December *Senior News and Events* for more further notice.

SENIOR SCENE

A new program is on Senior Scene. It will be on Elderlaw Solutions (wills, health-care proxies, trusts, etc.) and will feature attorney Matthew Marcus, Esq. partner at Colucci, Colucci Marcus, and Slavin, PC, and financial planner Peter Fredericksen, MBA, vice president at Bank of Canton Life Solutions.

Senior Scene airs on BATV on Thursdays at 7:00 pm and repeats on Fridays (1:00 pm) and Sundays (7:30 pm).

The Senior Center cordially invites you to

As the Paint Meets the Water

a group exhibit of watercolor artists from Vanessa Irzyk's

ARTreach

painting and drawing class.

AT THE GALLERY

Monday, October 22 through Monday, December 31

8:30 am to 5 pm
Monday through Friday

(Above—left to right: Pat Timothy, Olga Goldus, Natasha Rutkevich.
Below—left to right: Elana Khanina, Millicent Holder, Lyudmila Rudyakov)

FUN WITH GAMES

Eureka Puzzles in Coolidge Corner is coming back to the Senior Center on **Wednesday, November 7, from 6:00 to 9:00 pm** with an evening of games for all. After the program at the Senior Center, there will be refreshments at Eureka at 1349 Beacon Street, just a short walk from the Senior Center.

HAZARDOUS STUFF

The Town of Brookline is so concerned with the safety and health of their residents that they have set up ongoing disposal sites for hazardous waste.

If you have ***mercury*** thermometers, small batteries, anything with mercury in it (including those squiggly, energy-saving light bulbs), there is a drop-off box for them on the second floor of Town Hall.

And there is also a drop-off site—called the Sharpies Machine—for ***sharps*** (used needles, diabetes testing lancets and strips, catheters, and so forth) on the second floor of Town Hall.

And all those out-of-date ***medications***—pills, lotions, creams, and so forth—can be deposited in the blue receptacle in the lobby of the Public Safety building (Police DepartmentHeadquarters).

ALZHEIMER'S CAREGIVERS SUPPORT GROUP

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

The Afternoon group meets next on **Friday, November 9**. Call group leader Elaine Yanowitz at 617-730-2751 for additional information.

The evening group will meet on **Thursday, November 29**—call Susan Kanian-Andriole at 617-730-2754 for time and for other information. This group is full at the moment. However, Susan will be happy to put you on the waiting list or give you a referral to another local group.

PARKINSON DISEASE SUPPORT GROUP

Come to the **November 2** meeting **from 1:00 to 2:30 pm** at the Senior Center. The program has not yet been set for the meeting, but it is sure to be informative and helpful. Friends, family members, and care partners—all are welcome.

This program is cosponsored by the Council on Aging and the American Parkinson Disease Association. For more information, contact Vanessa Blais at 617-638-7729 or vblais@bu.edu.

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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 Halle Zucker at 617-552-6949 or e-mail canlab@bc.edu.

PAEAN
TO THE SENIOR CENTER

By Victoria Packer (aka Vitamina Smile) an erstwhile member of our poetry group—Seasoned Voices.

Brookline Senior Center,
We're proud to be your members!
The second home is here for us,
We don't notice how the time passes.

Many wonderful events,
Everybody has a chance
To be an actor, sing dance.

Drawing pictures, playing bingo,
Learn computer, study English,
Making exercises for health,
Eat lunches which are the best.

Sweet feelings from connection
With beautiful people,
Who give me English corrections.

I say many thanks
To all my friends.

POETRY CONCERT

Come to the Senior Center on **Wednesday, November 7, at 1:00 pm** when the Senior Center's Poetry Group, *Seasoned Voices*, will entertain you with poems written and read by members of the group. After the group has read, there will be *limited* time for members of the audience to read their own poetic endeavors. And that is not all—Judith Steinbergh, Brookline's own Poet Laureate, will read some of her own poetry. This program should be exciting for mavens, novices, everyone.

Home Is Still The Best Place

- Appointment Escorts
- Meal Preparation
- Companionship
- Light Housekeeping
- Shopping & Errands

Call for a free, no-obligation appointment or brochure:
Waltham 781-314-0153

Home Instead SENIOR CARE

With a little help from a friend.

Each Home Instead Senior Care franchise office is independently owned and operated.
homeinstead.com

Bed, Breakfast & Beyond

Our new Bed, Breakfast and Beyond program lets Mom or Dad "try us out" for a few weeks in a furnished apartment at Goddard House Assisted Living in Brookline.

We'll add warmth, social and stimulating activities, delicious meals in our elegant dining rooms, personal assistance and 24-hour staffing.

For a taste of Goddard House call Lance Chapman 617.731.8500 x105 or go to www.goddardhouse.org.
165 Chestnut St., Brookline MA

GODDARD HOUSE IN BROOKLINE
The Recipe for Living

Assisted Living Close to Boston

Springwell Nutrition Program NOVEMBER 2012

617-730-2770

MONDAY	TUESDAY	WEDNESDAY
All meals include 8 oz. of 1% milk and margarine, All soups come with crackers. Low sugar desserts are available, and need to be ordered with the site manager. ***Higher Sodium Content Menu subject to change $1.75 suggested donation **Please note that the only foods that can be taken from the dining site are fresh fruit, unopened milk, wrapped bread, and baked desserts.** These rules, which come from the Massachusetts Executive Office of Elder Affairs, are for your safety and well-being. If you have questions, contact Springwell at 617-926-4100. For meal reservations on Monday, call the previous Friday by 11:00 am. For meal reservations on Tuesday through Friday, call the previous day by 11:00 am.		
5) Turkey a la King, Buttered Noodles, Broccoli & Cauliflower, Oatnut Bread **OR** Egg Salad w/Lettuce Leaf, Beet Salad, English Pea Salad, Multigrain Bread Chocolate Pudding	6) Orzo Vegetable Soup Salmon Boat w/Lemon Butter Sauce, Spinach, Whipped Potatoes, Multigrain Bread **OR** BBQ Breaded Chicken Breast Filet, Sliced Red Onions, Mozzarella Cheese, Summer Potato Salad, Tossed Garden Salad w/Dressing, Hamburger Roll Fruit Muffin Loaf	7) Escarole Bean Soup Whole Grain Stuffed Shells w/Meatball & Tomato Sauce, Italian Style Blend Vegetables, Rye Bread **OR** Roast Beef w/Swiss Cheese, Lettuce Leaf, Lite Mayo, Orzo Vegetable Salad, Carrot Pineapple Salad, Wheat Bread Mixed Fruit
12) **Veterans' Day Holiday** **No Meal Service**	13) ***Baked Crumb Macaroni & Cheese, Broccoli & Cauliflower Marinara, Pumpernickel Bread **OR** Roast Beef w/Provolone Cheese, Lite Mayo, Lettuce Leaf, German Potato Salad, Cucumber Tomato Salad, Rye Bread Pears	14) Vegetable Soup Breaded Fish Sticks w/Lemon Butter Sauce, Tartar Sauce, Au Gratin Potatoes, Sliced Beets, Rye Bread **OR** Chicken Salad w/Lettuce Leaf, Tossed Garden Salad, Lite Italian Dressing, Pasta Salad w/Cheese, Oatnut Bread Fresh Fruit
19) Minestrone Soup Meatloaf w/Mushroom Gravy, Mashed Potatoes, Zucchini & Tomato Sauté, Multigrain Bread **OR** Tuna Salad w/Lettuce Leaf, Rice, Tomato & Black Olive Salad, Spinach Mandarin Orange Salad, Lite Italian Dressing, Multigrain Bread Fresh Fruit	20) **Birthday Lunch** Clam Chowder Baked Fish w/Butter Crumb Topping, Whipped Sweet Potato, Seasoned Green & Wax Beans, Wheat Bread **OR** ***Ham & Swiss Cheese, Lite Mayo, English Pea Salad, Tossed Garden Salad, Lite Italian Dressing, Rye Bread	21) Pasta Fagioli Soup Chicken Paprika, Red Bliss Potatoes, Roasted Root Vegetables, Oatnut Bread **OR** Turkey w/American Cheese, Lettuce Leaf, Lite Mayo, Purple Cabbage Cole Slaw, Potato Salad, Wheat Bread Mandarin Oranges
26) Seafood Chowder Salmon Boat w/Lemon Butter Sauce, Parsley Whipped Potatoes, Zucchini, Rye Bread **OR** Breaded Chicken Breast Filet, Lite Mayo, Lettuce Leaf, Cole Slaw, Pasta Salad w/ Cheese, Hamburger Roll Tropical Mixed Fruit	27) Chicken Consommé w/Rice Bone-In Chicken w/Gravy, Apple Raisin Bread Stuffing, Brussels Sprouts, Multigrain Bread **OR** Tuna Salad w/Lettuce Leaf, Spinach Mandarin Orange Salad, Lite Italian Dressing, Three Bean Salad, Multigrain Bread Peaches	28) Cream of Butternut Squash Soup Roast Pork w/Cinnamon Apple Glaze, Baked Potato, Sour Cream, Country Blend Vegetables, Whole Wheat Bread **OR** Turkey w/American Cheese, Lite Mayo, Lettuce Leaf, Beet Salad, Summer Potato Salad, Oatnut Bread Fresh Fruit

THURSDAY	FRIDAY
1) Cream of Sweet Potato Soup Baked Fish w/Broccoli Cheese Sauce, Peas & Onions, Stewed Tomatoes, Oatnut Bread **OR** California Chicken Salad, Tri Color Pasta Salad, Spinach Mandarin Orange Salad, Lite Italian Dressing, Multigrain Bread Apricots	2) American Chop Suey, Parmesan Cheese, Garden Tossed Salad w/Lite Dressing, Brussels Sprouts, Multigrain Bread **OR** Chef Salad w/Ham, Cheese, & Boiled Egg, Lite Italian Dressing, German Potato Salad, Scali Bread Fresh Fruit
8) Minestrone Soup Chicken Divan, Brown Rice Pilaf, Butternut Squash, Italian Bread **OR** Turkey w/Mozzarella Cheese, Lettuce Leaf, Lite Mayo, Purple Cabbage Cole Slaw, Tri Color Pasta Salad, Bulkie Roll Fresh Fruit	9) **Holiday Craft Fair** **No Meal Service** *Photo by Mimi Katz*
15) **<u>Thanksgiving Special</u>** Roast Turkey w/Gravy Cornbread Stuffing Whipped Potatoes & Chives Green Beans, Carrots & Corn Cranberry Sauce Soft Dinner Roll Pumpkin Bar w/Whipped Topping Hot Apple Cider	16) Oriental Soup Chicken Lo Mein w/Peas, Oriental Vegetable Blend, Multigrain Bread **OR** Chef Salad w/Turkey, Cheese & Egg, Lite Italian Dressing, Potato Salad, Scali Bread Butterscotch Pudding
22) **Thanksgiving Day** **No Meal Service**	23) Split Pea Soup Whole Grain Cheese Lasagna Roll Up, Meatball & Tomato Sauce, Tossed Garden Salad, Lite Dressing, Rye Bread **OR** Egg Salad, Lo Mein Pasta Salad, Tomato Pepper Salad, Multigrain Bread Pineapple
29) Beef Consommé w/Vegetables Whole Grain Stuffed Shells w/Meatball & Tomato Sauce, Collard Greens & Onions, Whole Wheat Dinner Roll **OR** Roast Beef w/Provolone Cheese, Lite Mayo, Macaroni Salad, Tomato Red Pepper Salad, Rye Bread Chocolate Pudding	30) ***Reduced Sodium Hot Dog, Baked Beans, Cole Slaw, Ketchup/Mustard/Relish, Hot Dog Roll **OR** Cottage Cheese Fruit Plate, Carrot Raisin Salad, Dinner Roll Chef's Choice Dessert

LUNCHEON SPECIALS FOR NOVEMBER

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

Dig into a traditional Turkey dinner on **Thursday, November 15,** at the ***Springwell Thanksgiving Special***.

On **Tuesday, November 20,** enjoy the November ***Birthday Lunch***. And don't forget to tell us that you or someone in your party has a November birthday when you make reservations.

And on **Tuesday, November 27**, join the ***Let's Go Out to Lunch*** group at 12 noon as they dine at JP Seafood at 730 Centre Street in Jamaica Plain. Call 617-730-2770 to tell us you would like to come and reserve a seat on the Van.

NOVEMBER AT A GLANCE*

Thursday, November 1
9:30-11:30 am Introduction to Computer Basics for Seniors**
9:30-11:30 am Drawing for Pleasure—Drawing and Watercolor***
9:30-11:45 am Drawing for Pleasure—Figure Drawing***
11 am Ask a Nurse
1:15-2:15 pm Beginner's Spanish Class***
1:30 pm Easy Travel to "The Many Faces of Jerusalem" quilt show with Miriam Sokoloff
Friday, November 2
1-2 pm Balance and Flexibility for Seniors**
1-2:30 pm Parkinson Disease Support Group
2-3:30 pm Introduction to Tai Chi Chuan**
Saturday, Novermber 3
Set your clocks back 1 hour at bedtime!
Sunday, November 4
DAYLIGHT SAVINGS TIME ENDS
1:30 pm Theater Club presents "To Kill a Mockingbird" at the Senior Center (waiting list only)***
Monday, November 5
Tax Exemption information with Sandy Spector
1-2 pm Blood pressure screening with a nurse from the Brookline Health Care Center
1-3 pm Senior Center Decorators
Tuesday, November 6
ELECTION DAY—VOTE!
8:30-9:30 am Zumba® Gold-Toning**
9:30-11:30 am Basic Computer Maintenance Using Windows XP for Seniors**
10:30 am-12:30 pm Literary Discussion Group: Fall**
2-3 pm Yoga for Older Adults (chair class)**
2-3 pm Yoga for Older Adults (mat class)**
2-3 pm Tai Chi for Fitness Center members
Wednesday, November 7
9 am-12 noon BLAB lawyer
10:15-11:45 am Telling Your Story**
1 pm Poetry Concert with "Seasoned Voices" and Judith Steinbergh
1-3 pm Dostoyevsky's The Brothers Karamazov**
2-3 pm Blood pressure screening with Barbara Westley, nurse from the Brookline Public Health Department (BPHD) at the BPHD building
2:30 pm Midday Movie at the Putterham branch library—"Moonrise Kingdom"**
6-7:30 pm Ask the Experts job search information
6-9 pm Eureka Game Night
Thursday, November 8
9:30-11:30 am Introduction to Computer Basics for Seniors**
9:30-11:30 am Drawing for Pleasure—Drawing and Watercolor***
9:30-11:45 am Drawing for Pleasure—Figure Drawing***
11 am Blood sugar screening by Jewish Family & Children's Service
1:15-2:15 pm Beginner's Spanish Class***
Friday, November 9
9:30 am-12:30 pm Brookline Rec excursion to The Paint Bar** & ***
10 am-3 pm 28th Annual Holiday Craft Fair—day 1
1-2 pm Balance and Flexibility for Seniors**
Afternoon Alzheimer's Caregivers Support Group—call for time
Saturday, November 10
10 am-1 pm 28th Annual Holiday Craft Fair—day 2
Sunday, November 11
2 pm Theater Club excursion to "The Rat Pack" (waiting list only)** & ***
Monday, November 12
VETERANS' DAY. Senior Center is closed.
Tuesday, November 13
9:30-11:30 am Basic Computer Maintenance Using Windows XP for Seniors**
10:30 am-12:30 pm Literary Discussion Group: Fall**
1 pm Movie for Film Lovers—"The Best Exotic Marigold Hotel"
2-3 pm Yoga for Older Adults (chair class)**
2-3 pm Yoga for Older Adults (mat class)**
2-3 pm Tai Chi for Fitness Center members
Afternoon—Brookline's Birthday party
Wednesday, November 14
1 pm COA meeting—Speaker Joseph Stone on "Accessing Medicare to Pay for Home Care Benefits"
1-2 pm Blood pressure screening with Barbara Westley, nurse from BPHD at Sussman House**
1:30-4:30 pm Loss and Bereavement Support Group***
2:30 pm Midday Movie at the Putterham branch library—"Hannah and Her Sisters"**
3-6 pm Flu Clinic at the Devotion School**
Thursday, November 15
9-10:30 am Blood pressure screening with Barbara Westley, nurse from the BPHD
9:30-11:30 am Introduction to Computer Basics for Seniors**
12 noon Thanksgiving Special Lunch
1 pm Mass College of Pharmacy Workshop on cholesterol
1:15-2:15 pm Beginner's Spanish Class***
2-3 pm Putterham Short Story Reading Group first meeting**
Sunday, November 18
11 am-2 pm Flu Clinic at the Baker School**
2-4 pm OLOC meeting
Monday, November 19
9 am-12 noon Podiatry Clinic***

1 pm The Safe Home Tour
1-3 pm Senior Center Decorators
2-3 pm Putterham Book Discussion Group discussing ":The Paris Wife"**

Tuesday, November 20

9:30-11:30 am Basic Computer Maintenance Using Windows XP for Seniors**
12 noon Birthday Lunch
1 pm Movie for Film Lovers—"The Conspirator"
2-3 pm Yoga for Older Adults (chair class)**
2-3 pm Yoga for Older Adults (mat class)**

Wednesday, November 21

1-2 pm Low Vision Group

Thursday, November 22

THANKSGIVING DAY. The Senior Center is closed.

Monday, November 26

Tax Exemption information with Sandy Spector
1 pm Michele Caron speaking on Holiday Blues
2:30-3:30 pm Blood pressure screening with Megan Cheung, nurse from the Greater Boston Chinese Golden Age Center

Tuesday, November 27

9-10 am Public Issues Nonfiction Book Discussion Group discussing "Maestro"
12 noon Let's Go Out to Lunch group dines at JP Seafood** & ***
1 pm Movie for Film Lovers—"The Ascent of Man" disc 2

Wednesday, November 28

1-2 pm Blood pressure screening with Barbara Westley, nurse from BPHD, at O'Shea House**
1:30 pm Modern Beading Workshop
1:30-4:30 pm Loss and Bereavement Support Group***
2:30 pm Midday Movie at the Putterham branch library—"One for the Money"**

Thursday, November 29

9:30-11:30 am Drawing for Pleasure—Drawing and Watercolor***
9:30-11:45 am Drawing for Pleasure—Figure Drawing***
Evening Alzheimer's Caregivers Support Group—call for time

Friday, November 30

11 am-4 pm Brookline Rec excursion to Christmas Tree Shops and IKEA** & ***

** All events are at the Senior Center unless otherwise noted above.*
*** This is a Brookline Adult and Community Education (BA&CE) course so registration with them is required. Call 617-730-2700 or go to www.brooklineadulted.org to register.*
**** Registration, appointments, membership, or reservations required.*

ONGOING SENIOR CENTER EVENTS

Monday

am One-on-One Computer Sessions
8:45-10:15 am Head-to-Toe Fitness for Seniors (90 minutes)**
9:30 am-4:30 pm Fitness Center open***
10-10:30 am Flexibility and Stretching drop-in class for Fitness Center members***
10:30-11 am Balance drop-in class for Fitness Center members
10:30-11:30 Head-to-Toe Fitness for Seniors (60 minutes)**
12 noon-4 pm BETS
1 pm Mah jongg/Scrabble
1-3 pm Reading the Book of Genesis**
2-4 pm Open computer lab
2:30-4:30 pm Chinese programs

Tuesday

9:30-4:30 Fitness Center open***
10 am Flexibility, Resistance Training, and Balance Exercise
10:15 am Brookline Bees, Quilters
12 noon French Conversation
12 noon-4 pm BETS
1-3:30 pm Food distribution (hours are approximate)—not on November7!
1 pm Bingo
1 pm Movies for Film Lovers—no movie on November 6
3-4:30 pm Latino Instrumental and Vocal Music sessions
4-4:30 pm Flexibility and Stretching drop-in class for Fitness Center Members***
pm One-on-One Computer Sessions***

Wednesday

8:45-10:15 am Head-to-Toe Fitness for Seniors (90 minutes)**
9-10 am Living Our Values
9:30 am Bowling *at Ron's 20th Century Bowling Alley in Hyde Park*
9:30-4:30 Fitness Center open***
10:30 am Retired Men's Club
10:30-11:30 Head-to-Toe Fitness for Seniors (60 minutes)**
12 noon-4 pm BETS
12:30 pm Bridge
2-4 pm Open Computer Lab
2:30-3 pm Flexibility and Stretching drop-in class for Fitness Center members
3-3:30 pm Balance drop-in class for Fitness Center members

Thursday

3:30-4:30 pm Fitness Center open***
10:30 am Knit and Crochet
1:30 pm Knit and Crochet
1:30 pm Russian Tea Room—For more information, call Rita Kropp at 617-730-2106.
1:30-2:30 pm Zumba Gold
2:30-3:30 pm Spanish Conversation Group***
3:30-4 pm Balance drop-in class for Fitness Center members

Friday

9 am Bridge
9:30 am Solemates, Walking Group
10am-3 pm Fitness Center open—membership required
10 am Project Volunteer
10-10:30 am Hand Exercises for dexterity and strength drop-in class for Fitness Center members
10:30 am Current Events Discussion Group
10:30 am Senior Chorus
10:30 am-1 pm South Brookline Senior Social
12:30-2 pm Basic Computer for Spanish-speaking Seniors***
1-2 p Meditation in Movement

Brookline Health Care Center
A HealthBridge Management Company

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

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

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

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

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

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

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

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

Brookline Health Care Center

A Nursing and Rehabilitation Center

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

www.healthbridgemanagement.com

416172

VOLUNTEER NEWS

SHOP Program Vivian Freeman, our volunteer coordinator, wants to encourage shut-in seniors to apply for grocery shopping help through the SHOP program. We have Brookline High School students signed up and ready to help you with your shopping needs. Call Vivian at 617-730-2743.

ITNGreaterBoston Needs Drivers Dependable and caring volunteer drivers are needed ***now*** for a unique car service to support elders and the visually impaired! ITNGreaterBoston is looking for a few commited, caring, and enthusiastic neighbors, who love to drive and engage in friendly conversation with others, to add to their volunteer driver pool. This service is in great demand in Brookline, Newton, Waterdown, Waltham, Allston, and Brighton.

ITN is looking for a commitment of one trip a week or an hour of commitment. In exchange, ITN offers two free annual memberships (worth $120), mileage credits, and the opportunity to engage with local residents in friendly conversation for short trips. ITN includes complete basic training and added insurance coverage. Check us out at www.itngreaterboston.org. For more information and to volunteer, call Jean Patel Bushnell at 508-309-7375 or e-mail her at jpbushnell@itngreaterbos ton.org.

Volunteers in the news Welcome to new volunteer Mei (Cheng Mei Chue) who will take on program assistance, COA staff helper, and even Mandarin translation. We wish you a happy time at the Senior Center.

And a hearty welcome and thank you to Hong Kong residents Lei and Mei Yang Zhen who are visiting their daughter in Brookline and who have voluntarily been helping out in the lunch program.

ELF

Featured Item of the Month! The Equipment Loan Fund (ELF) program has a gently used over-the-bed table—great for eating, reading, or working on the computer while in bed! The height is adjustable and is mobile with four wheels. Contact Karin Wannamaker at 617-730-2753 to borrow or donate an item. Because of space limitations and other guidelines, ELF will not be able to accept all items. Please be sure to call ahead and speak to Karin before dropping items off.

Center Communities of Brookline

The Lifestyle you want, where you want it.

1550 Beacon Street

100 Centre Street

112 Centre Street

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

Center Communities of Brookline
Hebrew SeniorLife

MODERN BEADING WORKSHOP

This workshop for beginners and experienced beaders will meet at the Senior Center on **Wednesday, November 28, at 1:30 pm**.

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. Make earrings, necklaces, and bracelets for yourself and as gifts for family and friends.

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 workshop is free, and no registration is required.

WARM BRIGHTON HEARTS AND HANDS

Once again this year, we will provide gifts of warm clothing to the 65 to 70 homeless men and women who come to dinner every Monday evening at a church-run soup kitchen in Brighton. If you would like to give warm hats, scarves, and/or gloves (hand-knitted or purchased new) to the soup kitchen's guests, give the items to Dotty Bell on the 2nd floor of the Senior Center before the pick-up date of Friday, December 14.

CONTEMPORARY ELEGANCE

Meets the Spirit of Boston.

GET TO KNOW
THE CITY
WITHIN THE CITY
AT CHESTNUT PARK

Experience the benefits of city living and exceptional care in a warm community where it's all at your fingertips. We have enhanced our lifestyle to bring the best of Boston inside, providing opportunities to see, create, learn, and experience the entire city.

Discover the world-class service that makes life easier, and enjoy:

- Award-winning dining
- Activities, events, and outings for every interest
- Getting involved in our resident clubs
- Just the right amount of help with your day
- Perfect location, close to Brookline, Newton, and Boston

WE'RE JUST 4 MINUTES (1.6 MILES) AWAY FROM THE SENIOR CENTER!

Call 617-566-1700 today to schedule a complimentary dinner & personal tour!

CHESTNUT PARK
AT CLEVELAND CIRCLE
A Benchmark Senior Living Community
50 Sutherland Road • Brighton MA
617-566-1700
Entrance on Chiswick Road
www.benchmarkseniorliving.com

ASSISTED LIVING • MEMORY CARE

SOLEMATES WALKING GROUP

The Solemates are an intrepid group of walkers who meet outside the Senior Center (at the bench) on **Fridays between 9:30 and 9:45 am** to begin the walk. For more information or to join the group on any Friday, call Sharon Devine at 617-730-2769.

Wanted: Drivers who are also walkers!

ONE-ON-ONE COMPUTER SESSIONS

If you are computer phobic but eager to overcome it, call 617-730-2777 and make an appointment to get help with basic computer skills and looking up, and applying for, benefits online. If you have questions, call Olga Sliwa at 617-730-2768. Preregistration is required.

Sessions are being held **on Monday mornings and Tuesday afternoons in November**. Each appointment is for 1 hour. Note that while follow-up appointments are available, preference will be given to those who have not yet had an appointment and that repeaters are limited to two sessions per month. Also note that we now have trainers available for both PCs and MACs.

MBTA SENIOR ACCESS PASSES

The MBTA senior reduced-fare CharlieCard events at the Senior Center have been a huge success, and will be scheduled again in 2013. These events are on hiatus for the rest of this year as the MBTA is reorganizing its operations center. The MBTA is totally reorganizing the management and physical presence of their services group and has already opened a new and improved, 1800 square-foot CharlieCard Store inside the concourse of Downtown Crossing to replace the old Downtown Crossing and Back Bay service centers, which are now closed.

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

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

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SPANISH IMMERSION

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

1. There are one-hour one-on-one Spanish conversation sessions with native seniors from many Latin American countries.
2. 10-week beginning Spanish classes on **Thursday afternoons from 1:15 to 2:15 pm**, with small groups in a relaxed, friendly atmosphere.
3. Spanish conversation small group meetings on **Thursday afternoons from 2:30- 3:30 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.
4. Latino instrumental and vocal music on **Tuesday afternoons from 3:00 to 4:45 pm** with instructor Eduardo Rojas.
5. Basic Computer Class in Spanish on **Fridays from 12:30 to 2:00 pm**.

For more information and to register for programs, contact program coordinator Giovanna Tapia at 617-953-7016. These programs are co-sponsored by the Brookline Senior Center and JPC: Spanish Immersion Jamaica Plain.

IT'S BROOKLINE'S BIRTHDAY

Celebrate Brookline's 307th birthday on **Tuesday, November 13**, with cake and ice cream in the coffee lounge during the afternoon. At 307 years, she's looking pretty good. What better place to celebrate her birthday than at the Senior Center!

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.

ZUMBA GOLD

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

You can go to classes that run **from 1:30 to 2:30 pm on Thursday afternoons through November** for only $7 per session. Drop-ins are welcomed.

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

Brookline Community Foundation

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

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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 Wednesdays from 12:30 to 3:00 pm for a donation of $5 per session. 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 or to schedule an appointment, call 617-730-2777.

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DO YOU HAVE PROBLEMS SWALLOWING?

Are you between the ages of 18 and 100 years with problems swallowing as a result of a Stroke?

Please email stepplab@gmail.com or call 617-358-1395 to participate in a research study at Boston University

BROOKLINE RECREATION

The Paint Bar
Friday, November 9, from 9:30 am to 12:30 pm
The Paint Bar is Boston's new venue for art as entertainment. Spend a few hours tapping into your creative side. A particular fall-themed painting will be chosen and the instructor will guide us step-by-step to recreate the masterpiece. It's easy, fun, and stress-free!
Cost: Residents-$50, nonresidents-$68

Christmas Tree Shops and IKEA
November 30, from 11:00 am to 4:00 pm
Don't you just love a bargain! Continue your holiday shopping at these two wonder-filled stores. The schedule will allow equal time in each store with lunch available at the IKEA café.
Cost: Residents-$10, nonresidents-$14 (Lunch is not included in this price.)

New York City Holiday Trip
December 15, from 6:30 am to 11:00 pm
The day will begin with boarding the coach that will whisk us all to New York City—unloading us in the heart of Midtown near Rockefeller Center. The rest of the day is yours to enjoy the city—shop, take in one of the incredible museums—do your thing in the Big Apple.
Cost: Residents-$55, nonresidents-$75

The Nutcracker
December 21, from 12:30 to 4:00 pm
The Boston Ballet outdoes itself every year with this beautiful fantasy. Join Clara on her journey through an enchanted winter wonderland to a palace of confections and magical creatures.
Cost: Residents-$40, nonresidents-$54

****

Pick ups and drop offs will be at the Soule Recreation Center and the Senior Center. Additional pick up locations may be arranged. Please inquire by calling Elizabeth Gugliotti at 617-730-2082. Register online at www.brooklinerec.com.

BROOKLINE CAN

BrooklineCAN (Brookline Community Aging Network) is working hard to make Brookline an age-friendly city where seniors can age well at home. And the activities of this organization are geared, not only to the present elderly, but also to Baby Boomers and Gen Xers—to singles and families—yes, even to children as the Brookline-CAN strives to make Brookline more and more livable.

Repairs, etc. Check out the BrooklineCAN web site at www.brooklinecan.org to a searchable list of the vetted services, including:

- Home maintenance and repair services of all kinds from heavy duty roofing and plumbing to housekeeping and simple repairs
- Technology/computer assistance in set-up, installation, repair, and consulting and even instruction

Age Friendly Brookline application Read the draft of Age-Friendly Brookline, an assessment of Brookline's age-friendly features and plans to pursue additional age-friendly features. This narrative is supporting Brookline's application for participation in the World Health Organization's Age-Friendly Cities Program. It has been prepared by the Age-Friendly Cities Committee co-chaired by Nancy Daly, Ruthann Dobek, and Frank Caro. It is available on the Town's web site on the Council on Aging departmental page. You can also pick up a hard copy of the draft at the Senior Center.

Read it over and by all means, let the committee know your comments and suggestions.

Livable Community Committee accomplishments While Brookline offers a great deal to its older residents, BrooklineCAN, the Brookline Community Aging Network, wants our town to be an even better place to live. The Livable Community Committee calls attention to what Brookline offers and advocates for improvements in the availability of services.

Acomplishments that benefit people of all ages

- Guide to restrooms in Brookline, available online at www.brooklinecan.org/restrooms
- Winter sidewalk monitoring program in commercial areas after snowstorms to see that snow is removed in a timely fashion
- Repair of benches in open spaces
- Repainting of cross walks on busy streets
- Repair of walk signals

Acomplishments of particular benefit to older residents

- Guide to residential buildings with elevators available online at www.brookline can.org/apartments
- Advocacy for property tax relief and water charges for low-income older home owners
- Advocacy for new regulations to improve on-street parking options for caregivers
- Senior-friendly features in redesign of Billy Ward and Clarke playgrounds

Agenda going forward

- Participation of the Town in the WHO Age-Friendly Cities program
- Improved information to older residents about home sharing options
- Improved transportation options for users of the Senior Center
- Improved specialized transportation options for older residents
- Advocacy for repair of sidewalks heavily used by older residents
- Advocacy for annual parking permits for seniors in metered parking spaces
- Advocacy for improved park features of interest to seniors

For more information about BrooklineCAN, see www.brooklinecan.org/, call 617-730-2777, or e-mail info@brooklinecan.org

SENIOR CENTER FOOD DISTRIBUTION SITE

Remember that there is free food distribution at the Senior Center **every Tuesday from 1:00 to 3:30 pm**. Hours vary slightly depending on when the food arrives and when it has all been distributed. Get a number in the coffee lounge. ***Do not*** go down to the basement until your number is called. (Note that on November 6 there will be no food distribution because it is Election Day and the Senior Center is a polling place.

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

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

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

FITNESS CENTER

The Senior Center Fitness Center has machines, weights, ongoing classes (stretching, balance, and so forth), and periodic special classes. And it is open Monday through Friday virtually all day to members. For more information , call Sharon Devine at 617-730-2741.

THE PARC PROGRAM

If you are the caregiver of a senior or disabled person who lives in Brookline and need help navigating Brookline's parking restrictions, the Parking Access for Resident's Caregivers (PARC) program is here to help you. It is a service provided through the Brookline Council on Aging in cooperation with the Transportation Department to help obtain temporary parking permits for caregivers. For more information, call 617-730-2752.

BROOKLINE EMERGENCY FOOD PANTRY

St. Paul's Church at 15 St. Paul Street hosts the Brookline Emergency Food Pantry. This pantry is open to Brookline residents who can

- Show that they participate in another program for people of modest income such as Medicaid, and SNAP (the food stamp program).
- Bring a Letter of Verification with your name, your current address, the number of people in your family, the reason(s) your family needs to supplement food shopping with free food from the pantry. These letters can come from a social service agency or social worker, a member of the clergy, a medical provider, a school official, or the Brookline Housing Authority.

The pantry is also grateful for donations of nonperishable items from their special needs list: instant coffee;cup of soup/ramen noodles; mayonnaise; packets of powdered milk; tea bags; packets of cocoa; canned meats, fish, vegetables, fruit, hearty soups, and dinners; macaroni and cheese and other boxed dinners; rice; pasta and pasta sauce; hot and cold cereals; jellies and jams; cooking oil, baby food; shampoo; hand, dish, and laundry soap; toothpaste; and toilet paper.

Food donations can be dropped off at the Senior Center Monday through Friday from 8:30 am to 5:00 pm or you can deliver donations directly to St. Pauls on Tuesdays from 10:00 am to 2:00 pm, Wednesdays from 3:00 to 6:00 pm, Thursdays from 10:00 am to 2:00 pm, and Saturdays from 1:00 to 4:00 pm.

For more information, call Rene Feuerman at 617-872-3060.

THEATER CLUB

The Senior Center Theater Club once again offers a dazzling menu of shows for seniors to pick from. Enjoy, in the next few months:

To Kill a Mockingbird
Sunday, November 4 (1:30 pm) $25
at the SENIOR CENTER
The New Repertory Theatre's adaptation of Harper Lee's acclaimed novel—the story of Atticus Finch, a lawyer in a small 1930s Alabama town, who defends a black man accused of rape. The story is seen through the eyes of Finch's 6-year-old daughter, Scout.

Refreshments and discussion follow the performance.

The Rat Pack
Sunday, November 11 (2:00 pm)
$38
at the Reagle Theater in Waltham
Fly away with Dean Martin (Andy Dimino), Frank Sinatra (Gary Anthony), and Sammy Davis, Jr. (Lambus Dean) direct from Las Vegas at the Reagle for one day only! Relive the good old days when members of the Rat Pack crooned "Come Fly with Me," "That's Amore," "Mr. Bojangles," My Way," and more.

Pippin
Sunday, December 16 (2:00 pm) $38
at the American Repertory Theatre at the Loeb Drama Center in Cambridge
A bold new staging of the dark and existential musical you thought you knew. Pippin, on a death-defying journey to find his "corner of the sky," must choose between a life that's ordinary or a flash of singular glory. Original Bob Fosse choreography has been recreated by Chet Walker.

Note that both To Kill a Mockingbird and The Rat Pack are on "waiting list only" status.

Marry Me a Little
Sunday, January 6 (2:00 pm) $40
at the Charles Mosesian Theater at the New Repertory Theatre in Watertown
Enjoy this updated take on Sondheim's charming musical revue—and on modern-day marriage. *Marry Me a Little* weaves songs from Sondheim's vault of unproduced shows and cutouts from his known musicals. Through bittersweet soliloquies and song, lonely New York singles fantasize romantic adventures, join in emotional conflict, and question the commitment of marriage—all the while never actually meeting.

Haydn in Paris
Sunday, February 24 $40
Discussion at 2:00 pm, concert at 3:00 pm *at Symphony Hall in Boston*
Program: Hadyn #6 Le Matin, Violin Concerto #4, Overature to L'Isola disabitata, and Symphony #82 The Bear

The Glass Menagerie
Sunday, March 3 (2:00 pm) $38
At The American Repertory Theatre (ART) in Cambridge
While Amanda Wingfield desperately struggles to provide her fragile daughter with at least one "gentleman caller," her son, Tom, dreams of escaping from his job at a warehouse and his oppressive life at home. An exquisite family drama filtered through Tom's memory, Tennessee William's *The Glass Menagerie* is staged for the ART by John Tiffany.

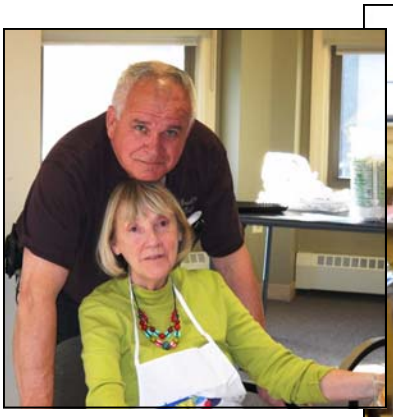
Please pay for the tickets in cash or by check and pay in full when you make the reservations. Checks should be made payable to the "Brookline Senior Center."

Our Senior Center Theater Club Rules are available on request from the Senior Center.

IN MEMORIAM: CIPPY MACDOUGALL

The Follen Angels concert was a smashing success, indeed a fitting tribute to Cippy MacDougall and the indelible mark she made on the Senior Center, the Council on Aging, and the entire Brookline senior community. Cippy set the tone for the Senior Center. She was always smiling and made everyone who came to the Senior Center feel, not just welcome, but also important and significant. Donations in her memory have been pouring into the Senior Center. We already have enough donations to put Cippy on the Wall of Honor, and new donations will help to name Cippy's desk in the Coffee Lounge "Cippy's Corner" in perpetuity and to support the kinds of programs Cippy loved and cherished. We thank everyone for their outpouring of affection for her. In October alone, we thank:

Leila Abelow, Charlotte Alkon, Lillian Aronson, Doris Toby Axelrod, Helen Berman, William T. Bonomi, Deborah Brass, Vera Brent, Diane Brown, Eleanor Chasdi, Dr. Herman & Mrs. Judith Chernoff, Father Brian Clary—St Mary of the Assumption Parish, Frank & Rita d'Entremont, Sharon R. Devine, Patricia H. Dobek, Ruthann Dobek & the Staff of the Brookline Senior Center, Daniel Ferguson, Irving B. Finn, Vivian Freeman, Carol & Phil Fullerton, Ruth Geller, Charles Gilbert, Judith Gimple (supporting the Fitness Scholarship Fund, Claire Goodwin, Paula Green, Rhona Hirschowitz, Shirley Horblit, the Brookline Municipal Credit Union, Estelle Katz, Kathryn Kilpatrick, Dania Krolikowski, Kathleen Lamothe, V. Celia Lascarides, Sarah M. Lavi, Sherry C. Lee, Anne Levin, Janet Markman, Charlotte Millman, Shirley Obelsky, Naomi Podhorzer, Edith Pollack, Mary R. Regan, Miriam Sargon, Esther Seroll, Betty Singer, Eleanor Small, Dorothy Sommer, Arlene Stern, Phyllis Stock, Arsen Tashjian, James Tong, Kidar Vaid, Julie Washburn, Waneta Louise West, and Sonia & William Wong



With the donations to the Cippy MacDougall Memorial Fund came wonderful tributes:

"Cippy was always so friendly and always had a smile. I took computer classes at the Center and always had a chat with Cippy. She will be missed."

"To the Seniors who Cippy did so much for—who she enjoyed doing for, she would be so honored to have a place in the Wall. Enclosed is our donation...we know she will be there looking down."

The tributes, the crowded hall, and even the refreshments spoke of our love for Cippy.

AND THANK YOU TO

Annual Appeal Donors 2 anonymous donors and Dianne & Michael Blau, Sylvia Franklin, Martha Friedenthal-Haase, Beverly Gleason, Anne Levin, Duncan MacDonald, Stanley L. Macklis, and Waneta Louise West

BrooklineCAN Donors Judy Bess, Ruth Camm, Dan Frankel, Lisa Goldman, Ruth Camm, Hinda Goodstein, Lydia Kaufman, Christine McArdle, Joan & Paul McCabe, Mary Perdikes, Adele W. Pike

Fitness Scholarship Fund Donor Claire Goodwin

To Claire Young and the Chinese Mah Jong Group ***for their gift in honor of*** the Chinese Mah-Jong Program

To Mel & Lou Siegel and Carol, Melissa, & Andrew Macey ***for their gift in honor of*** Max Siegel's 100th birthday

To Lorraine Tobin ***for her gift in honor of*** Judith Gimple (Thank you for the *Senior News and Events*.)

To Mim and Barney Berliner ***for their gift in honor of*** Ruthann Dobek, Gwen Ossenfort, Julie Washburn & Mimi Katz

To Dotty Bell ***for her gifts in memory of*** Eileen Connor and Irene Heartz

To Dotty Bell, Elaine A. Brown, Peter & Marilyn Flynn, Linda Horowitz, Faith Kanter, Beverly Kargis, Rosalie M. Litt, Staff Members at The MathWorks, Brenda Soyer, Sandy Doren & Ann Sulkowitch, and Evelyn Tretin ***for their gifts in memory of*** Sally Levine

FROM THE BOARD PRESIDENT

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

We want to thank everyone who has donated to the Cippy MacDougall Memorial Fund. And we encourage everyone who knew her to donate so that the fund can include, not only the Wall of Honor and a dedicated Cippy Corner, but also funding for cultural and other programs that were close to Cippy's heart and items that are on our wish list that need to be funded by your donations—furniture repair and replacement where necessary, additional equipment for our Fitness Center, and so forth.

We also welcome your gifts in honor of special people and occasions, as thanks for services you have received, or to recognize friends, family, staff, or programs, and we thank all who have thought of the Senior Center and helped support us through the years.

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

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

OUR ADVERTISERS

While the ads in this newsletter do not constitute an endorsement from the Brookline Senior Center or the COA, we want to thank all the advertisers for helping support the *Senior News and Events*.

SUPPORT THE SENIOR CENTER

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

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***

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I would like to ❒ subscribe ❒ renew my subscription to the *Senior News and Events*. My check for $10 for a one-year subscription is attached.

(DON'T LET YOUR SUBSCRIPTION RUN OUT In order to make certain that you have current information on happenings at the Senior Center, in Brookline, and in the metro area, please check the date that is printed next to your name on the address label on the back of this page. If that date is 30 days or less away, use the form above to renew.)

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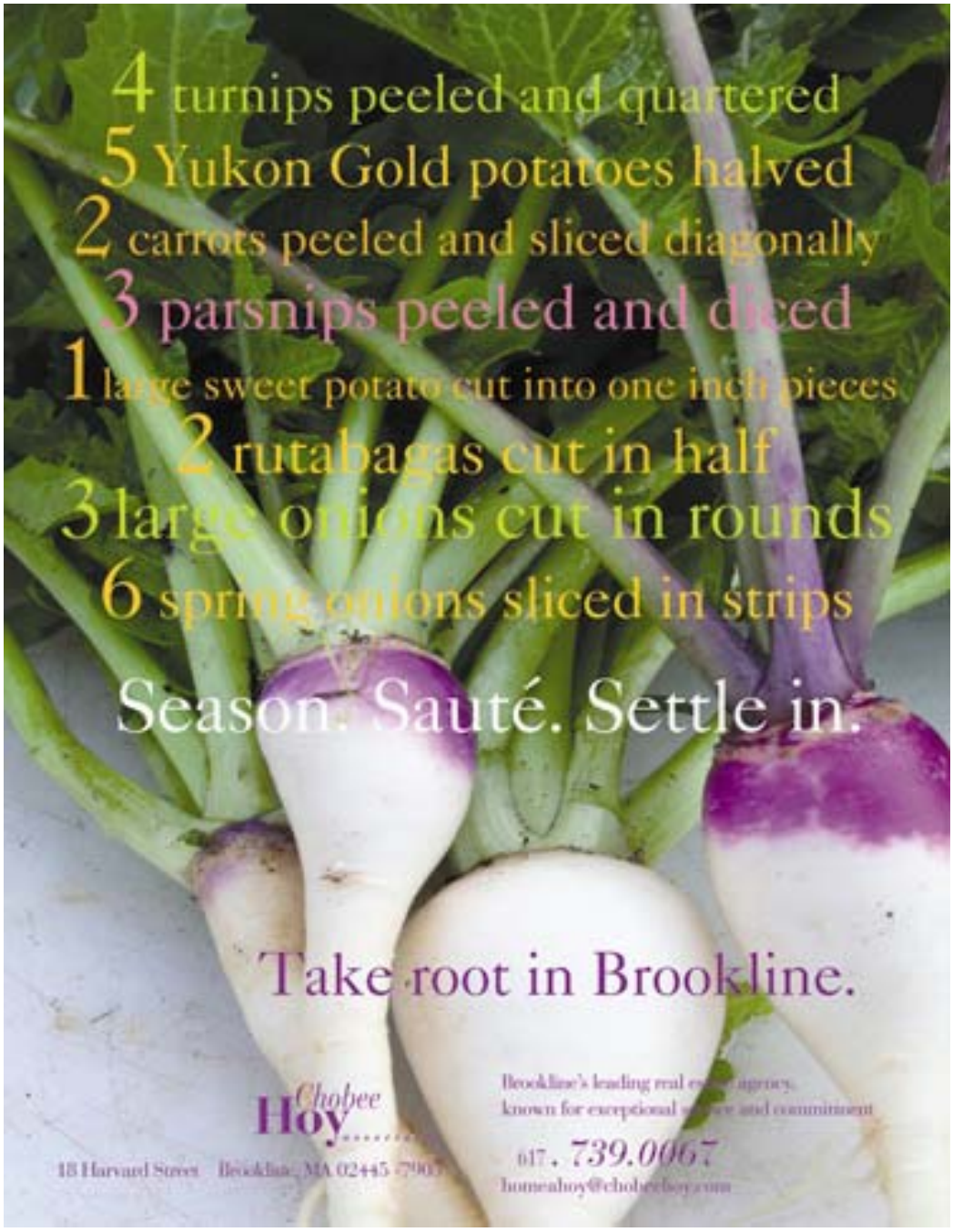

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