TOWN OF BROOKLINE
SENIOR NEWS AND EVENTS

Council on Aging

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

Brookline Senior Center
93 Winchester Street
Brookline, Massachusetts 02446

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

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

Brookline Community Aging Network
www.BrooklineCAN.org

HIGHLIGHTS

Elder bus on Vacation from **Monday, July 11 through Friday, July 14.**

Monday, July 11 at 1:00pm Clutter Program (see P. 7).

Monday, July 18 at 1:00 pm Senior Chorus Summer Concert in memory of Max Siegel (see P. 13).

JULY 2016

GET WHAT'S YOURS

The Secrets of Maxing Out Your Social Security

On **Monday, July 11 from 6:00-8:00 pm** Laurence J. Kotlikoff, will speak about his N.Y. Times best-selling book. The 2016 revised edition reflects changes in the Social Security law. This talk, followed by questions and answers, will help you to get all of your social security benefits. Kotlikoff is a William Fairfield Warren Professor in Economics at Boston University. In 2014, he was named by The Economist as one of the world's 25 most influential economists. In 2105 he was named one of the most influential people in aging by Next Avenue. This event is free of charge. Registration is required by calling 617-730-2770. Light refreshments will be served from 6:00-6:30 pm.

This event is sponsored by the Brookline Community Aging Network and founding partners Brookline COA, Center Communities, Goddard House and Jewish Family and Children's Service.

DO YOU HAVE HEALTH CHALLENGES?

DO YOU STILL WANT TO WORK/VOLUNTEER?

Join us on **Wednesday, July 13 from 2:00-4:00 pm** for a panel 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 (Cont. P.3).

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The Town of Brookline Senior News & Events
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JULY HOLIDAYS

On **Monday July 4**, the Senior Center will be closed as we celebrate Independence Day, a great day to go to the ocean , to barbecue, or to have a clambake with your friends, children, and grandchildren. Then in the evening, sit back and watch fireworks while the country celebrates its birthday. July is also the month we celebrate National Blueberry Month, National Anti-Boredom Month, National Cell Phone Courtesy Month, National Hot Dog Month, and National Ice Cream Month so Enjoy!

DO YOU HAVE HEALTH CHALLENGES? DO YOU STILL WANT to WORK? Continued from page 1.

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.

Our panelists for this program include Susan Howards-Attorney and Litigator, Ginny Mazur-Community Partnership Director at Goddard House Assisted Living and advocate for Deaf and hard-of-hearing, Sengil Inkiala-Vocational Rehab Supervisor at Mass Commission for the Blind and Andy Forman-Senior Independent Living Advocate. 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 or email at dwaxman@brooklinema.gov for further information or to register. Refreshment will be provided.

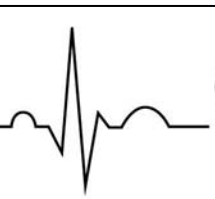
BROOKLINE FARMERS MARKET

On **Thursdays through October 30** the Brookline Farmers Market will be open from **1:30 pm until dusk**, rain or shine. Check out the locally grown food items at the Center Street west parking lot.

MEMORY CONNECTIONS CAFÉ

Memory Connections Cafe: On **Wednesday, July 27th from 1:30-3 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 Home Instead Senior C.are

THE HEALTH PAGE



Beth Israel Deaconess Medical Center

Ask a Nurse, Lynn Schuster a nurse from the Greater Medford Visiting Nurse Association **will be on vacation in July and August.** Please check our September issue of the Newsletter for September dates.

Podiatry Clinic Routine foot care with Dr. John McLoughlin is available at the Health Clinic at the Senior Center. The **cost is $40**. To inquire about appointments call 617-730-2777.

Low Vision Group This peer-led support group for individuals with limited eyesight will meet on **Wednesday, July 20 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, July 21 from 9:00-10:00 am at The Senior Center.
Wednesday, BPHD building on Pierce Street (Cancelled for this month)
Wednesday, July 13 from 1:00-2:00 pm at Sussman House, 50 Pleasant Street.
Wednesday, July 27 from 1:00-2:00 pm at 61 Park Street

Blood Sugar Screening Olga Abamelik, RN, now affiliated with Suburban Home Care, will return to the Center to do blood sugar screenings on **Thursday, July 21 from 11:00 am-12:00 noon.**

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, **July 21 from 1:00-2:00 pm.** They will provide hearing aid cleanings, maintenance and patient counseling at no charge. They will also be selling all sizes of hearing aid batteries for $5 per pack. All services will be provided on a first come, first served basis.

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

The Health Page is sponsored by Beth Israel Deaconess Medical Center

Affiliated with Joslin Clinic

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

Official hospital of the Boston Red Sox

ASK A GERIATRICIAN

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

QUESTION: My doctor told me it was time for me to have cataracts removed from my eyes. What exactly are cataracts? I am concerned about the surgery. Is it safe?

ANSWER: Each eye has a lens in it, which looks like a clear marble, but softer, so that it can change shape in the eye. The job of the lens is to help focus light that enters our eyes so that we can clearly see the objects we are looking at. A cataract occurs when that clear lens is no longer clear, but rather cloudy, so that light no longer passes through it easily. It can be like looking through a dirty window.

Most cataracts occur naturally with age. Some occur earlier because of diabetes, heavy exposure to sunlight or radiation or some drugs such as long term use of steroids. Smoking, air pollution, heavy alcohol intake and a family history of cataracts can be risk factors. Occasionally babies are born with cataracts, though this is rare.

Symptoms that you may have cataracts are cloudy vision, difficulty seeing at night, increased sensitivity to light and glare or double vision in 1 or both eyes. Colors may be distorted.

To detect whether you have a cataract, the eye examiner will test how well you can see on the eye chart. He/she can then look into your eye with a dilated eye exam.

Symptoms of early cataracts can be improved with new glasses and better anti-glare sunglasses. However, if vision loss interferes with everyday activities, such as driving, reading or watching TV, it may be time to remove the cataract with surgery.

Rarely, there can be pain, redness, swelling or double vision. If this happens, call your eye doctor right away.

Cataract surgery is one of the most common operations done in the U.S.-it is estimated that more than 3 million cataract operations are done every year. It is generally very safe and effective and for the most part painless. The operation lasts about an hour and many people choose to stay awake during the procedure. Most people go home the same day, although someone will have to drive you home. You will have to use eye drops for a while after surgery. It is very important to tell your eye doctor all the medicines you are taking, as that can affect the surgery. Often aspirin and other blood thinners do not need to be stopped before surgery-this should be discussed with your doctor. 90% of people regain excellent vision after surgery. The surgery consists of the surgeon removing the darkened lens and replacing it with a clear plastic lens. Some lenses can help correct vision and some can block damaging light rays.

Some risks of cataract surgery include infection and bleeding. Some people who are very nearsighted may be at slightly higher risk of retinal detachment, though this does not happen often. Rarely, there can be pain, redness, swelling or double vision. If this happens, call your eye doctor right away.

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.

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 **will not be at the Senior Center in July but will return in August** 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.

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 in the morning on the **fourth Wednesday 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, Debby Rosenkrantz at 617-571-3741. 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.

TUESDAY MORNING DANCE PARTY

Modern Dance is now **Tuesday Morning Dance Party!** Join instructor, Lynn Modell **every Tuesday morning from 11:00-11:45 am** for the same great fun and dancing with a new and improved name. All for a suggested donation of $2 per class.

COUNCIL ON AGING MEETING

The Council on Aging (COA) board is on vacation in July and August. However, the Nominating Committee will meet in mid-August to consider new members for the board. If you would like to serve on the board or if you know someone you think would make a good member, please contact Ruthann at 617-730-2756 or e-mail Ruthann at rdobek@brooklinema.gov.

EASY TRAVEL

Armchair travel host Lauren Carroll, the Runkle English Language Learner teacher will take us to Santo Domingo and the Dominican countryside on **Thursday, July 7 at 1:30 pm.** Come learn about the beauty of this island and about its history.

PASTEL PAINT STUNNING STILL LIFE LIKE THE MASTERS

Our friend, Gregory Maichack will return to present a hands-on workshop, "Stunning Still Life Like the Masters" on **Wednesday, July 6 from 1:00-3:00 pm.** This pastel painting workshop is designed for sheer beginners to experienced artists. Participants will freely experiment with hundreds of the artist's professional grade pastels, pastel pencils, and pastel paper, in this fun pastel painting workshop. The still life is a genre chosen by famous artists throughout history as a subject. Participants benefit from the techniques culled from these masters as reflected in their individual painting approaches in historical context. All necessary strokes needed to pastel paint any image will be demonstrated. Maichack is an award winning artist who creates a supportive and positive environment for his workshops. Questions are encouraged and everyone will take home their original pastel painting. To learn more about Greg Maichack, please visit his website at www.gregorymaichack.com. This program is sponsored by Wingate Residences at Boylston Place and the Brookline Senior Center. Space is limited, so please call 617-730-2770 to register.

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- 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 on **Thursdays, through July 28 from 1:30-2:30 pm.** 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.

*****SPECIAL*****

FREE FRIDAY FLICK

Friday, July 22 at 3:00 pm
Walt Disney Animation Studios Short Films Collection
79 min.
From Walt Disney Animation Studios comes an extraordinary new collection of award-winning and beloved short films including the never-before-released Frozen Fever, starring Frozen's Anna, Elsa, Olaf, Sven and Kristoff, and the Oscar-nominated Lorenzo. The Short Films Collection also includes the 2012 groundbreaking Mickey Mouse cartoon, Get a Horse! As well as hailed Oscar® winners Paperman and Feast.

Thislovely assortment of Disney short films will charm people of all ages so feel free to bring along the little ones in your life. Please call 617-730-2770 to register.

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.

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 10:00 am** 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.

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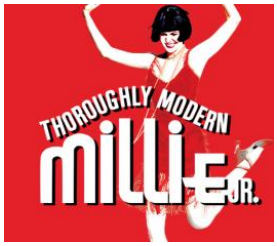
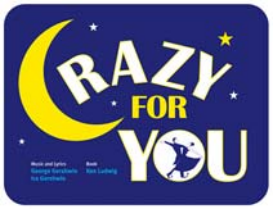
SENIOR CENTER THEATER CLUB



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 12:00 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.

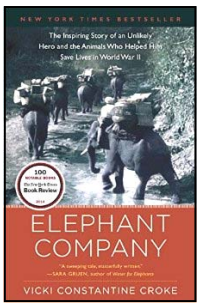


Sunday, August 14 at 2:00 pm
Reagle Theater in Waltham
Crazy for You
Cost $39
Crazy for You is the classic tale of a boy, a girl, and a theater in need of salvation. Stage-struck Bobby Child works as a banker for his overbearing mother, Lottie, but spends his off hours practicing dance routines and sneaking in to audition for Zangler's Follies.

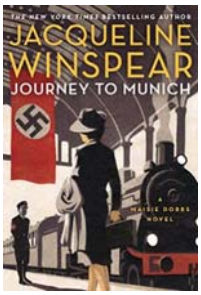
Registration is required and space is limited for these special events. To register please call 617-730-2777

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



Monday, August 15
Journey to Munich A Maisie Dobbs Novel
by Jacqueline Winspear

Monday, September 19
The Novel Politician
by David Cesarani

Monday, October 17
The Residence: Inside the Private World of the White House
by Kate Andersen Brower

Monday, November 21
One Summer: America 1927
by Bill Bryson

Monday, December 19
My Brilliant Friend
by Elena Ferrante

A TASTE OF POETRY

Bring your lunch and an appetite for poetry. We meet from **12:00 noon to 1:30 pm, on the first Thursday of the month** at the Main Library. Each month we will look at about a half a dozen poems of a well-known poet. We will provide copies of the poems and lead a discussion after reading the poems aloud. No sign-up or preparation is necessary.

Thursday, July 7 Stanley Kunitz (1905-2006) Kunitz was born in Worcester, Massachusetts, the youngest of three children, to parents of Jewish Russian Lithuanian descent. Through the course of his career, Kunitz's work transformed from highly intellectual and philosophical musings to more deeply personal yet disciplined narratives. He was appointed Poet Laureate Consultant in Poetry to the Library of Congress twice, first in 1974 and then again in 2000. He died in 2006 at age 101.

Thursday, August 4 Gabriela Mistral (1889-1957) A Chilean poet-diplomat, educator, and feminist. She was the first Latin American (and so far, the only Ibero-American woman) to receive the Nobel Prize in Literature, in 1945. Some central themes in her poems are nature, betrayal, love, a mother's love, sorrow and recovery, travel, and Latin American identity as formed from a mixture of Native American and European influences. Her portrait also appears on the 5,000 Chilean peso bank note.

E.L.F. MONTHLY FEATURED ITEMS AND NEWS

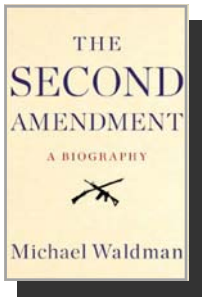
The Equipment Loan Fund has an excess of undergarments that include daytime and overnight pads and Depends. Please call Jamie at 617-730-2753 to obtain these. The updated inventory list for available equipment is on the COA website.

PUBLIC ISSUES NONFICTION BOOK DISCUSSION GROUP

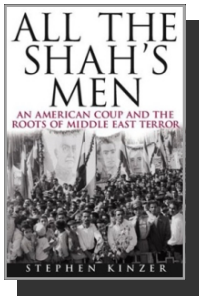
At the Senior Center

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, 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.

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

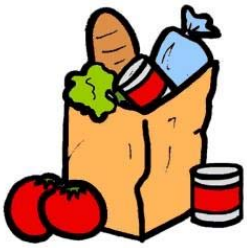
FITNESS FOR ALL

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, 1:00-2:00 pm 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

GREATER BOSTON FOOD BANK 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 Patricia @ 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 BrooklineCAN.org

SPOTLIGHT ON BROOKLINECAN COMMITTEES

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

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

-SAVE THE DATE-

BROOKLINECAN 2016 ANNUAL MEETING

BrooklineCAN Expo and Annual Meeting will be on **Thursday, September 15 from 5:00 to 7:00** pm. The event will be held at the Brookline Senior Center at 93 Winchester Street. Housing options for seniors will be the special topic for the meeting.

ANNUAL HOLIDAY CRAFT FAIR MEETING

It's that time of year again! Time to start planning for our Annual Holiday Craft Fair in November. Our first planning meeting will be held at the Senior Center on **Monday, July 25 at 1:00 pm and all are welcome.** The proceeds from the Craft Fair help to support many of the programs and services that we provide throughout the year. So let's make this our most successful year yet!

MOUNT PLEASANT HOME

WORRIED ABOUT A SENIOR LIVING ALONE?

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

All-inclusive & affordable!

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617.522.7600 301 South Huntington Ave, Jamaica Plain, MA
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Finding Peace
Paintings and Drawings
By Morgan Chickering

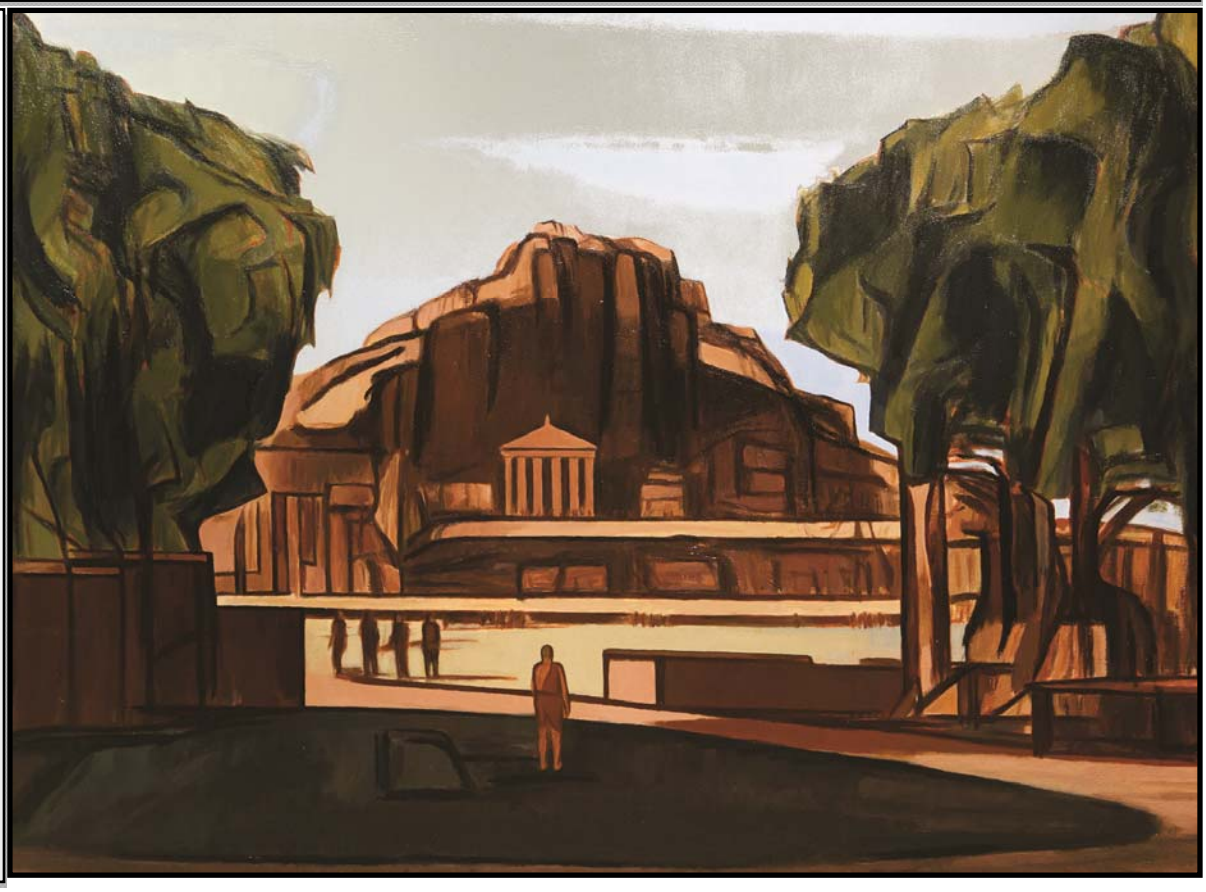
GALLERY HOURS

July 6-September 29
Monday-Friday 8:30 am-5:00 pm

Gallery 93
Artist
Reception
with

Morgan Chickering

Tuesday,
July 12
From 5-7 pm



CLUTTER CONTROL

We all have STUFF! Why do we acquire and save more possessions than we need? What happens when our stuff starts to own us? Why can't we just throw things away? With his upbeat and unique approach, Dave Downs will join us on **Monday, July 11 at 1:00pm** to explore the many reasons that our drawers, closets and garages get filled with STUFF. Downs offers helpful hints for managing this difficult problem. He uses colorful stories throughout the talk to engage as well as inform the audience. You may recognize a part of yourself in these stories.
Participants will leave knowing that if we are thoughtful about what we acquire; what we keep and what we discard, we will start to reverse the tendency to bury ourselves in "treasures!" To register, please call 617-730-2770.

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 co-pays for Medicare covered services, while the Supplement 1 covers all the deductibles and co-pays 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.

MODERN BEADING WORKSHOP VACATION

This workshop is for beginners and experienced beaders. **We will be on vacation for the Summer.** Please watch the newsletter and the TAB for the return of the workshop with Marge Harvey.

GIFFORD CAT SHELTER PRESENTATION

Did you know that the oldest cage-less, no-kill animal shelter in the US is located about 10 minutes from the Senior Center? The Gifford Cat Shelter was selected as a model shelter by the Humane Society for their Cat Behavior and Retention Program. Join us at the Senior Center on **Friday, July 15 at 1:00 pm** to learn about what it means to be a no-kill shelter, the benefits of a cage-free environment for cats and the shelter's mission since 1884. You can also learn how to become a volunteer at the shelter. Dr. Rachel S. Geller, our presenter, is vice president of the Gifford Cat Shelter and a Certified Cat Behavior Counselor. Please note that there will not be any live animals at this presentation due to allergy concerns. To register, call 617-730-2770.

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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1. *Independence Day Special* BBQ Chicken Corn Pudding Cole Slaw **Berry & Pudding Swirl w/Topping**
4. **Independence Day Holiday** **No Meal Service**	5. **HOT**: Whole Grain Lasagna w/ Marinara Sauce & Meatball; Italian Green Beans; Tossed Salad w/Lite Italian Dressing; Italian Bread. **COLD:** Ham & Swiss Cheese on Wheat Bread; Orzo Vegetable Salad; Cauliflower & Carrot Salad. **Peach**	6. *Tomato Soup* **HOT:** Krunch Lite Fish w/Lemon Dill Sauce; Fiesta Blend Vegetables; Brown Rice Pilaf; Rye Bread. **COLD:** Chicken Salad on Oatmeal Bread; Corn Salad; Tomato Red Pepper Salad. **Mixed Fruit**	7. *Chicken & Vegetable Soup* **HOT:** Ground Beef Stuffed Peppers; Peas & Mushrooms; Carrots; Multigrain Bread. **COLD:** Seafood Salad on Multigrain Bread; Broccoli Slaw; Potato Salad. **Apple Raisin Compote w/ Topping**	8. *Corn Chowder* **HOT:** Chicken Marsala; Sweet Potatoes; Broccoli; Wheat Dinner Roll. **COLD:** Roast Beef w/Provolone Cheese & Lite Mayo on Rye Bread; English Pea Salad; Spinach & Mandarin Salad. **Hoodsie Cup**
11. **HOT:** Macaroni and Cheese (V) ***; Baked Tomato Half; Multigrain Bread. **COLD:** Curry Chicken on Wheat Bread; Garden Shell Pasta Salad; Carrot Pineapple Salad. **Applesauce**	12. *Oriental Vegetable Soup* **HOT:** Beef Lo Mein; Oriental Vegetable Blend; Wheat Dinner Roll; Fortune Cookie. **COLD:** Chef Salad w/Turkey & Lite Italian Dressing; Multigrain Bread; Balsamic Vinaigrette Pasta Salad. **Mandarin Oranges**	13. **HOT:** Broccoli Mushroom Quiche (V); Roasted Potatoes; Mixed Vegetables; Scali Bread. **COLD:** Seafood Salad on Oat Bread; Broccoli Tomato Salad; Corn Salad. **Chocolate Pudding w/Topping**	14. *Cream of Butternut Squash Soup* **HOT:** Aloha Chicken; White Rice; Spinach & Mandarin Salad w/ Lite Italian Dressing; Oat Bread. **COLD:** Cottage Cheese Fruit Plate (V); Ziti Broccoli Salad; Scali Bread. **Pineapple Cake w/Topping**	15. *Seafood Chowder* **HOT:** Fish w/Lemon Pepper Sauce; Butternut Squash; Broccoli; Rye Bread. **COLD:** Roast Beef w/Provolone Cheese & Lite Mayo on Pumpernickel Bread; Summer Potato Salad; Cauliflower Carrot Salad. **Plum**
18. *Vegetable Barley Soup* **HOT:** Beef Stroganoff; Over Buttered Egg Noodles; Beets & Onions; Rye Bread. **COLD:** BBQ Chicken, Mozzarella & Red Onion Sandwich on a Bulkie Roll; Macaroni Salad; Spinach & Mandarin Salad w/ Lite Italian Dressing. **Orange**	19. *Chicken Orzo Soup* **HOT:** Fish Florentine; Whipped Potatoes; Collard Greens & Onions; Wheat Bread. **COLD:** Ham & Swiss on Rye Bread; English Pea Salad; Beet Salad. **Chef's Choice Dessert** **Birthday Lunch**	20. **HOT:** Hot Dog***on Hot Dog Roll w/Ketchup, Mustard & Relish; Baked Beans; Cole Slaw. **COLD:** Egg Salad (V) on Oatmeal Bread; Roman Blend Salad; Lo Mein Pasta Salad. **Mixed Fruit**	21. *Split Pea Soup* **HOT:** Chicken a La King; Orzo Pilaf; Broccoli & Carrots; Wheat Dinner Roll. **COLD:** Roast Beef w/American Cheese & Lite Mayo on Wheat Bread; Potato Salad; Summer Squash Salad. **Peaches**	22. **HOT:** Spinach & Red Pepper Frittata (V); Red Bliss Potatoes; Green Beans; Orange Juice; Croissant. **COLD:** Turkey w/Swiss Cheese & Lite Mayo on Multigrain Bread; Tri Color Pasta Salad; Carrot Raisin Salad. **Fruit Yogurt**
25. *Chicken Vegetable Soup* **HOT:** Greek Chicken; Roasted Potatoes; Fresh Zucchini & Red Peppers; Rye Bread. **COLD:** Egg Salad (V) on Pumpernickel Bread; Pesto Pasta Salad; Broccoli Slaw. **Peaches**	26. *Italian Garden Vegetable Soup* **HOT:** Eggplant Parmesan over Penne Pasta w/ Mozzarella (V); Broccoli Florets; Scali Bread. **COLD:** Roast Beef w/Swiss Cheese & Mustard on Multigrain Bread; German Potato Salad; Chickpeas, Cucumber & Tomato Salad. **Ambrosia w/Topping**	27. **HOT:** Veggie Burger on a Hamburger Roll w/American Cheese (V) & Ketchup; Chuckwagon Corn; Cole Slaw. **COLD:** Tuna Salad on Rye Bread; Spinach & Mandarin Salad w/Lite Italian Dressing; Corn Salad. **Watermelon Slice**	28. **HOT:** Pot Roast w/Gravy; Creamy Potatoes; Italian Green Beans; Tossed Salad; Wheat Dinner Roll. **COLD:** California Chicken Salad on Wheat Bread; Carrot Pineapple Salad; Mixed Bean Salad. **Birthday Cake**	29. *Tomato Basil Soup* **HOT:** Sweet Potato Pollock Filet w/Tartar Sauce; Brown Herbed Rice; Carrots; Multigrain Bread. **COLD:** Chef Salad w/Ham, Cheddar Cheese & Lite Italian Dressing; Macaroni Salad; Oatmeal Bread. **Tropical Mixed Fruit**

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, July 19** we celebrate July birthdays at the monthly Birthday Lunch. The sponsor of this lunch has happily provided a complimentary lunch and a small gift to all July 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, July 26 at Bamboo Thai at 12:00 noon.** For reservations and transportation, call 617-730-2770. For those registered for van transportation, please note that the van leaves the Senior Center at 11:30 am sharp.

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, 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

SENIOR CHORUS SUMMER CONCERT

The Senior Chorus will be performing everyone's favorite patriotic songs at their annual Summer Concert on **Monday, July 18 at 1:00 pm.** This year's concert will be in memory of our dear friend. Max Siegel who passed away recently. The performance will be followed by some light summer trats. To register, Please call 617-730-2770

MOVIES FOR FILM LOVERS

Come to the Senior Center on **Tuesdays in July 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, July 5
A Ballerina's Tale
2015
1 hr. 25 min.

Iconic ballerina Misty Copeland made history when she became the first African-American woman to be named principal dancer of the legendary American Ballet Theater.

Tuesday, July 12
Joy
2015
2hr. 4min.

JOY is the wild story of a family across four generations centered on the girl who becomes the woman who founds a business dynasty and becomes a matriarch in her own right. Betrayal, treachery, the loss of innocence and the scars of love, pave the road in this intense emotional and human comedy about becoming a true boss of family and enterprise facing a world of unforgiving commerce.

Tuesday, July 19
45 Years
2015
1hr. 35 min.

There is just one week until Kate Mercer's forty-fifth wedding anniversary and the planning for the party is going well. But then a letter arrives for her husband. The body of his first love has been discovered, frozen and preserved in the icy glaciers of the Swiss Alps.

Tuesday, July 26
Suffragette
2015
1hr. 46 min.

In early 20th-century Britain, the growing suffragette movement forever changes the life of working wife and mother Maud Watts (Carey Mulligan). Galvanized by political activist Emmeline Pankhurst (Meryl Streep), Watts joins a diverse group of women who fight for equality and the right to vote. Faced with increasing police action, Maud and her dedicated suffragettes must play a dangerous game of cat-and-mouse, risking their jobs, homes, family and lives for a just cause.

Taken from www.imdb.com

FROM THE BOARD PRESIDENT

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

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

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

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 July we will meet on the 16th from 11:00 am-1:00 pm.** at Goddard House, 165 Chestnut Street, Brookline, MA 02445. To attend, RSVP to Zoraida at meals@ethocare.org or 617-522-6700 ext. 306

ESL CONVERSATION GROUP

Agnes Clifford 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!

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.

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.

Center Communities of Brookline

The Lifestyle you want, where you want it.

1550 Beacon Street

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

Center Communities of Brookline
Hebrew SeniorLife

JULY AT A GLANCE

Monday, July 4
Holiday/Closed
Tuesday, July 5
1:00pmMovies for film lovers-*A Ballerina's Tale*
Wednesday, July 6
1:00-3:00pm Greg Maichack Pastel Workshop***
Thursday, July 7
12:00 noon-1:30 Taste of Poetry at the Main Library***
1:30pm Easy Travel to Dominican Republic with Lauren Carroll
1:30 ZUMBA Gold ($7 /session and free to BHA residents)
Sunday, July 10
2:00pm Reagle Theatre –Thoroughly Modern Millie***
Monday, July 11
1:00pm Clutter Program with Dave Downs***
6:00-8:00pm Social Security Program***
Tuesday, July 12
1:00pm Movies for film lovers-*Joy*
5:00-7:00pm Gallery 93 Artist Reception
Wednesday, July 13
1:00-2:00pm Blood Pressure Screening at Sussman House ***
2:00-4:00pm REAP Program-Do you have health challenges but still want to work or volunteer? ***
Thursday, July 14
1:30 Zumba Gold
Friday, July 15
1:00pm Gilford cat Shelter Presentation***
Boston Walking Club-Arnold Arboretum***
Saturday, July 16
LGBT Out to Brunch Bunch***
Monday, July 18
1:00pm Senior Chorus Concert in Memory of Max Siegel***
2:00-3:00pm Book Discussion Group at Putterham-The Elephant Company*
Tuesday, July 19
12:00 noon July Birthday Lunch***
1:00pm Movies for film lovers-*45 Years*
Wednesday, July 20
1:00pm Low Vision Group
Thursday, July 21
9:00-10:00am Blood Pressure Screening at BSC
11:00am Blood Sugar Screening
1:00-2;00pm Brookline Hearing Services
1:30 Zumba Gold ($7 /session and free to BHA residents)
Friday, July 22
3:00pm Free Friday Flick-Walt Disney short films***
Monday, July 25
1:00pm Holiday Craft Fair Planning Meeting
Tuesday, July 26
9:00-10:00am Public Issues Nonfiction Book Discussion Group-The Second Amendment
12:00pm Out to Lunch Bunch to Bamboo Thai***
1:00pm Movies for film lovers-*Suffragette*
Wednesday, July 27
1:00-2:00pm Blood Pressure Screening at 61 Park St. ***
1:30pm Memory Café***
Thursday, July 28
1:30 Zumba Gold ($7 /session and free to BHA residents)

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 ***
10:30-11:30 Senior STRETCH **
12:00 noon Springwell Lunch***
12:30-3:30 pm Mah Jongg/Scrabble
2:00-4:00pm Open Computer Lab
2:30-4:00pm Canasta Lessons(Begins on July 11) ***

ONGOING SENIOR CENTER EVENTS

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
9:30-11:30 Basic Drawing***
9:30 Art for Pleasure Class ***
10:30 am Arthritis Exercise ***
10:30 am and 1:30 pm Knit and Crochet
11:00-1:00pm TRIPPS office hours
12:00 noon Springwell Lunch ***
12:00-1:00 pm Intermediate Spanish***
12:30-3:30 Mah Jongg
1:00-3:00 Chess
1:15-2:15 pm Beginning Spanish Class***
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

July is usually a time for summer vacations and a slower pace, but not so much at the Senior Center. Come in to enjoy special programs as well as our regular programming that will happen all summer long. And remember if there is a heat wave- stop by as we are a cooling center for your comfort.

I am especially pleased to give an update on the REAP program. I invite you to learn more by attending the event on Wednesday July 13, 2:00-4:00 pm here at the Senior Center. REAP attempts to address the needs of a broad group of people including the newly retired looking to increase their income with a part-time job; those thinking about, and planning for a fulfilling retirement; those wishing to volunteer and stay active in the community post retirement; and those needing to do stipend volunteer work close to home to support and enhance income from pensions and Social Security. Another special program that I urge you to attend here at the Senior Center is "Get What's Yours" The Secrets to Maxing Out Your Social Security on Monday, July 11 from 6:00-8:00 pm.

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

The theater club certainly is not taking the summer off! Make your reservations now to see several great summer shows. For complete details, see page 10.

The heat of summer will be felt as Mary Stevenson continues her great workout Zumba Gold classes on Thursday afternoons. For people who live in Brookline Housing, the Zumba classes continue to be free thanks to the generosity of our donors. If you haven't already given to support our fitness program please do so today.

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

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

Ruthann Dobek, Director

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.

Thrifty Threads

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FREE FUN FRIDAYS

The Highland Street Foundation is again underwriting FREE FRIDAY admissions at a wide variety of museums, historical sites and other attractions throughout the Commonwealth this summer.

July 1 Boston Children's Museum, The Sports Museum, Heritage Museums & Gardens Falmouth, Museums on the Green, Cape Cod Maritime Museum, Amelia Park Children's Museum, Jacob's Pillow Dance Festival, and Wenham Museum.

July 8 Museum of Fine Arts, Boston, Plimoth Plantation, Peabody Essex Museum, Cape Ann Museum, The Hall at Patriot Place,.

July 15 Edward M. Kennedy Institute Boston, Larz Anderson Museum, Cape Cod Children's Museum, Danforth Art Museum, Spellman Museum of Stamps & Postal History.

July 22 Boston Harbor Islands National and State Park, Arnold Arboretum, New Bedford Whaling Museum, Cape Cod Museum of Art Pilgrim Hall Museum, The Eric Carle Museum Fruitland's Museum and Museum of Russian Icons.

July 29 John F. Kennedy Presidential Library & Museum, Commonwealth Museum, Battleship Cove, Sandwich Glass Museum, Tower Hill Botanic Garden, Commonwealth Shakespeare Company.

For more information HighlandStreet.org or call 617-969-8900

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 2:00-4:00 pm.**

PROUD TO SUPPORT THE BROOKLINE SENIOR CENTER

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REIKI THERAPY

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

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

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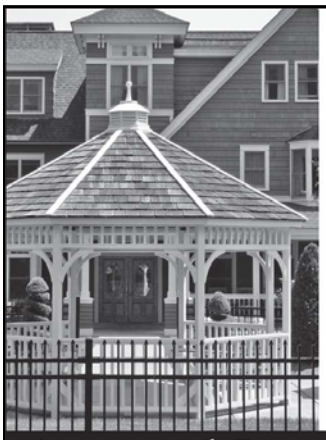
www.brooklineseniorcenter.org

The Brookline Senior Center is a 501(c)(3) non-profit organization. Your gift is tax-deductible to the full extent of the law.

IF YOUR SUBSCRIPITION IS HIGHLIGHTED IN YELLOW PLEASE RENEW



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REAP

INDIVIDUAL JOB SEARCH SKILLS APPOINTMENTS

Patricia Burns, the REAP Program Job Skills Counselor is available for 1-on-1 individual appointments to assist with essential job search tools - resume writing or updating, job-specific cover letters, LinkedIn profile development, interviewing – phone, skype, in-person or mock as well as identifying transferrable skills from past experience 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.

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.

DO YOU HAVE HEALTH CHALLENGES?

DO YOU STILL WANT WORK/VOLUNTEER?

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. **(Cont. P.3).**

JULY SPOTLIGHTED 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, Russian interpreter for the Food Commodity program for 3 morning hours on the 3rd Wednesday of each month, shoppers for seniors during the summer when the Brookline High School SHOP program is not available and Captain of the Brookline Senior Center Alzheimer's Walk team. The walk is on Sunday, September 25th, but team recruitment and preparations start a few months in advance.
If you would like to apply, please call Patricia, the Volunteer Coordinator @ 617 730 2743 or email her at pburns@brooklinema.gov

TRIPPS

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

FIGHT MEDICARE FRAUD

Medicare fraud wastes a lot of money each year and results in higher health care costs and taxes for everyone. Examples of Medicare fraud include:

- A healthcare provider billing Medicare for services you never got
- A supplier billing Medicare for equipment you never got
- Someone using your Medicare card to get medical care, supplies, or equipment
- A company using false information to mislead you into joining a Medicare plan

You can help by guarding your Medicare number - treat it like a credit card. You can also help by reviewing all your Medicare statements to make sure Medicare is not charged for items or services you did not receive. If you have a question or concern regarding a Medicare claim, you should first discuss it directly with your physician, provider, or supplier that provided the service.

To report potential fraud, you can contact the Massachusetts SMP program at Elder Services of the Merrimack Valley, 1-800-892-0890 or the Office of the Inspector General at 800-447-8477.

For further assistance with any Medicare issue, contact the SHINE Program. Trained SHINE volunteers offer free, confidential counseling on all aspects of Medicare and related health and drug 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.

WELCOME TO THE TRIPPS PROGRAM!

TRIPPS stands for...

- Transportation
- Resources,
- Information,
- Planning, and
- Partnership for
- Seniors

The TRIPPS program offers a Transportation Resources and Information Guide to local travel options in Greater Boston (Massachusetts, USA), as well as individual, personalized support to residents of Brookline and Newton aged 60 or older. If you need help or have any questions or comments, please feel free to contact us.

The TRIPPS program director holds office hours each week at the Brookline Senior. For more information call 617-730-2644 or email info@trippsmass.org.

UKULELE GROUP ON VACATION IN JULY AND AUGUST

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. for an hour of musical merriment. Watch the newsletter and the TAB for September date. You can also see this information on line at www.meetup.com/BostonUke.

THANK YOU

Annual Appeal Donors:

Asha Khurana
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Waneta Louise West
A. Sandy Fleming – for new ping pong table
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Judith Ann Schickedanz
Dr. Robert Sperber
Kidar Vaid
Daniel H. Ferguson
Margaret H. McKinney
Eleanor Small and the Wednesday Bridge group
Barbara Rosen
Linda and Henry Okun

In Memory of:

Sally H. Rosenberg from Elenore Parker
Nancy Daly's mother from Ruthann Dobek
Bob Schesinger from Shirley Partoll
Enid H. Leipman from Carol and Phil Fullerton
Peg Arnott from Joan Arnott
Yemema Seligson from Judith Chernoff
Dr. Alain Rothstein from Laurie Leibowitz
Enid Leipman from the Senior Stretch Class
Her sister Alice from Livia Frank

In Honor of:

Dina Oliver *honoring* the elder bus, the fitness program and the ping pong program
Shieley Partoll *honoring* the Senior Center staff
Claire Yung and the Chinese Mah Jong Group *honoring* the Chinese Mah Jong program
Leonard and Phylis Brown *honoring* Fay Canter
Andrew L. Moore *honoring* Kathryn Kilpatrick
Marie Claire Kamin *honoring* Helen Kass
Ellen Feingold *honoring* Helen Kass
Tobey Taylor *honoring* George Chin, the income tax preparation volunteer
John and Betty Mulhane *honoring* Agnes Rogers
Doris and Saul Feldman *honoring* Ruthann Dobek
Yolanda Rodriguez *honoring* Doreen Gordon's birthday
Sterling and Rudy Kikel *honoring* Steve Shain's class
Edith Pollack *honoring* Eileen Ward

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FITNESS CENTER

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

TOUR THE SENIOR CENTER

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

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- We always strive to improve.
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- We believe education leads to personal and professional growth.
- We treat our clients like our family.
- We believe stable homes support strong family bonds and strengthen communities.
- We believe everyone deserves respect.

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

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

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

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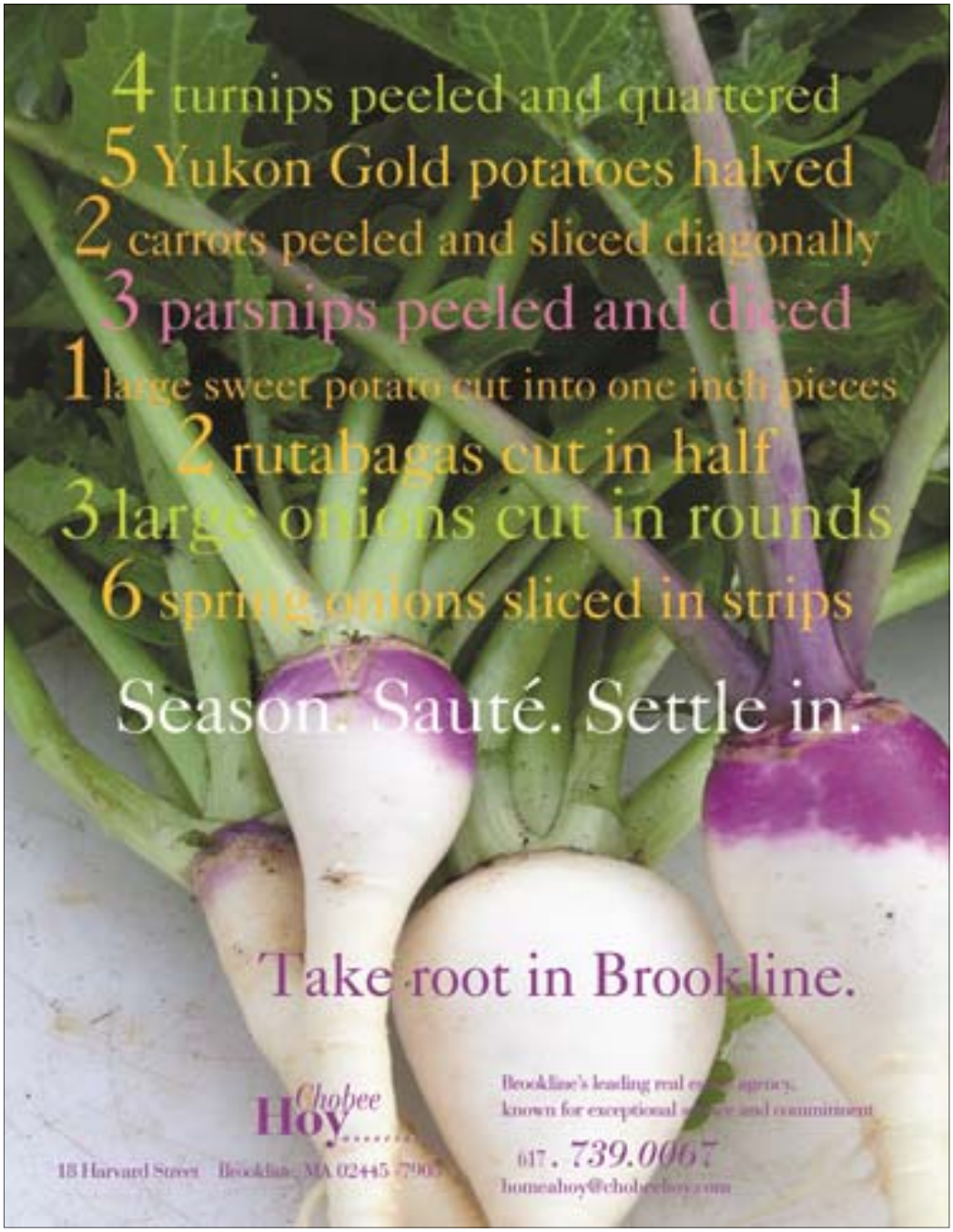
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