TOWN OF BROOKLINE
SENIOR NEWS AND EVENTS

Council on Aging

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

Brookline Senior Center
93 Winchester Street
Brookline, Massachusetts 02446

Council on Aging 617 730 2777
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Senior Center 617 730 2770
Van 617 730 2750

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

Brookline Community Aging Network
www.BrooklineCAN.org

HIGHLIGHTS

Attend the first Brookline Music School Concert of the year on October 3—see p. 7.

Don't miss the SHINE update on Medicare on October 10 and the BCBS overview of Medicare changes for 2013 on October 29—see p. 3.

Come to the Cippy MacDougall memorial and concert by the Follen Angels of October 22—see p. 10.

November dates to remember!

Tuesday, November 6—ELECTION DAY!!

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

OCTOBER 2012

11TH ANNUAL AUTUMN BENEFIT

***Witness the* Frank*ness of* Barney** at this year's annual Autumn Benefit on **Wednesday, October 24, at 6:00 pm**. For this gala event, the Senior Center is transformed into a glittering ballroom complete with hors d'oeuvres, wine, a sumptuous buffet, a dance band, and more. Tickets are $100 per person ($60 per senior). Or you can be a Bronze ($300 includes 2 tickets), Silver ($750 includes 4 tickets), Gold ($1500 includes 6 tickets), or Platinum ($2500 includes 8 tickets) donor. All these special categories include acknowledgment in the program book and on our web site.

This year we are honoring Barney Frank, who is retiring at the end of the year after a long and distinguished career as a Representative of the Commonwealth of Massachusetts to the Congress of the United States. Barney has always been, among his many causes, a staunch and relentless advocate for the elderly. We are certain that he will not be silent in his retirement—that he will continue to be a voice of reason, compassion, and justice on social and economic issues.

Don't miss this tribute to Barney. Look for your invitation in the mail, at the Senior Center, or at the Senior Center web site—www.brooklineseniorcenter.org. Make your reservations by October 15 at the latest. For more information, call Ruthann at 617-730-2756 or e-mail her at rdobek @brooklinema.gov.

Photo from www.washingtonpost.com

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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.

OCTOBER HOLIDAYS

On **Monday, October 8**, the Senior Center will be closed in observance of Columbus Day, which originated as a celebration of Italian-American heritage and is traditionally October 12, the date on which Columbus arrived in the Americas. For many years now, it has been the second Monday in October.

Columbus Day celebrations are controversial because the settlement of Europeans in the Americas led to the deaths of a very large proportion of the native people. It has been argued that this was a direct result of Columbus's actions. It is clear that the arrival of the European settlers led to the demise of much of the history and culture of the indigenous peoples of the Americas. It has also been argued that Columbus should not be honored for discovering the United States, as he only went as far as some islands in the Caribbean and never got as far as mainland North America. However, we still do celebrate it.

October is also the month in which we celebrate Canadian Thanksgiving (also October 8), Boss's Day (October 16) the founding of the United Nations (October 24), and All Hallows Eve—aka Halloween—(October 31).

And it is also officially Eye Injury Prevention Month, National Bullying Prevention Month, National Breast Cancer Awareness Month, National Physical Therapy Month, and Mental Illness Awareness Month—all told a very busy month in all ways.

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COUNCIL ON AGING MEETING

Don't miss the Council on Aging (COA) meeting at the Senior Center on **Wednesday, October 10** as there will be two presentations. First, **at 1:00 pm**, Doctors Christopher Gates, Kenneth Kraft, and David Brown will tell us all about their "Research on Successful Retirement" and will then ask the audience if any of them would like to participate in the research project.

After this presentation, the regular COA business meeting will take place. But stick around after the meeting because **at 2:30 pm** ***SHINE*** (Serving Health Information Needs of Elders) Counselor Sybil Levisohn will give us an ***update on Medicare changes for 2013***.

Medicare plans change every year and are confusing at best. SHINE counselors can help cut through the red tape and balderdash and assist you in choosing a health plan that is good for you. And they do it free of charge! Remember, however, that appointment schedules fill up fast. If you haven't already done so, make an appointment to talk with a Senior Center SHINE counselor today by calling 617-730-2777. (See also Medicare Open Enrollment on p. 25.)

BLUECROSSBLUESHIELD OVERVIEW

On **Monday, October 29, 1:00 pm**, Susan Flannagan from BlueCrossBlueShield of Massachusetts (BCBSMA) will be at the Senior Center to present a brief overview of how Medigap and Medicare Advantage plans work with Medicare. The presentation will include a question-and-answer session during which questions on the 2013 benefits can be answered. Plan information will be available for individual (nongroup) plans—Medex, Blue MedicareRx, Medicare HMO Blue, and Medicare PPO Blue. Everyone is welcome at this presentation regardless of insurance coverage.

THE HEALTH PAGE

Beth Israel Deaconess Medical Center

A teaching hospital of Harvard Medical School

www.bidmc.org

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 **October 4—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, October 1, 15, and 29, 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, October 17, 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, October 1, from 1:00 to 2:00 pm**.

Barbara Westley, the nurse from the Brookline Public Health Department (BPHD), will not be at the Senior Center in October, but she will provide blood pressure screenings:

- On **Wednesday, October 3**, at the BPHD building at 11 Pierce St., **from 2:00 to 3:00 pm**
- On **Wednesday, October 10,** at Sussman House, 50 Pleasant St., **from 1:00 to 2:00 pm**

And Megan Cheung, a nurse from the Greater Boston Chinese Golden Age Center will do blood pressure screenings at the Senior Center **on Monday, October 29**, during the Chinese programs—**from 12:30 to 2:00 pm**.

Health Clinic The Podiatry Clinic and blood pressure and other screenings are given at our Health Clinic on the second floor of the Senior Center.

Flu Clinic The BPHD will hold a free Flu Clinic for Brookline residents at the Senior Center on **Tuesday, October 30, from 10:00 am to 1:00 pm**. 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. If you missed getting a vaccination at the Senior Center in June, you can still 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

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 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.)

It seems that nearly every day, we hear about some new benefits or warnings about the effects of food on our health. I think an update on what we know ***for now*** on how food affects us will be helpful to all.

COFFEE Two or more cups of coffee (caffeinated or decaf) daily have been recently reported to lower the risk of dying from heart or lung disease and also to lower the risk of getting diabetes. (Try not to drink coffee after the late afternoon to avoid insomnia!)

VEGETABLES Eating at least four servings of vegetables per day (any color) decreases the risk of getting pancreatitis (inflamed pancreas).

WHITE FRUITS AND VEGETABLES Eating apples, pears, onions, mushrooms, and cauliflower, but ***not*** potatoes decrease the risk of stroke.

CAROTENOIDS These are colorful fruits and vegetables, such as tomatoes, carrots, mangoes, and red or yellow peppers, and can make your skin look healthier.

SALT Reducing salt intake can reduce your risk of stroke, high blood pressure, and leg swelling.

NUTS AND NUT BUTTERS Unsalted dry-roasted nuts help lower cholesterol. Try to get pure nut butters without oil or sugar additives.

FLAVONOIDS Use of flavonoids (berries, tea, red wine, apples, dark chocolate) may help protect against Parkinson's disease.

FISH Eating fish (not omega pills) one to two times a week may protect against dementia.

CHOLINE Found in eggs, milk, peanuts, cod, salmon, and tilapia. Eating it may help prevent memory loss

DARK CHOCOLATE If it is at least 60% cocoa, eating 1 ounce 3 times per week, can help prevent heart disease

HEALTHY OILS Using healthy oils, such as olive, canola, corn, or peanut oil, can lower bad cholesterol and reduce the risk of heart disease. Try to avoid butter, lard, or palm oil.

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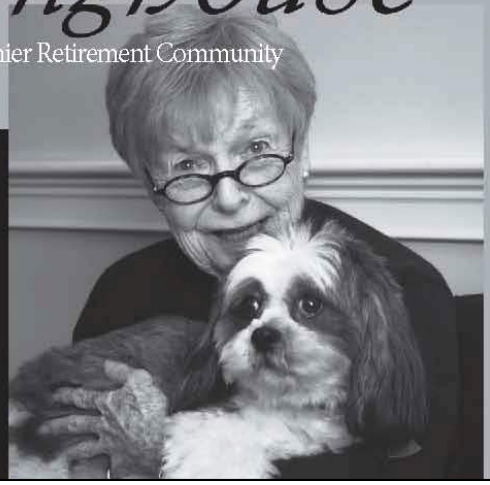

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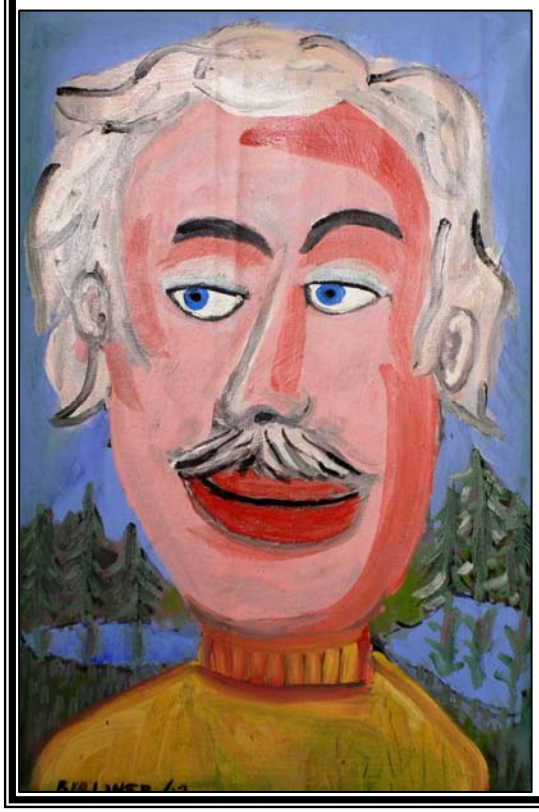
AT THE GALLERY



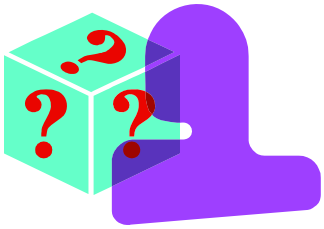
The Senior Center cordially invites you to an exhibit of paintings by

Barnett Berliner

through Friday, October 12 at our 2nd floor gallery
Hours: 8.30 am to 5:00 pm
Monday through Friday

This exhibit is in its last two weeks. Don't miss seeing it!

EASY TRAVEL



On **Thursday, October 4, at 1:30 pm**, come to the Senior Center for another of Alice Fastov's adventures. It might be a trip to Las Vegas for the Red Hat Convention (June 22 to July 2 of this year) or a historical tour of Lexington and Concord and other historic Massachusetts venues…or even a trip to exciting New York City. Come and explore with Alice. Bring your curiosity and be entertained.

Would you like to lead a tour of one of your favorite places? It can be a far-flung discovery or somewhere in the Boston metropolitan area, that you love to visit. If you have a photographic tour you would like to share with the Brookline senior community, contact Julie Washburn at 617-730-2760. Remember that you need to have lots of pictures—preferably digital pictures on a CD, thumb drive, or slides.

SENIOR CENTER DECORATORS

Join this fun crafting group on Mondays, **October 1 and 15, 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

Join Lynn Modell at the Senior Center on **Fridays, October 5, 12, and 19, at 3:00 pm** for some more wonderful workshops in Modern Dance and Movement. This is a great way to exercise and have fun at the same time…and for only $2 per session.

MASS COLLEGE OF PHARMACY

What makes up a healthy plate? How does an appropriate, well-balanced diet help with diabetes, high cholesterol, and other medical conditions? Come to this month's session on **Thursday, October 18, at 11:00 am** to learn about nutrition and how to better read a nutrition label!

The Senior Center cordially invites you to

As the Paint Meets the Water

a group exhibit of watercolor artists from ***ArtReach****.*

COMING TO THE GALLERY

next

Time and dates are yet to be announced.

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

BROOKLINE MUSIC SCHOOL CONCERT

The Senior Center and Brookline Music School cosponsor a series of concerts at the Senior Center on the first Wednesday of the month. The new season begins on **Wednesday, October 3, at 1:00 pm** when everyone is invited to a concert featuring Atsuko Jozaki, pianist.

Atsuko has studied in several prestigious institutions worldwide and earned her doctoral degree (DMA) from Boston University. She has received many scholarships and won the Student Soloist Award from Stanford University. She is on the faculty of the Brookline Music School, is Choir director of the Glendale United Methodist Church, and organist at the First United Parish of Everett.

LAUGHTER MEDICINE

Laugh your way to good health with Phyllis Strauss …no prescription necessary! Did you know that there are physiological benefits to the act of laughing? And that the body does not know the difference between real and fake laughter? If you are interested in learning how to laugh without the jokes just for the health of it, in 6 30-minute sessions for $25, call Julie at 617-730-2760.

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: 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, October 3, 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 Résumé Workshop and other JOBS news on p. 12.)

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 pp. 3 and 25 for 2013 open enrollment information.)

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

PARKINSON DISEASE SUPPORT GROUP

Come to the **October 5** meeting **from 1:00 to 2:30 pm** at the Senior Center. There will be an open forum to answer questions and discuss topics of your choice. If you have found something helpful in the past, let us hear about it!. 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.

LGBT MEETING

Photo from dallasvoice.com

Attention lesbian, gay, bisexual, and transgender older adults. Participate in the meeting at the Brookline Senior Center on **Thursday, October 25, at 3:00 pm**, and watch a new documentary film that is making the festival circuit before it is released commercially. The film, *The Raid at the Rainbow Lounge*, depicts that fateful night in June 2009 using interviews with patrons of the new Fort Worth, Texas, nightclub. Using the interviews and other cinematic devices, this documentary illuminates what changes occurred in the community in the aftermath of this painful travesty. Coffee and conversation will follow the film! For more information, call Sharon Devine at

ALZHEIMER'S CAREGIVERS SUPPORT GROUP

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

The Afternoon group will meet on **Friday, October 12**. Call group leader Elaine Yanowitz at 617-730-2751 for time and additional information.

The evening group will meet on **Thursday, October 25**—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.

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IN MEMORIAM

In August, Cippy MacDougall lost her long battle with cancer, leaving a giant hole in the Brookline community. She spent most of her adult life in Brookline—raising a family and since 1975 working with the Council on Aging (COA) "helping to care for Brookline's older population." Cippy worked under all three of the Directors of the Brookline COA—for over 35 years "…doing what she does best: befriending, enlivening, encouraging, sympathizing with, and listening to the many older people whose lives she has touched. Whether it was overseeing the senior lunch programs at the Pierce and Devotion Schools (held before the Senior Center was built), chaperoning Golden Age Club [predecessor of the Brookline Rec Active Adults program], or helping individual seniors in times of trouble, she was an indispensable part of Brookline's programs for the elderly." (*quotes from the profile: "Cippy MacDougall: Hostess with the Mostest" in* Our Brookline, *pp. 146-147*)

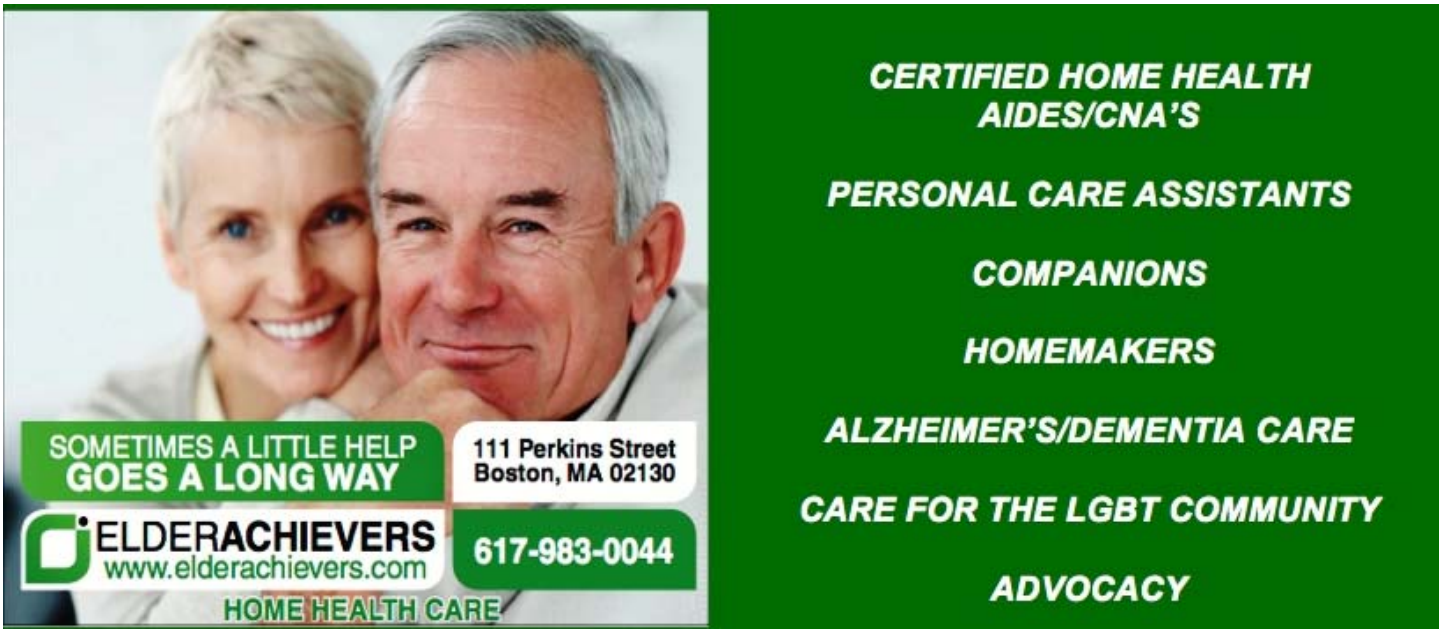
Dear Cippy, you will live on forever in our hearts and our thoughts. You are a shining example of the spirit of warmth, welcome, and outreach for the COA, the Senior Center, and the entire Brookline community.

We would like to be able to put Cippy's name on the Senior Center Wall of Honor in the Coffee Lounge. We need a total of $1000 in order to do this. If you would like to contribute to this, use the form on p. 31.

FOLLEN ANGELS CONCERT

Cippy always reveled in music and especially jazz so in memory of her, there will be a concert featuring the Follen Angels in a program of "Ella and her Fellas" on **Monday, October 22**, at the Senior Center at **1:00 pm**.

The Follen Angels—Hildy Grossman (jazz singer), Rieko Tanaka (piano), and Ken Danzig (drums)—have performed at the Senior Center before and have delighted audiences at such Boston venues as Scullers Jazz Club, Club Passim, the French Library, the Goethe Institute, and the Sundays at Seven Series at Longy. They have had numerous radio and TV appearances and are also popular performers at private functions and corporate events. Their music has received enthusiastic reviews from the US and around the globe.



THE WITCHES

Sneak Peek Productions will present The Witches, on **Monday, October 15**, at the Senior Center at **1:00 pm**. This program—sponsored by Home Instead—looks "at witchcraft through history from the perspective of the accused and the accusers," with a special Sneak Peek twist. Audience members may just find themselves accused of witchcraft and a trial may break out at any moment!

Patricia Perry, professional historical interpreter, believes "that history is more than museums and old photos. It's about how real people lived. It's about what they ate and wore, how they made themselves beautiful, tried to keep healthy, and who and how they loved. In other word, "sneaking a peek into history."

HALLOWEEN PARTY!

Brookline seniors are invited to an interactive Halloween Party on **Sunday, October 21**, from **4:00 to 6:00 pm** at the Senior Center. Come for games, a costume parade, a prize raffle, and refreshments. Bring your grandchildren (up to 10 years of age). Seniors and their grandchildren are encouraged to come in costume.

This event is sponsored by the Brookline Mothers' Group. Space is limited, so call 617-730-2770 to register.

MR. DJ'S HOLLYWOOD QUIZ SHOW

We have watched game shows on television forever. Why not be on one without leaving Brookline? Mr. DJ's Hollywood Quiz Show comes to the Senior Center **Wednesday, October 17**, at **1:00 pm**! Join in the fun.

No activity will tickle the brain better than Mr DJ's "Hollywood Quiz Show!" This authentic, "as seen on TV" treat will engage, entertain and even provide therapeutic benefits as we stroll down memory lane with a shopping basket full of topics. Countless custom made video images and audio sound clips will fill the room as we visit categories, such as name that tune, name that radio commercial, name that president, musical instrument sounds, animal sounds, nursery rhymes, US history, Hollywood actors, geography, and the price is right."

The set up includes an authentic game show podium complete with microphones, hand-controlled clickers, digital scoring, colorful satin table skirts, several TV monitors, an illuminated sign, a live video camera to put contestants and audience members on TV, sound effects, and original theme music. You will actually feel like you're in a Hollywood game show!

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JOBS NEWS

JOBS (Job Opportunities for Brookline Seniors) has been working hard and has lots of information and programs for seniors:

Job of the Month

Event Specialist/Product Demonstrators to demonstrate food and other consumer packaged goods inside retail outlets to generate excitement about products. The ideal candidate is enthusiastic and outgoing. This part-time position requires weekend availability. Workers must be available and able to stand for six-hour shifts with half-hour breaks. Pay is $12/hour. Contact Deidre Waxman at dwaxman @brooklinema.gov or 617-730-2767.

Résumé Workshop Are you ready to reenter the world of work? Could your résumé use an update? Come to this interactive workshop on **Wednesday, October 10, from 6:00 to 8:00 pm** to learn about what employers look for in today's résumés and how they use online application systems. Learn about the different types of résumés, and share ideas about how to showcase your experience. If you are a Brookline resident age 60 or older and looking for work, join us at this free workshop. Bring your current résumé if you have one. To register or for more information, contact Deidre Waxman at 617-730-2767 or e-mail anne spangler at aspangler @brooklinema.gov.

A ***Back to Work Program*** will take place on **Thursday, October 18, from 2:00 to 3:30 pm** at the Senior Center. At this event representatives from the National Asian Pacific Center on Aging (NAPCA) will describe the Senior Community Employment Program (SCEP) --a work-training program for the low-income, mature worker—now administered by the NAPCA to Brookline residents 55 years and older.

This informational meeting is open to all Brookline elders 55 plus who meet the income guidelines:

No. of persons in household	Monthly income	Annual income
1	$1164	$13,963
2	$1576	$18,913
3	$1988	$23,863

NAPCA-SCEP participants are placed at host agencies (including the Brookline Senior Center) that provide the low-income 55 plus workers with an opportunity to gain employment training, while assisting in some meaningful community work. Each participant is generally assigned 20 hours per week at the host agency. The compensation paid is $8 per hour. We encourage all eligible Brookline job seekers to attend this valuable information session. For more information and to register, call Deidre Waxman at 617-730-2756 or e-mail her at dwaxman@brooklinema.gov.

And there are still a couple of spaces left in the ***Tax Abatement Program*** for the 2013 fiscal year. Brookline home/condo owners 60+ with an annual income of no greater than $40,000 are eligible to participate. If you meet the requirements and are able to volunteer in a town department for 125 hours from now until March 15 (possibly even later into 2013), we encourage you to apply as you will receive a property tax abatement of up to $1000. Preference at this time will be given to those who enjoy working with young people and in a school or after-school setting. If you are interested and feel that you may be a qualified candidate, call Deidre Waxman at 617-730-2767 or e-mail dwaxman @brooklinema.gov.

Van news We need a substitute driver to fill in for Ron when it is necessary. You need to be a good driver but do not need a special license. If you are interested in applying, please call Ruthann Dobek at 617-730-2756 or e-mail her at rdobek@brooklinema.gov..

VOLUNTEER NEWS

Our Volunteer Coordinator, ***Vivian Freeman***, is back from her summer vacation and ready for business. Call her at 617-730-2743.

Let's give a big, warm welcome for our ***Social Work interns*** for this academic year (Autumn 2012 through Spring 2013)—Julie Bullion (here on Tuesdays) and Delisa Vieira (here on Mondays and Tuesdays) from Boston College and Kerri Hamberg from Salem State College (but living in Brookline) who will be here on Wednesdays and Fridays.

We are currently looking for volunteers to represent the Council on Aging on the ***Domestic Violence Roundtable***. (Founded in 1995 to provide a focus for domestic violence prevention and control activities in Brookline, this committee meets at 4:00 pm on the first Thursday of the month in the Brookline Public Health Department building at 11 Pierce Street.) Members are from a variety of community-based organizations. The Roundtable has monthly guest speakers, and provides an opportunity for networking. If you are interested in representing the Council on Aging (COA) on this roundtable, call Ruthann Dobek at 617-730-2756 or e-mail her at rdobek @brooklinema.gov.

HOLIDAY CRAFT FAIR

The last planning meeting for the 28th Annual Holiday Craft Fair is **at 1:00 pm on Monday, October 29**.

Mark your calendars so you don't miss this wonderful fair that will take place at the Senior Center on **Friday, November 9, and Saturday, November 10**.

We already have a variety of knitted goods, but we would like to expand our offerings to include handmade jewelry, photography, handmade cards, and more, so if you are a crafter who would like to be at our fair, contact Julie Washburn at 617-730-2760.

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 October**. 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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Laurie Israel, Esq.
617-277-3774
e-mail: lisrael@lvkdlaw.com
web: www.ivkdlaw.com
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ZUMBA GOLD

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

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!

THE FITNESS CENTER

In addition to use of all the amenities of the Fitness Center, ***members*** can take advantage of a couple of special courses that start in October. Fitness Coordinator Sharon Devine will be on hand at every session.

On **Tuesday from 2:00 to 3:00 pm from October 2 through November 13**, you can experience Tai Chi. Videos will be used to study and practice Tai Chi forms.

And the eyes are surrounded by many small muscles that can become tight and fatigued. Learn some exercise and relaxation techniques for your eyes in three sessions **from 11:00 am to 12:00 noon on Fridays, October 5, 19, and 26**.

BA&CE FITNESS COURSES

Brookline Adult & Community Education (BA&CE) courses being offered at the Senior Center designed expressly for seniors that start in October are:

Zumba® Gold-Toning
Mary Stevenson, Instructor
6 Tuesdays, 8:30-9:30 am, beginning October 2
Course code: **D223** Cost: $87

Strength Training & Conditioning for the Active Senior
Kristen Mercier, Instructor
6 Fridays, 2:15-3:15 pm, beginning October 5
Course code: **D221** Cost: $61

Balance and Flexibility for Seniors
Kristen Mercier, Instructor
6 Fridays, 1:00-2:00 pm, beginning October 5
Course code: **D208** Cost: $61

Since these courses are designed expressly for seniors, there is no senior discount for them. For more information and to register, call 617-730-2700 or access BA&CE online at www.brooklineadulted.org.

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

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

Springwell Nutrition Program OCTOBER 2012

617-730-2770

MONDAY	TUESDAY	WEDNESDAY
1) Cream of Butternut Squash Soup Baked Fish w/Broccoli Cheese Sauce, Parsley Whipped Potatoes, Peas, Rye Bread **OR** Breaded Chicken Breast Filet, Lite Mayo, Lettuce Leaf, Cole Slaw, Pasta Salad w/ Cheese, Hamburger Roll Tropical Mixed Fruit	2) Minestrone Soup Bone-In Chicken w/Gravy, Apple Raisin Bread Stuffing, Zucchini & Tomato Sauté, Multigrain Bread **OR** Tuna Salad w/Lettuce Leaf, Spinach Mandarin Orange Salad, Lite Italian Dressing, Three Bean Salad, Multigrain Bread Peaches	3) **<u>Traveling Chef</u>** **Chicken Parmesan Panini** **Green Salad** **Chef's Choice Dessert**
8) **Columbus Day Holiday** **No Meal Service**	9) Beef Stew, Peas, Multigrain Bread **OR** Turkey w/Provolone Cheese, Lite Mayo, Potato Salad, Cole Slaw, Multigrain Bread Mandarin Oranges	10) Garden Vegetable Soup BBQ Chicken Breast, Collard Greens w/ Onions, Rice Pilaf, Cornbread Loaf **OR** Roast Beef w/American Cheese, Lite Mayo, Lettuce Leaf, German Potato Salad, Beet Salad Vanilla Cake w/Chocolate Frosting & Sprinkles
15) Escarole & Bean Soup Salmon Boat w/Lemon Dill Sauce, Spinach & Mushrooms, Wild Rice, Oatnut Bread **OR** ***Ham w/American Cheese, Mustard, Lettuce Leaf, English Pea Salad, Carrot Pineapple Salad, Bulkie Roll Tapioca Pudding	16) **<u>Autumn and Birthday Special</u>** Cream of Butternut Squash Soup, ***Apple Glazed Ham, Baked Potato & Sour Cream, Brussels Sprouts, Cinnamon Dinner Roll **OR** Egg Salad w/Lettuce Leaf, Potato Salad, Spinach Mandarin Orange Salad, Lite Italian Dressing, Rye Bread Carrot Cake w/Cream Cheese Frosting	17) Sloppy Joes on Hamburger Bun, Baked Beans, Cole Slaw **OR** Chef Salad w/Turkey, Cheese & Egg, Lite Italian Dressing, Corn Salad, Apple Cinnamon Muffin Fresh Fruit
22) Kale Pasta Soup Chicken w/Creamy Italian Sauce, Parsley Boiled Potatoes, Roman Blend Vegetables, Multigrain Bread **OR** Egg Salad w/Lettuce Leaf, German Potato Salad, Tomato Red Pepper Salad, Whole Wheat Bread Pistachio Pudding	23) Corn Chowder Breaded Fish w/Lemon Sauce, Lemon Wedge, Butternut Squash, Peas & Onions, Rye Bread **OR** BBQ Chicken Patty w/Mozzarella & Sliced Red Onions, Balsamic Vinaigrette Pasta, Riviera Blend Salad, Hamburger Roll Fruit Muffin Loaf	24) Pasta Fagioli Beef Stroganoff w/Noodles, Honey Glazed Carrots, Snowflake Dinner Roll **OR** Seafood Salad, w/Lettuce Leaf, Tricolor Pasta Salad, Carrot Pineapple Salad, Rye Bread Fresh Fruit
29) Beef Burgundy, Buttered Herb Egg Noodles, Green Beans, Garlic Diner Roll **OR** Chicken Caesar Salad, Croutons & Parmesan Cheese, Lite Creamy Italian Dressing, Summer Potato Salad, Whole Wheat Bread Pineapple	30) Minestrone Soup Chicken Parmesan, Penne Pasta w/ Marinara Sauce, Spinach & Mushrooms, Whole Wheat Roll **OR** Egg Salad w/Lettuce Leaf, Macaroni Salad, Broccoli Tomato Salad, Multigrain Bread Ice Cream Cup	31) Vegetable Soup BBQ Pulled Pork Sandwich, Cole Slaw, Chuckwagon Corn, Hamburger Roll **OR** Turkey w/Swiss Cheese, Lite Mayo, Lettuce Leaf, Potato Salad, Tossed Garden Salad, Lite Italian Dressing, Wheat Bread Chocolate Chip Pumpkin Bread Pudding

THURSDAY	FRIDAY
4) Mixed Bean Soup Whole Grain Stuffed Shells w/Meatball & Tomato Sauce, Brussels Sprouts, Whole Wheat Dinner Roll **OR** Roast Beef w/Provolone Cheese, Lite Mayo, Macaroni Salad, Tomato Red Pepper Salad, Rye Bread Chocolate Pudding	5) Roast Pork w/Cinnamon Apple Glaze, Parsley Carrots, O'Brien Potatoes, Whole Wheat Bread **OR** Chef Salad w/Turkey, Cheese & Egg, Lite Italian Dressing, Corn Salad, Wheat Roll Fresh Fruit
11) Vegetable Orzo Soup Vegetable Cheese Quiche, Lyonnaise Potatoes, Broccoli & Cauliflower Marinara, Oatnut Bread **OR** Cottage Cheese Fruit Plate, Carrot Raisin Salad, Dinner Roll Fresh Fruit	12) Penne Pasta w/Meatballs & Tomato Sauce, Parmesan Cheese, Riviera Blend Vegetables, Whole Wheat Dinner Roll **OR** Egg Salad w/Lettuce Leaf, Orzo Vegetable Salad, Garden Salad w/Lite Italian Dressing, Rye Bread Vanilla Pudding
18) Greek Chicken w/Sauce, Mashed Potatoes, Green Beans, Multigrain Bread **OR** Tuna w/Lettuce Leaf, Tomato Cucumber Salad, Pasta Salad, w/Cheese, Wheat Bread Mixed Fruit Compote	19) Mushroom Barley Soup Whole Grain Cheese Lasagna w/Meatball, Tomato Sauce & Parmesan Cheese, Broccoli & Cauliflower, Whole Wheat Bread **OR** Chicken Salad w/Lettuce Leaf, Potato Salad, Riviera Salad, Oatnut Bread Peaches
25) Stuffed Pepper, Creamy Parmesan Polenta w/Tomato Sauce, Zucchini, Oatnut Dinner Roll **OR** Cottage Cheese Fruit Plate, Garden Shell Pasta Salad, Dinner Roll Fruited Gelatin	26) ***Baked Macaroni & Cheese, Stewed Tomatoes, Caesar Salad w/Lite Creamy Italian Dressing, Whole Wheat Bread **OR** Roast Beef w/Swiss Cheese, Lite Mayo, Lettuce Leaf, Tossed Garden Salad, Lite Italian Dressing, Three Bean Salad, Oatnut Bread Peaches

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 deserts.
There 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 am. For meal reservations on Tuesday through Friday, call the previous day by 11 am.

LUNCHEON SPECIALS FOR OCTOBER

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

On **Wednesday, October 3,** the Springwell **Traveling Chef** will be at the Senior Center making his yummy Chicken Parmesan Panini.

On **Tuesday, October 16**, Springwell's **Autumn Special** lunch combines with the monthly **Birthday** lunch. Don't forget to tell us if you or someone in your party has an October birthday when you make your reservations for this luncheon.

On **Tuesday, October 30**, join the **Let's Go Out to Lunch group** as they dine at Khayyam Restaurant, the house of homemade Persian and Mediterranean cuisine, at 404 Harvard Street. Their lunch menu has reasonably priced specials like Lamb Kebob, Beef Shawarma, Salmon Kebob, and even Vegetarian plates.

OCTOBER AT A GLANCE*

Monday, October 1
9 am-12 noon Podiatry Clinic***
1-2 pm Blood pressure screening with nurse from the Brookline Health Care Center
1-3 pm Senior Center Decorators
Tuesday, October 2
9:30-11:30 am Photo Editing with Picasa**
1 pm Movie for Film Lovers—"A Place in the Sun"
Wednesday, October 3
9 am-12 noon BLAB lawyer
9:30-11 am e-Mail Workshop for Seniors**
12 noon Traveling Chef lunch***
1 pm Brookline Music School Concert—Atsuko Jozaki, pianist
2-3 pm Blood pressure screening with Barbara Westley, nurse from the Brookline Public Health Department (BPHD), at the BPHD building*
Thursday, October 4
9:30-11:30 am Introduction to Computer Basics for Seniors—Section 1**
11 am Ask a Nurse
1:30 pm Easy Travel—Alice Fastov with a surprise program
Friday, October 5
9:30-11:30 am Intermediate Computer Basics for Seniors—Section 1**
11 am-12 noon Eye Exercise for Fitness Center members***
1-2:30 pm Parkinson Disease Support Group
3 pm Modern Dance and Movement
Monday, October 8
Columbus Day—Senior Center is closed.
Tuesday, October 9
9:30-11:30 am Photo Editing with Picasa**
1 pm Movies for Film Lovers—"A Separation"
Wednesday, October 10
9:30-11 am e-Mail Workshop for Seniors**
1 pm COA meeting—Drs Christopher Gates, Kenneth Kraft, and David Brown speaking on "Research on Successful Retirement"
1-2 pm Blood pressure screening with Barbara Westley, nurse from the BPHD at Sussman House*
2:30 pm Sybil Levisohn with a SHINE Update on Medicare 2013 changes
6-8 pm Résumé Workshop***
Thursday, October 11
9:30-11:30 am Introduction to Computer Basics for Seniors—Section 1**
2 pm Theater Club meeting
Friday, October 12
9:30-11:30 am Intermediate Computer Basics for Seniors—Section 1**
10:30 am-12:30 pm Gardening Group meeting
3 pm Modern Dance and Movement
Afternoon Alzheimer's Caregivers Group—call for time
Monday, October 15
9 am-12 noon Podiatry Clinic***
1 pm The Witches
1-3 pm Senior Center Decorators
1-3 pm Reading the Book of Genesis**
2-3 pm Putterham Book Discussion Group—"Tension City"
Tuesday, October 16
9:30-11:30 am Photo Editing with Picasa**
12 noon Autumn and Birthday Special lunch
1 pm Movie for Film Lovers—"Larry Crowne"
Wednesday, October 17
9:30-11 am e-Mail Workshop for Seniors**
1 pm Mr. DJ's Hollywood Quiz Show
1-2 pm Low Vision Group
1:30 pm Modern Beading Workshop
Thursday, October 18
11 am Mass College of Pharmacy workshop on nutrition
2-3 pm Back to Work Program***
6-8 pm It's Never too Late to Create! The Vital Role of Arts as We Age at

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Center Communities of Brookline
Hebrew SeniorLife

Brookline Public Library, main branch*

Friday, October 19

9:30-11:30 am Intermediate Computer Basics for Seniors—Section 2**

11 am-12 noon Eye Exercise for Fitness Center members***

3 pm Modern Dance and Movement

Sunday, October 21

4-6 pm Halloween Party***

Monday, October 22

1 pm Follen Angels Concert—memorial to Cippy MacDougall

1-3 pm Reading the Book of Genesis**

Tuesday, October 23

9-10 am Public Issues Nonfiction Book Discussion Group—"The Imperial Cruise"

9:30-11:30 am Photo Editing with Picasa**

1 pm Movie for Film Lovers—"The Ascent of Man," Disc 1

Wednesday, October 24

9:30-11 am e-Mail Workshop for Seniors**

6 pm 11th Annual Autumn Benefit

Thursday, October 25

9:30-11:30 am Introduction to Computer Basics for Seniors—Section 2**

3 pm LGBT Meeting

Evening Alzheimer's Caregivers Support Group—call for time

Friday, October 26

9:30-11:30 am Intermediate Computer Basics for Seniors—Section 2**

11 am-12 noon Eye Exercise for Fitness Center members***

Sunday, October 28

2 pm Theater Club excursion to *Now or Later*

Monday, October 29

9 am-12 noon Podiatry Clinic***

12:30-2 pm Blood Pressure Screening with Megan Cheung, nurse from the Greater Boston Chinese Golden Age Center

1 pm BCBS Overview on Medigap and Medicare Advantage plans

1 pm Holiday Craft Fair planning meeting

1-3 pm Reading the Book of Genesis**

Tuesday, October 30

9:30-11:30 am Basic Computer Maintenance Using Windows XP for Seniors**

10 am-1 pm Flu Clinic

12 noon Let's Go Out to Lunch group dine at Khyyam Restaurant* & ***

1 pm No Movie for Film Lovers today

** 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, 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)—no class on October 8**

9:30-4:30 Fitness Center open***

10-10:30 am Flexibility and Stretching drop-in class for Fitness Center members

10:30-11:30 am Head-to-Toe Fitness for Seniors (60 minutes)—no class on October 8**

10:30-11 am Balance drop-in class for Fitness Center members

12:30 pm Chinese programs

12 noon-4 pm BETS

1 pm Mah Jongg/Scrabble

2-4 pm Open computer lab

Tuesday

8:30-9:30 am Zumba® Gold-Toning**

9:30-4:30 Fitness Center open***

10 am Flexibility, Resistance, & Balance Exercise

10:15 am Brookline Bees, Quilters

10:30 am-12:30 pm Literary Discussion Group: Fall**

12 noon French Conversation

12 noon-4 pm BETS

1-3:30 pm Food distribution (hours are approximate)

1 pm Bingo

1 pm Movies for Film Lovers—except no movie on October 30

2-3 pm Tai Chi for Fitness Center members***

2-3 pm Yoga for Older Adults (Chair class)**

3-4 pm Yoga for Older Adults (Mat class)**

3-4:45 pm Latino Instrumental and Vocal Music sessions

4-4:30 pm Flexibility and Stretching drop-in class for Fitness Center members

pm One-on-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***

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

10:30 am Retired Men's Club

10:30-11:30 am Head-to-Toe Fitness for Seniors (60 minutes)**

12 noon-4 pm BETS

12:30 pm Bridge

1-3 pm Dostoyevsky's The Brothers Karamazov**

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

9:30-11:30 am Drawing for Pleasure—Still Life***

9:30-11:45 am Drawing for Pleasure—Figure Drawing***

9:30-4:30 Fitness Center open***

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

10:30-11:30 am Arthritis Exercise Class

11:45 am-1:45 pm Facebook for Seniors**

1:15-2:15 pm Beginners Spanish Classes***

1:30 pm Russian Tea Room—For more information, call Rita Kropp at 617-730-2106

1:30-2:30 pm Zumba Gold

1:30-dusk Brookline Farmers' Market at the Centre Street West Parking Lot*

2:30-3:30 pm Spanish Conversation Group***

3:30-4 pm Balance drop-in class/Fitness Center members

Friday

9 am Bridge

9:45 am Solemates Walking Group

10am-3 pm Fitness Center open***

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

12-30-2 pm Basic Computers/Spanish-speaking Seniors

1-2 pm Meditation in Movement

1-2 pm Balance and Flexibility for Seniors**

2-3:30 pm Tai Chi for Seniors**

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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.

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- 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

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MORE BA&CE COURSES AT THE SENIOR CENTER

There is one course in the Humanities that is at the Senior Center and begins in October:

Reading the Book of Genesis
Judy Weiss, Instructor
8 Mondays, 1:00-3:00 pm, beginning October 15
Course code: **HL02** Cost: $124

And BA&CE and the COA offer a variety of computer courses for seniors at the Senior Center. Students interested in taking these courses, but unsure of which class to enroll in, should contact Bob Roll at 617-730-2782.

Since the courses are designed precisely for seniors, the senior discount does not apply to them. For more information about the individual classes, consult the BA&CE Fall 2012 catalog. To register for classes, call 617-730-2700 or access BA&CE online at www.broolineadult ed.com.

Introduction to Computer Basics for Seniors
Bob Roll, Instructor
Section 2: 4 Thursdays, 9:30-11:30 am, beginning October 25. Course code: C116 Cost: $72

Intermediate Computer Basics for Seniors
Robert Roll, Instructor
Section 2: 4 Fridays, 9:30-11:30 am, beginning October 19. Course code: C157 Cost: $72

Basic Computer Maintenance Using Windows XP for Seniors
Phyllis Mays, Instructor
4 Tuesdays, 9:30-11:30 am, beginning October 30
Course code: C220 Cost: $72

Photo Editing with Picasa
Phyllis Mays, Instructor
4 Tuesdays, 9:30-11:30 am, beginning October 2
Course code: C259 Cost: $72

e-Mail Workshop for Seniors
Robert Roll, Instructor
4 Wednesdays, 9:30-11:30 am, beginning October 3. Course code: C171 Cost: $72.

Facebook for Seniors
Michael Toon, Instructor
4 Thursdays, 11:45 am-1:45 pm, beginning October 4. Course code: C267 Cost: $72.

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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 is a 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 conversation Spanish 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 **Tuesdays 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.

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JudyMoses@JudyMoses.com
PathwayHome.com

SOUTH BROOKLINE SENIOR SOCIAL

The South Brookline Senior Social continues to meet on Fridays from 10:30 a.m. to 1 p.m. at the Putterham branch of Brookline Public Library. All programs are free, and there is always coffee, tea, and Kosher pastries (courtesy of the Council on Aging).

There are some special events coming up.

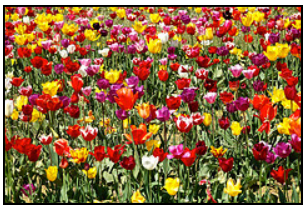
- Gentle Yoga classes sponsored by the Brookline Public Health Department will run on Fridays through October 5.
- On Friday, Oct. 12, a box lunch will be provided courtesy of South Brookline Representative Ed Coppinger.

Since space is limited for this program, reservations are strongly recommended and are allocated on a first-to-call, first-served basis. Call Regina Millette Frawley at 617-469-0052 at least one week before the program you want to attend.

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 at a special, discounted rate 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.

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:

Now or Later
Sunday, October 28
$25
at the Huntington Theatre in Boston

On election night, the son of a Presidential candidate sends his father's political team into crisis mode when controversial photos of him at a college party spread over the internet. Smart and timely, Christopher Shinn's searching new play examines religion, freedom of expression, and personal responsibility.

The Rat Pack
Sunday, November 11 **$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 **$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.

Marry Me a Little
Sunday, January 6
$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.

Save Sunday afternoon, November 4, as
The New Repertory Theatre comes
to the Senior Center presenting:
To Kill a Mockingbird,
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.

for only
$25

THEATER CLUB MEETING

There will be a general meeting of the Theater Club
on Thursday, October 11,at 2:00 pm
at the Senior Center.
Bring your check books
so you can reserve seats
for performances
that have been scheduled.
There will be a raffle of free show tickets!

FROM THE DIRECTOR

I want to extend a warm welcome to all our new subscribers. Many of you are taking advantage of the reasonable rate to receive the newsletter at home. Our *Senior News and Events* is a great way to remain educated about important programs and services. Most of all, it keeps you informed about all the fabulous events that happen here in Brookline. We are proud of each month's edition and continue to accept your contributions and comments. Our wonderful editor is beginning her 6th year. I know that you will agree that Judith Gimple does a fabulous job in creating a great read for you. Please take a moment and thank her when you see her.

I invite the entire community to attend and support the Annual Benefit on October 24 (see p. 1 for details). Delicious food, good company, and a great cause deserve your attention. The Autumn Benefit is our biggest fundraising event of the year. For those unable to donate the full ticket price, please consider donating any amount. Each dollar will help us reach our fundraising goal of $50,000 for the year. We will need every penny to keep the van running its extended hours and to support all our programs.

Our theater group is thriving thanks to the hard work and dedication of Ted Shamitz and Alice Fastov and the other volunteers who help. The first couple of shows sold out and received rave reviews. Please look for the details of the great theater trips that are still available on p. 23.

Our beloved Cippy MacDougall is going to be honored at a Memorial Celebration on Monday, Oct. 22 at 2:00 pm. Cippy MacDougall was employed at the Council on Aging for 37 years—since 1975. Her friendly, warm, fun-loving personality cheered so many over the years. I considered her a role model of how to treat elders. There is not one of us who met her who did not feel her warmth, friendliness, and good humor. Our goal is to get Cippy's name on our Wall of Honor. If she made you smile, consider making a donation in her memory (see more on p. 10.

October is a great time of year when the weather is glorious and the trees wear brilliant autumn colors of scarlet, yellow, and orange. Enjoy the last days of the Farmer's Market by buying juicy apples or festive pumpkins. In addition, do not forget to wish the indomitable Agnes Rogers a Happy Birthday!

Ruthann Dobek, Director

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Joseph W. Costa, Jr., DMD
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MEDICARE'S OPEN ENROLLMENT PERIOD IS OCTOBER 15 TO DECEMBER 7

Don't wait until it's too late! Medicare plans change every year. This is the time to decide on your coverage for 2013.

SHINE can help with counselors who provide Medicare counseling free of charge. Call the Senior Center at 617-730-2777 for a SHINE appointment now.

You can also 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, and a volunteer will call you back as soon as possible. Or for assistance from a Medicare customer service representative 24/7, call 1-800-MEDICARE. (See also pp. 3 and 8.)

EQUIPMENT LOAN FUND

Do you need a four-wheeled walker with a seat, otherwise known as a Rollator Walker? Currently, the Equipment Loan Fund (ELF) program has a few on hand available for loan.

Contact Karin Wannamaker at 617-730-2753 to borrow or donate an item. Because of space limitations and other guidelines, ELF cannot accept all items so be sure to call ahead and speak with Karin before dropping anything off at the Senior Center.

MOUNT PLEASANT HOME

Announces the Grand Opening of our New Addition!

- 24-hour personal care assistance
- Private bedroom with full bath
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- Medication administration
- 100% accessible
- Leisure and wellness activities
- Steps from Jamaica Pond, on the Brookline Border

617-522-7600 301 South Huntington Ave, Jamaica Plain

GARDENING GROUP

The Gardening Group will meet only once a month from October through March. At the October meeting, on **Friday, October 12 (from 10:30 am to 12:30 pm),** the group will prepare the garden beds and containers for the cooler weather.

MODERN BEADING WORKSHOP

This workshop for beginners and experienced beaders will meet at the Senior Center on **Wednesday, October 17, 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.

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www.edwardjones.com

BALLOT QUESTION 2 MEETING

BrooklineCAN members Alice and Philip Shabecoff and Marga Dieter invite interested neighbors to a gathering at the Shabecoffs' home on **Thursday, October 18, from 7:00 to 9:00 pm**, to learn more about Ballot Question 2: Prescribing Medication to End Life, which will be on the ballot on November 6. A representative from the campaign to pass the law will be present to explain the proposed legislation. There will be plenty of time for questions and discussion, and all points of view are welcome. Please RSVP to let us know you are coming! For more information or to RSVP, contact Alice at alice @shabecoff.com.

BROOKLINE FARMERS' MARKET

What a wonderful place to spend an afternoon getting locally grown and/or prepared vegetables, fruits, herbs, cheese, eggs, plants, cut flowers, tarts, pies, breads, preserves, honey, beef, and lamb. And now you will also find apples of many colors, sizes, and varieties. If you need a break from shopping, the ice cream truck is still there, as usual.

The Farmers' Market is **open on Thursdays from 1:30 pm until dusk**, rain or shine, **through October 25** at the Centre Street West Parking Lot. Don't miss it. There are only 4½ more weeks to enjoy it!

Photo by Mimi Katz

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Meets the Spirit of Boston.

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THE CITY
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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.

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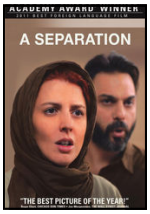
617-566-1700
Entrance on Chiswick Road
www.benchmarkseniorliving.com

ASSISTED LIVING • MEMORY CARE

MOVIES FOR FILM LOVERS

Come to the Senior Center every Tuesday in October at 1:00 pm for super films. This month enjoy:

October 2
A Place in the Sun (1951) 122 min.
Dirt-poor George Eastman (Montgomery Clift) lands himself a factory job thanks to a well-to-do uncle's largesse and has a tryst with co-worker Alice (Shelley Winters) to combat his loneliness. But he forgets the uncultured Alice when he becomes smitten with a stunning socialite (Elizabeth Taylor). Alice can't forget George, however, because she's expecting his baby. Their dilemma sets off a course of events that can only end in tragedy.



October 9
A Separation (2011) 123 min.
An Iranian husband and wife split up over his decision to stay and care for his aging father instead of leaving the country with his family. But his fateful choice to hire a stranger to do most of the caretaking breeds unexpected consequences.

SENIOR CINEMA

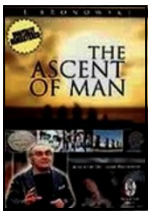
You can also see free movies at the Coolidge Corner branch of the Library **every Thursday**. There are **refreshments at 1:00 pm**, and the **movie starts at 1:30 pm**. Unfortunately, the list was not yet available for the October movies at press time, but we do know that all the movies will be about politics—what else?

SENIOR SCENE

A new program will be available on Senior Scene toward the middle of October. It will be on Elderlaw Solutions (wills, health-care proxies, trusts, etc.) and will feature attorney and Matthew Marcus financial planner Peter Fredericksen.

Senior Scene airs on BATV.

October 16
Larry Crowne (2011) 99 min.
After he's laid off from his longtime job at a soulless retail giant, average middle-aged guy Larry Crowne (Tom Hanks) decides it's time to change his life by heading back to college, where he finds a new perspective -- and a new romance with a professor (Julia Roberts).



October 23
The Ascent of Man* (1972) Disc One
Narrated by mathematician and biologist Jacob Bronowski, this landmark BBC series traces human development from the dawn of evolution and the creation of rudimentary tools to the rise of technology and the computer age. The 13-part documentary covers the history of the sciences and touches on humanity's contributions to art, warfare, empire-building, agriculture, music, architecture, mathematics, medicine, industry and politics.

*This month we will show Disc 1 of 5 total discs. Disc 1 contains the first two parts. Discs 2-4 each contain 3 parts while Disc 5 contains the last two parts.

October 30
No movie due to Flu Clinic

BU AGING STUDY

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

BOSTON UNIVERSITY

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

BROOKLINE CAN NEWS

BrooklineCAN and its founding members (the Brookline Council on Aging, Center Communities of Brookline, Goddard House in Brookline, and Jewish Family & Children's Services have partnered with Brookline Adult and Community Education to present:

Its Never too Late to Create!
The Vital Role of Arts as We Age

On **Thursday, October 18 from 6:30 to 8:00 pm** at the Brookline Public Library at 361 Washington Street. Creative expression is a vital part of life at any stage, but it becomes particularly important as we age. Learn how the creative process can improve your overall health and quality of life and what you can do to nurture your creative spirit. Come and hear from other older adults who have recently discovered, or continue to explore, themselves through music, art, or writing.

The moderator is **Bennett Gurian, MD,** musician, vocalist, published poet and author, artist, and former editor of Brandeis University's literary magazine. Bennett is also a board-certified geriatric psychiatrist.

The panelists are **Riva Berkovitz** (photographer). **Anne Gamble** (musician), **Dr. Denise Lotufo** (cellist, board member, and personnel manager of the Longwood Symphony Orchestra), and **Harry Johnson** (writer).

This panel discussion is free and no registration is required. For more information, call 781-693-1393.

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For a taste of Goddard House call Lance Chapman 617.731.8500 x105 or go to www.goddardhouse.org.
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GODDARD HOUSE IN BROOKLINE
The Recipe for Living

Assisted Living Close to Boston

BROOKLINE REC IT'S WHAT WE DO!

Sam Adams Brewery Tour
Tuesday, October 2, from 12:00 noon to 3:00 pm
Learn about the history of Sam Adams beer. Experience the entire brewing process. Taste the special malts used, and smell the hops. Sample a few of the award-winning beers.
Cost: Residents-$5, nonresidents-$7

Honey Pot Hill Orchards
Friday, October 19, from 9:30 am to 4:00 pm
Choose from 25 varieties of apples, take a scenic hayride (travel-ing through the woods, along the river, and through the orchards). Purchase fresh cider, pumpkins, and other goodies.
Cost: Residents-$10, nonresidents $14

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

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.brook linerec.com.

And there's more! On **November 30**, shop at the **ChristmasTree Shops and IKEA**. On **December 15**, spend the day in **New York City**. And yet more. Stay tuned to the October newsletter for more, more, more!!

Norfolk County Register of Deeds William P. O'Donnell will hold Office Hours in Room 111 of the Brookline Town Hall at 333 Washington St. on Thursday, October 18 from 10:00 am to 12:00noon.

PUBLIC ISSUES NONFICTION BOOK DISCUSSION GROUP

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

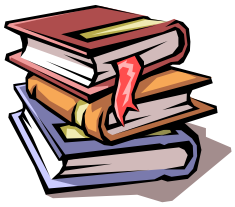
October 23
The Imperial Cruise: A Secret History of Empire and War by James Bradley (Little Brown and Company/Hachette Book Group).

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)

PUTTERHAM BOOK DISCUSSION GROUP

On **Monday, October 15, from 2:00 to 3:00 pm**, the group will meet at the Putterham branch of Brookline Public Library to discuss *Tension City: Inside the Presidential Debates, from Kennedy-Nixon to Obama-McCain* by Jim Lehrer. Since we will be deep in the middle of the Obama-Romney debates at this time, this should be a lively and fascinating book to discuss. Old and new members of the group—all are welcome. Books are available at the Putterham branch library. Jean Kramer and Charlotte Millman are the discussion leaders.



THANK YOU

Annual Appeal Donors 3 anonymous donors—1 supporting the Senior Center coffee stand and the Senior Chorus, Ken & Marthajoy Aft, Florence L. Dwyer, Helen Elias, Judith Kidd, and Sonia & William Wong

BrooklineCAN Donors Diane and Edward Baker, Ruth G. Brenner, Charlotte & Nicholas Burrage, Josephine Ciccariello, Sharon Devine, Allen R. Elstein, Clarice Fleischman, Maureen Giovannini, Helen Gollobin, Susan Gracey, Edward Heartz, Marcia Hnatowich, Judith & Seymour Kass, Stanley Klein, Linda McIntosh, Eleanor Small, Priscilla Smith, Brenda Soyer, Muriel Stark, Rhoada Wald, Ruth F. Wolf and Hannah Zalinger

Fitness Scholarship Fund Donor Claire Goodwin

An anonymous ***gift in honor of*** the Drawing for Pleasure Art Class

An anonymous ***gift in honor of*** the Zumba Gold and Food Distribution Programs

To Doreen Gordon ***for her gift in honor of*** Lila Sesholtz's birthday

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

To Jeanne Cohen ***for her gift in memory of*** Rabbi Don Pollock

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

To Vivian Freeman, Ruth Geller, Claire Goodwin, Shirley Horblit, Kathleen Lamothe, Sarah Lavi, Naomi Podhorzer, Edith Pollack, Miriam Sargon, and Eleanor Small ***for their gifts in memory of*** Cippy MacDougall

To Jean Kramer ***for her gift in memory of*** Elizabeth Kirsten, Peggy Harris, & Terri Ryder

To Kathleen Lamothe ***for her gift in memory of*** Bracha Zinori

To Helen Muriel Lawler ***for her gift in memory of*** Dorothy Farrow

To Charlotte Millman ***for her gift in memory of*** Millie Lehman, Ellen Zeltserman and Elizabeth Kirsten, three talented and courageous women, who contributed so much

To Carol Robinson & Bob Spangenberg for ***their gift in memory of*** Henry M. Robinson III

To Chair Yoga Stalwart, Elmer Sprague ***for his gift in memory of*** Lee Kazanoff

To Lois, Ray, & Jodi Siegelman & Marji Dashef, Ruthann Dobek, Barbara & Edward Lovely, Catherine Mosgofian, Ruth Quint, Naomi Podhorzer, Susan Rein, and Judith Suskin ***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.

Don't forget to mark your calendars for our Annual Benefit on Wednesday, October 24. This gala event kicks off a new season of giving that we hope will find exceptional generosity the norm in these dark economic times.

We 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

SUPPORT THE SENIOR CENTER

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

❒ $25 ❒ $50 ❒ $100 ❒ $250 ❒ $500

Other: $_____

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My donation is ❒ in honor of ❒ in memory of:

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Please make your checks payable to "BROOKLINE SENIOR CENTER"

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

***

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

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.)

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.

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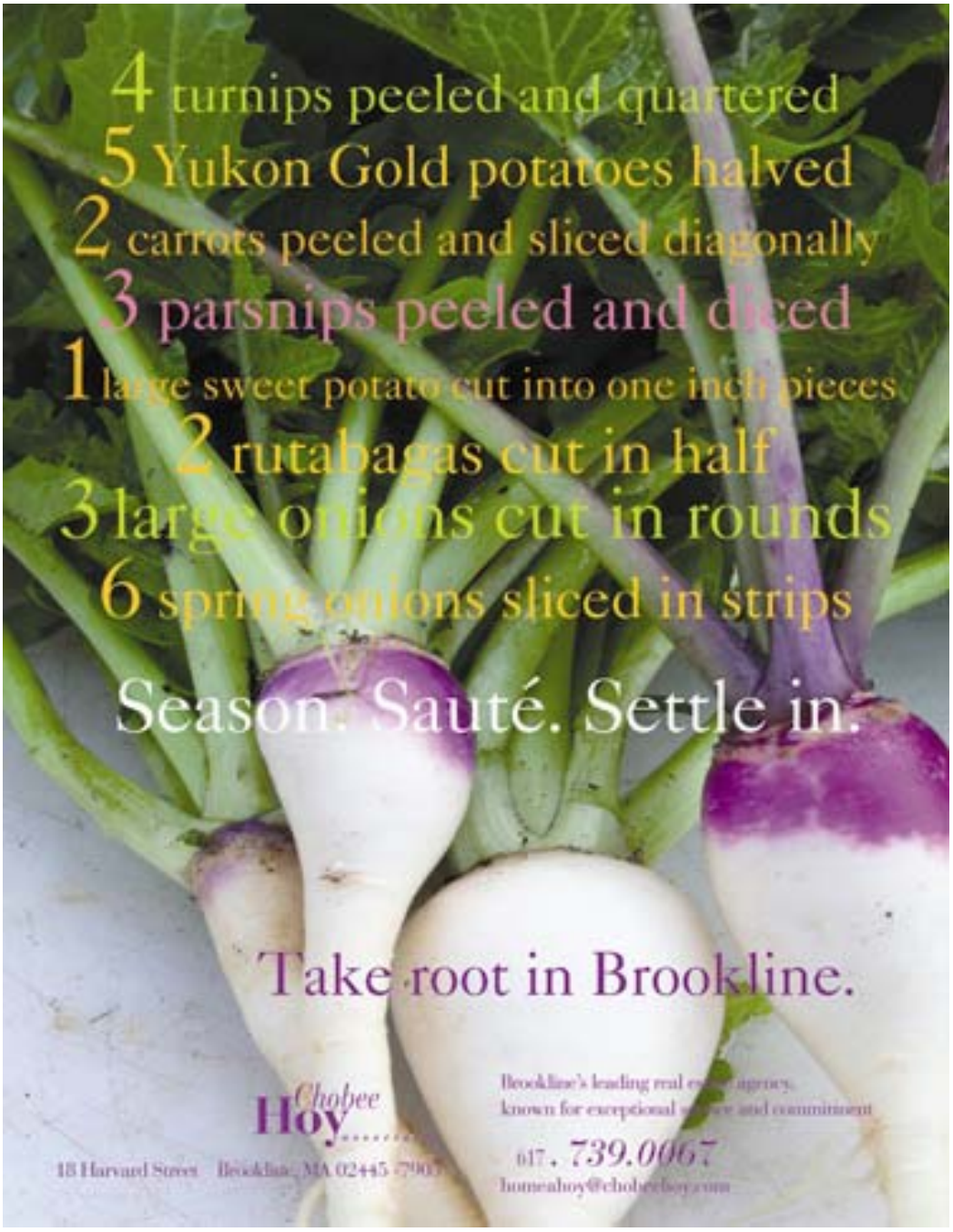

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