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

Thursday, August 11 at 12:00 pm. Pawtucket Red Sox vs Durham Bulls (See p. 10).

August 16, at 12:00 noon. Springwell's Annual BBQ (See p. 18).

Wednesday, August 24 from 9:30 am-12:30 pm Diabetic Shoe Clinic (See p. 14).

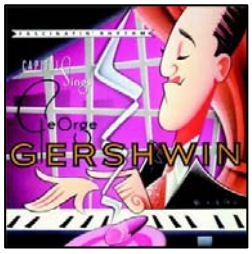
Wednesday, August 31 1:30-3:00 pm Memory Connections Café **Please note change of regular week** (See p.3).

AUGUST 2016

DANCING THROUGH THE DECADES PART 2

Our friends, Eileen Herman-Haase and Raul Nieves, of Dance Caliente will return on **Wednesday, August 10 at 2:00 pm** to thrill us with their "Dancing Through The Decades, Part 2" ballroom dance performance! They will dazzle us with an exciting array of new period costumes, share amusing "historical" stories about the dances and energize you with mini dance lessons right from your seat! This program is supported in part by a grant from the Brookline Commission for the Arts, a local agency, which is supported by the Massachusetts Cultural Council. Space is limited, so please call 617-730-2770 to register.

GENIUS OF GEORGE GERSHWIN



Bruce Hambro will present his program on the genius of Gershwin on **Monday, August 22 at 1:00pm**. The presentation includes recordings of great George Gershwin standards such as *I Got Rhythm, The Man I Love, Embraceable You, Summertime,* and *They Can't Take That Away from Me.* Heard singing many of Gershwin's great standards during this riveting one-hour program are such renowned vocalists as Al Jolson, Ethel Merman, Fred Astaire, Judy Garland, Ella Fitzgerald, Keeley Smith, Rosemary Clooney and Tony Bennett. The audience is encouraged to sing along! Registration is required please call 617-730-2770.

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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.

AUGUST OBSERVANCES

In August the Senior Center is open Monday through Friday all month. Sunday August 21, is National Senior Citizens Day!

Some people celebrate Senior Citizens Day on August 14 as it was the day United States President Franklin Roosevelt signed the Social Security Act in 1935. However, in 1988 Ronald Reagan declared August 21 to be National Senior Citizens Day.

This is your day! Enjoy it any way you desire. Take advantage of the senior citizens specials and discounts that will abound! And as always check out all the wonderful opportunities at the Senior Center and around town.

Some other special days that we celebrate in August include August 7 Purple Heart Day. Purple Heart Day on August 7 commemorates the day in 1782 when General George Washington created the Purple Heart Medal – a military decoration that is awarded to those wounded or killed while serving in the United States Armed Forces. August 27 Women's Equality Day. Women's Equality Day is an annual observance that commemorates the anniversary of the first time voting rights were extended to women in the United States.

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

On **Wednesday, August 31 (*please note change of regular week) from 1:30-3:00 pm,** the Senior Center will host its free monthly Memory Connections Cafe for people with early memory challenges and their carepartners to connect with their peers. Both participate in socialization and can partake in refreshments and a variety of enjoyable programming in order to gain support and engage with others in a relaxing environment. Either party can attend by themselves, but a carepartner must accompany those who require any care assistance. Please call Jamie at 617-730-2753 for information and to RSVP. This program is supported by a grant from the Brookline Community Foundation. This month's refreshments are co-sponsored by Presentation Rehab, who also sponsored June's refreshments.

PAWTUCKET RED SOX GAME

Join us for our annual trip to McCoy Stadium to cheer on our Red Sox future stars vs the Durham Bulls minor league team for Tampa Bay on **Thursday, August 11 at 12:00 pm.** The cost is $15.00 for this trip. Registration is required and space is limited for this special event. To register please call 617-730-2777. **Please keep in mind that the van will leave the Brookline Senior Center at 9:45 am sharp!**

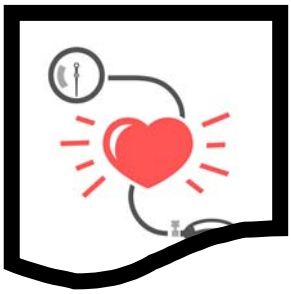
THE **HEALTH** PAGE

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. We **look forward to** Lynn's return on Thursday, **September 1 at 11:00 am.**

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, August 17 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, August 18 from 9:00-10:00 am at The Senior Center.
Wednesday, August 3, from 2:00-3:00 pm at BPHD building on Pierce Street.
Wednesday, August 10 at Sussman House-Cancelled
Wednesday, August 24 from 1:00-2:00 pm at 61 Park Street.

Health Coach Ilse Leeser, a registered nurse practitioner and the leader of our Arthritis Exercise class is now offering "Health Coach" appointments on **Wednesdays.** Ilse will be available to support you around maintaining a healthy diet and exercise plan to help combat diabetes, high blood pressure, or weight issues. She can also help you understand your medications and test results. Ilse will be offering 30 minute, 1-on-1 appointment sessions on Wednesday afternoons. Frequency and duration of coaching sessions will be determined at your first visit. Please call 617-730-2777 to schedule an appointment.

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

Brookline Hearing Services The staff from Brookline Hearing Services will be visiting the Brookline Senior Center on **Thursday, August 18 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:
Why does my knee buckle while walking for no apparent reason and without notice?

ANSWER:
Knee buckling which is a sudden "giving way" of the knee is fairly common. It happens more as we get older. It can happen while walking or more commonly while walking up a flight of stairs.

There are different reasons that can cause knee buckling. An injury caused by sports or a fall can cause sudden pain, swelling and bruising. If the buckling is caused by a sudden injury, Ice and compression with an ACE bandage or knee brace can help in the early stages. Arthritis due to "wear and tear" (osteoarthritis) is more common. The muscles and/or ligaments around the knee become weak and lead to an unstable kneecap.

Knee buckling can cause someone to fall, which can lead to a broken bone, so it important to start to reverse this process.

Once people have had a few knee buckles, they may begin to avoid those activities which they have noticed lead to buckling. However, this is the opposite of what they should do. This can lead to weakening of the leg muscles that may be contributing to the problem in the first place. They should start doing exercises 2-3 times/week to strengthen those muscles.
There are several good exercises which are easy to do, but they only work if you do them!

The "squat." This is done by holding on to a chair, standing with your feet about 2 feet apart and bending your knees, keeping your back straight, then slowly push yourself back feet apart and bending your knees, keeping your back straight. Then slowly push yourself back up to a standing position. You should feel a little "burn" in your thigh muscle.
Lie on your back with legs straight and point your toes toward your head, hold for a few seconds, and then relax. You should feel a stretch in your calf muscles.
Sit on a chair with feet on the floor, raise one leg at a time to straighten your knee, hold for a few seconds, and then bring your leg down. Increase the time you hold your leg up as you get stronger.

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.

COUNCIL ON AGING MEETING

The Council on Aging (COA) board is on vacation in July and August. However, the Nominating Committee will meet on Wednesday, **August 10 at 1:00 pm** 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 email rdbek@brooklinema.gov. Our next formal meeting will be on Wednesday, September 14, at 1:00 pm.

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 2015 income tax returns when you meet with Alicia. If you do not have to file tax returns, check with Alicia before you come in about the necessary documentation. (All riders must be recertified every year in order to be able to buy BETS coupon books.) Eligibility requirements: An individual's maximum annual income cannot exceed $48,000; a couple's, $55,800.

BETS service is available for use in all cabs of all companies that are based in Brookline. It's the law: If a cab driver from a Brookline-based company gives you trouble about using the coupons, report it to the COA at 617-730-2777. Also note that the coupons cannot be used for tipping. To tip a driver for good service, use cash. **To purchase taxi tickets you must pay by cash or check only.**

SHINE counselors Sonia Wong, Ed Levin, and Sybil Levisohn are on hand at the Senior Center to help individuals explore their health-insurance options. For an appointment with a SHINE counselor, call 617-730-2777.

BLAB A Brookline Legal Assistance Bureau volunteer lawyer will be at the Senior Center on **Wednesday, August 3 from 9:00am-12:00pm** to consult on legal matters of law. **This service is offered for Brookline residents only and is free of charge, and no appointment is needed. Please pick up a number at the reception desk or the COA office on the second floor.**

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

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

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

VAN TOUR OF BOSTON WITH STEPHEN COLLINS

You may know him "as" Walt Whitman or for his extensive knowledge of Robert Frost or Shakespeare, but did you also know that our friend, Stephen Collins was a professionally licensed tour guide? Join Stephen on the Senior Center van **on Monday, August 15 at 1:00 pm** for a 90 minute, narrated tour of Boston that includes some of the historical, literary, and architectural treasures of "Beantown". The cost for the tour is $10 and this program requires a minimum of 12 participants to run. Space is limited and ***reservations/payments must be received by Wednesday, August 10.***

EASY TRAVEL

On **Thursday, August 4 at 1:30 pm,** join armchair travel host Jamie Donchin, as she takes you on her recent trip to the city and suburbs of Copenhagen, Denmark.

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.

FALL PREVENTION FOR RUSSIAN SPEAKING SENIORS

Program will be presented in Russian

Falls are among the leading causes of injury among older adults resulting in more than 2.5 million emergency room visits each year and more than $34 billion in direct medical costs annually. Therefore, prevention is extremely important. Join us on **Wednesday, August 17 at 1:00 pm** to learn about conditions and risk factors that increase your chance of falling and ways that you can lower your risk of falling.

Риск падений среди пожилых -- серьезная проблема для здоровья

Обсуждение на русском языке о том какие шаги можно предпринять чтобы уменьшить риск падений в домашних условиях. **Центр для досуга пожилых людей - 93 Winchester St**
Среда, 17 августа 2016, 13 часов

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ZUMBA GOLD

Get in shape and have fun with Zumba Gold at the Senior Center. This popular program will return in the fall with our new Zumba Gold instructor Emily Brenner. Emily auditioned for us in the spring and received rave reviews so we are certain that she will be a wonderful addition. If you would like to learn more about Emily, you can visit her website at: http://dancewithemily.webs.com

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.

FACING CANCER TOGETHER

Facing Cancer Together provides support, wellness and educational services to all people affected by cancer. Through professionally facilitated programs, participants become part of a community that promotes hope, empowerment and connection to both the person with cancer and their loved ones. For more information about any of our groups, to make an appointment, or to register; Contact Facing Cancer Together 430 Walnut Street Newtonville, MA 02460 Phone 617- 332-5777 www.facing-cancer.org

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.

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SENIOR CENTER THEATER CLUB

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.

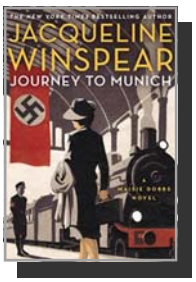
Registration is required and space is limited for these special events. To register please call 617-730-2777

E.L.F. MONTHLY FEATURED ITEMS AND NEWS

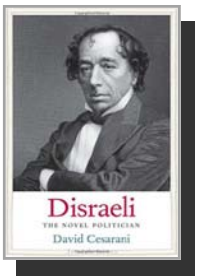
ELF: The Equipment Loan Fund has available many pairs of extra walker legs and wheels. If you or anyone you know needs these attachments, please call Jamie at 617-730-2753. Donations are still accepted ongoing, but please call to confirm.

BOOK DISCUSSION GROUP AT THE PUTTERHAM LIBRARY

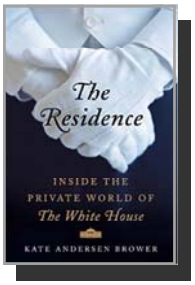
Meetings are in the community room at the Putterham Branch Library. New members are always welcome. Our monthly meetings are on **Mondays from 2:00–3:00 pm**. Books are available at the Putterham Branch Library. The discussion leaders for this Book Group are Charlotte Millman and Roberta Winitzer.



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

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, 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.

Daniel M. Gorfinkle
CRS, ABR, CPA

Habla Español

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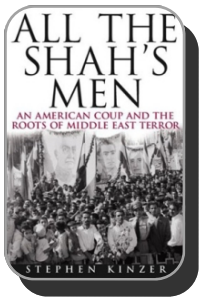
PUBLIC ISSUES NONFICTION BOOK DISCUSSION GROUP

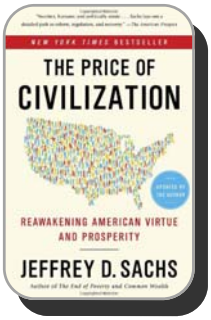
At the Senior Center

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.

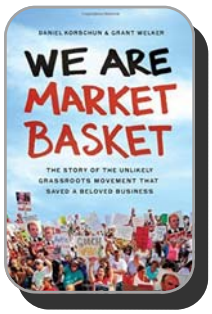
The Coolidge Corner Branch Library will have copies of the books available several weeks ahead of each meeting. Suggestions for future titles are encouraged. Meeting time is **9:00 to 10:00 am on the fourth Tuesday of each month.**



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



Tuesday, September 27
The Price of Civilization: Reawakening American Virtue and Prosperity
by Jeffery D. Sachs (Random House, Inc.)



Tuesday, October 25
We Are Market Basket: The Story of the Unlikely Grassroots Movement That Saved a Beloved Business
by Daniel Korschun and Grant Welker (AMACOM)

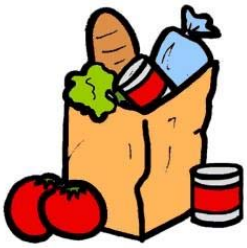
Information: On the Brookline Library website, click on Discussion Groups New and follow the link to Public Issues Group.

FITNESS FOR ALL

Balance Class Tuesdays & Thursdays 4:00 - 4:30 pm 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.

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)

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

-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.

Home Is Still The Best Place

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

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-SAVE THE DATE-

ANNUAL HOLIDAY CRAFT FAIR MEETING

It's that time of year again! Time to start planning for our Annual Holiday Craft Fair in on Friday November 4 and Saturday November 5. Our first planning meeting was very successful so please join our next meeting on Friday September. Watch the newsletter for date and time. 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
www.MountPleasantHome.org

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.

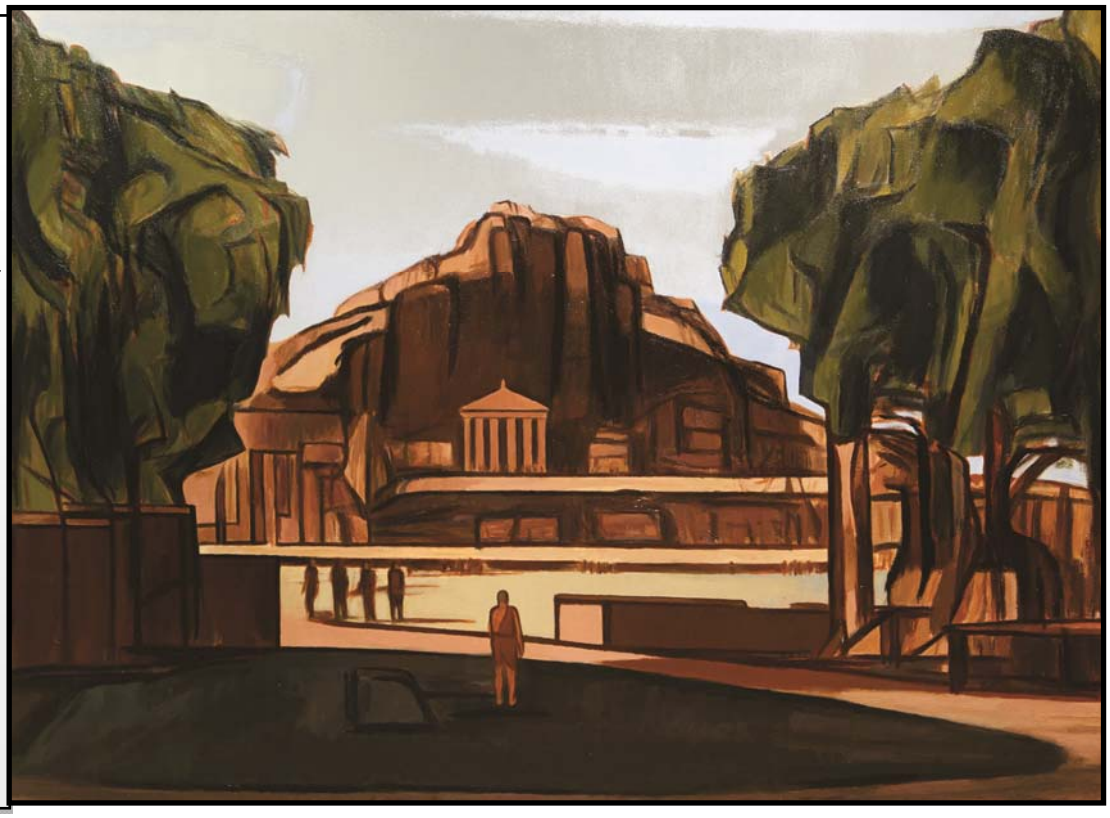
Finding Peace
Paintings and Drawings
By
Morgan Chickering

GALLERY HOURS

July 6-Sept. 29

Monday-Friday

8:30 am-5:00 pm



DIABETIC SHOE CLINIC

We will be holding a shoe fitting clinic at the Brookline Senior Center on **Wednesday August 24 from 9:00 am-12:30 pm.** If Medicare is your primary Insurance you are eligible to receive a pair of diabetic shoes and inserts at little or no cost to you if you are Diabetic! Private payment for Non Diabetics will also be accepted. Please be sure to bring your Medicare card and any other supplemental insurance cards with you to the appointment. If you have Tufts Medicare Preferred, you will need to call for a prior authorization. We will have physician's order forms at the Senior Center in advance so that you can bring the COMPLETED form to your fitting appointment. Space is limited. Please call 617-730-2777 to make your 10-minute fitting appointment and to obtain a copy of the physician's order form. If you have any other questions, call Amy Baxter, Pro Medical East 603-944-1311

DIABETES SELF-MANAGEMENT

This 6 week workshop series will take place at the Senior Center on **Thursdays, August 25-September 29 from 1-3:30 pm.** It is for people with diabetes, pre-diabetes, or for people living with or caring for someone with diabetes. You will learn how to care for yourself and to prevent or delay the complications of diabetes. The emphasis is on healthy eating, meal planning, and physical exercise. Other topics include blood sugar monitoring and dealing with low blood sugar, foot care, how to deal with difficult emotions, stress, and depression, relaxation techniques, how to communicate better with your doctor, family and friends, keeping track of medications, and planning for the future. A copy of the book, Living a Healthy Life with Chronic Conditions will be loaned to participants for use during the workshop series or it will be available for purchase at a cost of $15. There is no charge for the course itself. This class is generously sponsored by Springwell and it requires a minimum of 10 participants to run. Space is limited so please call 617-730-2770 to register.

DIABETES WORKSHIP

Diabetes is a very common and often misunderstood medical condition frequently experienced by senior citizens. Come hear Dr. Harold Rosenblatt on **Thursday, August 18 at 1:00 pm**. Dr. Rosenblatt will talk about the current thinking, diagnosis and foods that help and/or those to be avoided. Bring a friend and your questions for the Q & A session.

COMPUTER ONE ON ONE

Are you computer phobic or just need some tech assistance? Have you tried a computer class but are still frustrated with using technology? Do you have questions about setting up email, using your laptop, tablet or SmartPhone, or navigating the internet?

We have computer volunteers available to help you on Tuesday afternoons.

Fran Pechenick, a long time computer volunteer, helps with computer basics, email and navigating the internet.

We welcome new computer volunteer, Dan Siagel, who is able to help people from basics to the more complex for their Smartphones, laptops and Tablets including Apple Windows or Android operating systems.

Liam Dwyer is a computer savvy high school student who helps with the basics as well as helping with Smartphones.

Sessions are 30 minutes and 60 minutes long. Appointments are necessary. Please call Olga Sliwa at (617)730-2768 for more information or to book an appointment.

SHINE
Medicare Diabetes Testing Supplies
What You Need to Know

If you, a friend, or a loved one has Original Medicare and uses diabetes testing supplies, you should know that Medicare is continuing its National Mail-Order Program to help you get quality supplies while saving money. Under the program, you must use a Medicare approved national mail-order contract supplier to pay for diabetes testing supplies that are delivered to your home. If you don't want diabetes testing supplies delivered to your home, you can go to any local store (pharmacy or storefront supplier) that's enrolled with Medicare and get your diabetes testing supplies there.

If you do not use one of these Medicare approved ordering methods, you may end up paying much more for your supplies. If you have a Medigap policy, you may not owe anything for your supplies. Be sure that your supplier has your Medigap policy information when placing your order.

You also have certain protections when using a national mail-order contract supplier. Suppliers must make sure you get the prescribed brand of diabetes testing supplies to avoid an adverse medical outcome and must never influence or try to convince you to switch your supplies to another brand.

To find a current list of contract suppliers, visit Medicare.gov/supplier or call 1-800-MEDICARE.

For assistance with 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).

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1. Mixed Bean Soup **HOT:** Lasagna w/Marinara Sauce & Meatball; Spinach & Mushroom; Wheat Bread. **COLD:** Seafood Salad on Rye Bread; Zucchini Salad; Orzo Vegetable Salad. **Orange**	**2. Cream of Mushroom Soup** **HOT:** Creole Fish; Rice & Beans; Collard Greens & Onions; Multigrain Bread. **COLD:** Roast Beef w/American Cheese & Mustard on Oat Bread; Cole Slaw; Balsamic Vinaigrette Pasta Salad. **Lemon Pudding w/Topping**	**3. Chicken Orzo Soup** **HOT:** Honey Mustard Chicken; Roasted Red Bliss Potatoes; Fresh Zucchini Squash & Red Peppers; Dinner Roll. **COLD:** Vegetable Chef Salad (V); Israeli Couscous; Multigrain Bread **Blueberry Snack Loaf**	**4.** **HOT:** Meatloaf w/Gravy; Mashed Potatoes; Peas & Onions; Oat Bread. **COLD:** Cottage Cheese & Fruit Plate (V); Orange Juice; Garden Shell Pasta Salad; Wheat Dinner Roll.**Mixed Fruit**	**5.** **HOT:** Tortellini w/Meat Sauce; Cauliflower w/ Parsley & Parmesan Cheese; Tossed Salad w/ Lite Italian Dressing; Multigrain Bread. **COLD:** Chicken Pesto Caesar Salad; Potato Salad; Scali Bread. **Pears**
8. Beef Barley Soup **HOT:** Roast Turkey w/Gravy; Mashed Potatoes; Italian Green Beans; Cranberry Sauce; Rye Bread. **COLD:** Mediterranean Plate (V) w/ Hummus; Pita Bread; Cucumber, Feta & Onion Salad; Israeli Couscous. **Apple Raisin Compote w/ Topping**	**9.** **HOT:** Chicken Meatballs & Ziti w/ Tomato Sauce & Parmesan Cheese; Fresh Cauliflower; Tossed Salad w/Lite Italian Dressing; Multigrain Bread. **COLD:** Seafood Salad on Wheat Bread; Potato Salad; Tossed Garden Salad w/Lite Italian Dressing. **Hoodsie Cup**	**10. Summer Special** **Italian Garden Vegetable Soup** Crab Cake Chuckwagon Corn Coleslaw Garlic Dinner Roll **Angel Food Cake w/ Strawberries & Topping Birthday Lunch!**	**11.** **HOT:** Spinach & Red Pepper Quiche (V); Red Bliss Potatoes; Stew Diced Tomatoes; Tossed Garden Salad w/ Lite Italian Dressing; Croissant. **COLD:** Chicken Salad on Wheat Bread; Orzo Vegetable; Summer Squash Salad. **Orange**	**12. Corn Chowder** **HOT:** Pot Roast Beef w/Gravy; Potatoes in Cream Sauce; Summer Squash; Wheat Dinner Roll. **COLD:** Turkey Chef Salad; Garden Shell Pasta Salad; Multigrain Bread. **Mandarin Oranges**
15. Vegetable Chicken Soup **HOT:** Chicken Marsala; Rice Pilaf Browned Orzo; Kale; Oatmeal Bread. **COLD:** Mediterranean Tortellini Salad (V); Summer Squash Salad; Scali Bread. **Peaches**	**16.** Springwell's Annual BBQ Hot Dog*** & Hamburger Potato Salad Cole Slaw Watermelon Refreshing Beverage	**17.** **HOT:** American Chop Suey; Broccoli; Tossed Garden Salad w/Lite Italian Dressing; Scali Bread. **COLD:** Turkey w/Swiss Cheese & Lite Mayo on Wheat Bread; English Pea Salad; Greek Salad. **Birthday Cake**	**18. Vegetable Soup** **HOT:** Hot Dog*** on Hot Dog Roll w/ Ketchup, Mustard & Relish; Baked Beans; Cole Slaw. **COLD:** Egg Salad (V) on Rye Bread; Potato Salad; Roman Blend Salad. **Mandarin Oranges**	**19.** **HOT:** Jack Cheese Omelette (V); Orange Juice; Home Fries; Sauté Vegetables; Oatmeal Bread.**COLD:** Chicken Pesto Caesar Salad w/Caesar Dressing; Tri Color Pasta Salad; Garlic Dinner Roll. **Nectarine**
22. Cream of Broccoli Soup **HOT:** Salmon w/Dill Sauce; Whipped Butternut Squash; Peas & Mushrooms; Rye Bread. **COLD:** Ham & Swiss Cheese on Rye Bread w/Lite Mayo; Potato Salad; Cauliflower Carrot. **Tapioca Pudding**	**23.** **HOT:** Hamburger w/American Cheese & Ketchup & Mustard on a Hamburger Roll; Red Pepper, Mushroom & Onions; Potato Salad. **COLD:** California Chicken Salad on Wheat Bread; Lo Mein Pasta Salad; Cole Slaw. **Pears** 	**24. Seafood Chowder** **HOT:** Honey Mustard Chicken; Whipped Sweet Potatoes; Fresh Zucchini & Red Peppers; Wheat Dinner Roll. **COLD:** Egg Salad (V) on Multigrain Bread; Pasta Vegetable Salad; Summer Squash Salad. **Watermelon**	**25. Mushroom Barley Soup** **HOT:** Stuffed Shells w/Tomato Sauce (V) & Meatball; Mixed Vegetables; Rye Bread. **COLD:** Turkey & Cheddar Cheese on Scali Bread w/Lite Mayo; Corn Salad; Broccoli Slaw. **Applesauce**	**26.** **HOT:** Roast Pork w/Apple Glaze; Butternut Squash; Peas & Onions; Oatmeal Bread. **COLD:** Vegetarian Chef Salad (V) w/Lite Italian Dressing; Garden Shell Pasta; Pumpernickel Bread. **Fruit Loaf**
29. Split Pea Soup **HOT:** Baked Chicken w/Gravy; Stuffing; Cranberry Sauce; Broccoli; Oatmeal Bread. **COLD:** Roast Beef on Pumpernickel Bread w/Swiss Cheese & Mustard; English Pea Salad; Summer Squash Salad. **Peaches**	**30.** **HOT:** Beef Stew; Corn; Wheat Dinner Roll; Tossed Garden Salad w/Lite Italian Dressing. **COLD:** Garden Salad w/Seafood Salad; Balsamic Vinaigrette Pasta Salad; Scali Bread. **Vanilla Pudding w/Topping**	**31. Tomato Basil Soup** **HOT:** Baked Fish w/Broccoli Cheese Sauce; Brown Rice Orzo Pilaf; Mixed Vegetable; Wheat Bread. **COLD:** Curry Chicken Salad on Multigrain Bread; Lo Mein Pasta Salad; Spinach & Mandarin Salad w/Lite Italian Dressing. **Cantaloupe**	(V) = Vegetarian | All soups contain beef, chicken, or shellfish bases and are NOT vegetarian; served w/crackers. ***Denotes Higher Sodium $2.00 Suggested donation per meal All soups served with crackers. **YOU CAN OBTAIN A COPY OF YOUR MONTHLY MENU AT WWW.SPRINGWELL.COM**	

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, August 23 (note date change)** we celebrate August birthdays at the monthly Birthday Lunch. The sponsor of this lunch has happily provided a complimentary lunch and a small gift to all August birthday celebrants. Now it is easier than ever to register for our monthly birthday celebrations! Just call 617-730-2747 to reserve a lunch on the business day prior before 10:30 am and you are all set. When you arrive for lunch on the day of the party, the leader of our birthday celebration will come around to all the tables to make sure that we don't miss any of our special attendees celebrating their birthdays that month.

LET'S 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.

LET'S GO OUT TO LUNCH BUNCH

Join the Out to Lunch Bunch for a lovely lunch buffet at the VineRipe Grill, located at the Robert T. Lynch Municipal Golf Course on **Tuesday, August 30 at 12:00 noon**. For **$12.50 (cash only)** per person, tax and gratuity included, enjoy a buffet of assorted mini cold cut sandwiches on brioche rolls (turkey & cheese, ham & cheese, all white tuna salad), Caesar salad, a bag of chips, lemonade and iced tea. Space is limited and you must **register by August 23** for planning purposes. For reservations and transportation, call 617-730-2770. For those registered for van transportation, ***please note the van leaves the Senior Center at 11:30 am*** sharp.

DOWNSIZING IN AN UP MARKET

Join Dan Gorfinkle, CRS, ABR, CPA, from RE/MAX Unlimited on **Wednesday, August 24 at 1:00 pm** to learn more about the process of downsizing. Dan will discuss the top ten things to know if you're getting ready to downsize, what a senior move manager is versus a general mover, what contractors or service pros are typically needed with a move, and how to stage your property. He'll also discuss what things you need to consider if you are moving to senior living or a condo after years in a single family home. To register, please call 617-730-2770.

MOVIES FOR FILM LOVERS

Come to the Senior Center on **Tuesdays in August 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, August 2
I Saw the Light
(2016)
2hr. 3min.
The story of the country-western singer Hank Williams, who in his brief life created one of the greatest bodies of work in American music. The film chronicles his rise to fame and its tragic effect on his health and personal life.

Tuesday, August 9
My Big Fat Greek Wedding 2
(2016)
1hr. 34min.
A Portokalos family secret brings the beloved characters back together for an even bigger and Greeker wedding.

Tuesday, August 16
NO MOVIE TODAY - SPRINGWELL BBQ

Tuesday, August 23
The Revenant
(2015)
2hr. 36min.
A frontiersman on a fur trading expedition in the 1820s fights for survival after being mauled by a bear and left for dead by members of his own hunting team.

Tuesday, August 30
Race
(2016)
2hr. 14min.
Jesse Owens' quest to become the greatest track and field athlete in history thrusts him onto the world stage of the 1936 Olympics, where he faces off against Adolf Hitler's vision of Aryan supremacy.

Taken from www.imdb.com

SPRINGWELL BBQ

Springwell's Annual "Indoor" BBQ will take place on **Tuesday, August 16, at 12:00 noon** and will include a performance by our old friend, Tommy Bahama at 12:30 pm. Please note that you **MUST** be registered for the BBQ in order to attend the concert. Space is limited and ***reservations for this event must be made by calling 617-730-2747 before 10:30 am on Friday, August 12.***

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.

HANDICAPPED ACCESS

The Town of Brookline does not discriminate on the basis of disability in admission to, access to, or operation of, its programs, services, or activities. If you need special accommodations, contact the Council on Aging at 617-730-2777.

LGBT OUT 2 BRUNCH BUNCH!

Goddard House, in partnership with the Brookline Council on Aging, ETHOS, the LGBT Aging Project and the City of Boston Commission on the Affairs of the Elderly, supports the LGBT Older Adult Out 2 Brunch Bunch! The group will meet monthly for brunch on the third Saturday of every month. **In August we will meet on the 20th 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

Ruth Geller 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!

ACUPUNCTURE CONSULTATION

Acupuncture is a safe and effective form of health care for many chronic conditions. Beginning **Thursday, August 18**, the Brookline Senior Center is pleased to offer a program for interested persons to find out about acupuncture and its benefits for them. A licensed acupuncturist, Julia Herskowitz, LicAc, MAc. will be available to meet with individuals to explain the nature of and the usefulness of acupuncture for various conditions, assess the usefulness of acupuncture for each person she meets with, and to give a **one time** demonstration-treatment, if desired by the individual, to see what acupuncture feels like. This **one time** treatment will be done in a chair with several people in the same room. Consultations will be private. For people who wish to pursue further treatment with acupuncture, there will be referral information to nearby acupuncturists with private practices. A requested donation of $3-$5 is requested at time of appointment. To schedule an appointment, please call 617-730-2777

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100 Centre Street

112 Centre Street

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Center Communities of Brookline
Hebrew SeniorLife

AUGUST AT A GLANCE

Monday, August 1
Tuesday August 2
1:00pm Movies for film lovers-*I Saw The Light*
Wednesday, August 3
9:00am-12:00noon -Brookline Legal Assistance
2:00-3:00pm Blood pressure Clinic @ BPHD*
6:00pm Summer Concert-Nowheremen
Thursday, August 4
12:00-1:30 Taste of Poetry at the Main Library*
1:30pm Easy Travel with Jamie to Denmark
Friday, August 5
Monday, August 8
Tuesday August 9
1:00pm Movies for film lovers-*My Big Fat Greek Wedding 2*
Wednesday, August 10
1:00pm COA Nominating Committee Meeting
2:00pm Dance Caliente***
6:00pm Brookline Summer Concert-Chasing Blue
Thursday, August 11
12:05 Paw Sox Game **van leaves at 9:45am***
Friday, August 12
Sunday, August 14
2:00pm Theatre *Club-Crazy for You****
Monday, August 15
Van Tour of Boston with Stephen Collins***
2:00-3:00pm Book Discussion group at Putterham-Journey to Munich*
Tuesday August 16
Springwell BBQ with entertainment***
(No Movie)
Wednesday, August 17
1:00pmRussian Fall Prevention***
1:00pm Low Vision Group
Thursday, August 18
9:00-10:00am Blood Pressure Clinic
1:00pm Diabetes Presentation ***
1:00-2:00pm Brookline Hearing Services
Friday, August 19
Saturday, August 20
11:00am-1:00pm LGBT Out 2 Lunch Brunch*
Monday, August 22
1:00pm Genius of George Gershwin presentation***
Tuesday August 23
9:00-10:00am Public Issues Nonfiction Book Group-*All The Shah's Men*
12:00 noon August Birthday Lunch***
1:00pm Movies for film lovers-*The Revenant*
Wednesday, August 24
9:00am-12:30pm Diabetic Shoe Clinic:***
1:00pm Downsizing In an Up Market Presentation***
1:00-2:00pm Blood pressure Clinic @ 61 park Street*
Thursday, August 25
1:00-3:30 Diabetes Self Management***
Friday, August 26
Monday, August 29
Tuesday, August 30
12:00 noon Out to Lunch –Vine Ripe Grill***
1:00pm Movies for film lovers-*Race*
Wednesday, August 31
1:30-3:00 Memory Café ***

ONGOING SENIOR CENTER EVENTS

Monday

8:30 am-4:30 pm Fitness Center Open—Membership required
8:45-10:15 Strength Training **
10:00-11:30 am Poetry Workshop ***
10:00-12:30 Intro to Watercolor**
10:30-11:30 Senior STRETCH **
12:00 noon Springwell Lunch***
12:30-3:30 pm Mah Jongg/Scrabble
2:00-4:00pm Open Computer Lab

Tuesday

8:30 am-4:30 pm Fitness Center Open—membership required
One-to-One Computer Sessions (call 617-730-2777 for appointment ***
9:00-12:00 noon Reiki Therapy ***
10:00 am Flexibility, Resistance Training, and Balance
10:15 am Brookline Bees, Quilters
11:00-11:45 Tuesday Morning Dance Party
12:00 Springwell Lunch ***
12:00 noon French Conversation
12:00-4:00 pm BETS
12:30-3:30 pm Canasta Group***
1:00 pm BINGO
1:00 pm Movies for Movie Lovers
2:00-3:00 pm Exercise for Health & Rejuvenation
2:30-3:00pm 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
9:00-11:00 TRIPPS office hours
9:30 Art for Pleasure Class ***
10:30 am Arthritis Exercise ***
10:30 am and 1:30 pm Knit and Crochet
11:00-1:00pm TRIPPS office hours
12:00 noon Springwell Lunch ***
12:00-1:00 pm Intermediate Spanish***
12:30-3:30 Mah Jongg
1:00-3:00 Chess
1:15-2:15 pm Beginning Spanish Class***
2:30 pm Spanish Immersion Conversation Group***
2:00-4:00pm Open Computer Lab
4:00-4:30 Balance Class***

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

SPONSORSHIP LEVELS

Diamond—$2,500 8 tickets to event, acknowledgment in the invitation and a full page ad in the program book.

Ruby—$1,000-$2,499 6 tickets to event, acknowledgment in the invitation and a full page ad in the program book.

Sapphire—$750-$999 4 tickets to event, acknowledgment in the invitation and a half page ad in the program book.

Emerald—$500-$749 2 tickets to event, acknowledgment in the invitation and a half page ad in the program book.

Topaz—$300-$499 2 tickets to event, acknowledgment in the invitation and a business card size ad in the program book.

Individual tickets are available for $100 and $65 for seniors. Kindly respond by Friday, **August 19, 2016** to be included in the invitation & program book, Contact Ruthann Dobek 617-730-2756 or rdobek@brooklinema.gov

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

A special thank you goes to our state legislators who worked diligently to increase funding for elders. We will be awarded in the state formula grant $10.00 per elder in a budget that had much competition. Due to a potential decrease in state revenue, the Governor may veto the increase. Watch our newsletter space next month for an update. Our legislative team of Frank Smizik, Jeffrey Sanchez, Michael Moran, Ed Coppinger, and Cynthia Creem deserve our gratitude for being strong, elder advocates.

Save Wednesday, October 26, on your calendar for our 15th Annual Autumn Benefit. This year we will be honoring Alan Balsam, Director of Public Health for his long time commitment to elder services. I am proud to announce that once again Beth Israel Deaconess Medical Center is a diamond sponsor, having already committed to this event. We are planning a fabulous evening of delicious food and great entertainment. We expect this to be a sellout. Please consider donating at a sponsorship level to support our critical needs.

Transportation continues to be a major concern for elders. Our TRIPPS Program can assist you in finding alternative transportation options. Please call Kerri Ann Tester at 617-730-2644 for more information. We are committed to improving the transportation service. One way you can help is by sending a donation to support our Van Fund, which is dependent on your gifts to continue.

While some of our regular classes are on vacation, August still has some great activities here at the Senior Center. Please join us! They include Dance Caliente on Wednesday, August 10 at 2:00 pm (p.1), the Springwell BBQ on Tuesday August 16 (p. 18) and the Genius of George Gershwin on Monday, August 22 at 1:00 pm (p. 1).

Enjoy the lazy days of August. If you get a chance, enjoy the Recreation Department's outdoor concerts and movie series. Before you know it, the hectic after Labor Day season will be here.

Ruthann Dobek, Director

FROM THE BOARD PRESIDENT

The Senior Center's 15th Annual Autumn Benefit will be held on **Wednesday, October 26 at 6:00 pm.** This year we are honoring Alan Balsam, Director of Pubic Health for his long term commitment to elder service. The evening will include great food, raffles, and entertainment. Proceeds will go toward important services important to Brookline Seniors.

Sponsorships are welcome from individuals, companies, and nonprofit organizations (For more information, contact Ruthann Dobek at rdobek @brooklinema.gov or 617-730-2756. We also welcome gift certificates, merchandise, and services to be raffled. Tickets will be on sale soon.

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

BROOKLINE RECREATION SUMMER CONCERT SERIES

Family and friends can gather for an evening of good friends and great entertainment at **6:00 pm.** Bring a picnic basket, your lawn chair, and a group of people eager to have a good time, then sit back, and enjoy a variety of music including pop, folk, oldies, bluegrass, country and rock. In case of inclement weather, cancellations will be made by 3:00 p.m. the day of the performance. Check online or call 617-730-2069.

Wednesday, August 3
Nowheremen (Emerson Garden) Beatles Tribute

Wednesday, August 10
Chasing Blue (Waldstein Park) Bluegrass

TRIVIA CORNER

1. How many people have walked on the moon?
2. Who sang the version of the song "Day-O" (The Banana Boat Song) released in 1956?
3. Who was the first President to have a Christmas tree in the White House?
4. When referring to computer memory what does the acronym RAM stand for?
5. Which city is said to be built on seven hills?
6. Who is the author of The Hobbit and the Lord of the Rings trilogy?
7. Which two Presidents died on the same day in 1826?
8. Which painter started the impressionist movement?
9. Robert James Fisher is famous for what game?
10. What year did Canada become a country? 1776, 1867, 1902
11. The Writer Eric Blair went by what pen name?
12. Which president was the first to own a car?
13. Who was the first President to earn a Ph.D.?
14. At what speed does a tropical storm become a hurricane? 50 mph, 75 mph,100, mph
15. By area what is the smallest ocean in the world?
16. Which President dedicated the Statue of Liberty?
17. What 3 countries do not use the metric system?
18. Which is the first book of the Bible?
19. In what month is the earth closet to the sun?
20. In the movie *Back to the Future* what speed did the DeLorean need to reach in order to achieve time travel? 88 mph, 100 mph, 200 mph, over 300 mph

Answers on page 31

LAUGH OUT LOUD

A man is becoming hard of hearing. His family encourages him to get a hearing aid but his pride gets in the way and he refuses. Eventually though he realizes how many conversations he has difficulty hearing so he goes to a doctor and gets a hearing aid. He returns to the doctor a few weeks later for a checkup appointment. At that appointment, the doctor asks him how the hearing aid is working out. He replies that he now hears well and regrets that he waited so long to get it. The doctor then asks what his family thinks about him now agreeing to get one. He replies that he hasn't told his family that he got a hearing aid, but now that he can hear them, he has changed his will three times.

Three women get together for their weekly card game. The first one says: "Humpf." The second one says "Oy!." The third one says "Argh!" The fourth woman says "I thought we agreed not to talk about our children.

REIKI THERAPY

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

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.

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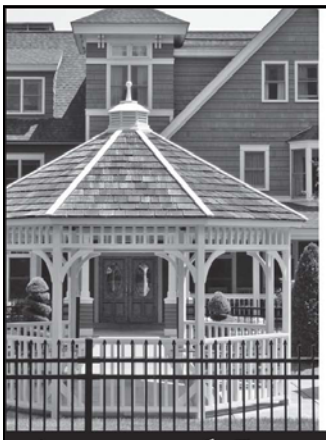
IF YOUR SUBSCRIPITION IS HIGHLIGHTED IN YELLOW PLEASE RENEW



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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.

PROUD TO SUPPORT THE BROOKLINE SENIOR CENTER

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FOOD COMMODITY PROGRAM VOLUNTEERS NEEDED

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 at 617 730 2743 to set up an appointment.**

AUGUST SPOTLIGHTED VOLUNTEER OPPORTUNITIES

This month's spotlighted opportunities include: conversation and refreshments for the Memory Café – 1:30-3:00 on the 4th Wednesday of each month, friendly visitors, Russian interpreter for the Food Commodity program for 3 morning hours on the 3rd Wednesday of each month, shoppers for seniors during the summer when the Brookline High School SHOP program is not in session, lunch check-in on Mondays and Tuesdays. If you would like to apply for these or other volunteer opportunities at the Brookline Senior Center, please call Patricia, Volunteer Coordinator at 617- 730- 2743 or email her at pburns@brooklinema.gov

MODERN BEADING WORKSHOP VACATION

We will be on vacation for the Summer. Please watch the newsletter and the TAB for the return of this workshop.

SAVE THE DATE-

ALZHEIMER'S WALK

The 2016 Alzheimer's Walk will be held on Sunday, September 25. Please sign up for the Brookline Senior Center Alzheimer's Walk team. Put your walking shoes on and get donations from your friends. You can walk either 1 ½ or 3 ½ miles while enjoying a lovely view and visiting with friends. Transportation will be provided to and from the Senior Center. While the walk is not until September, please call Patricia, Volunteer Coordinator at 617 730 2743 or email at **pburns@brooklinema.gov**. to sign up.

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Thursday, August 18

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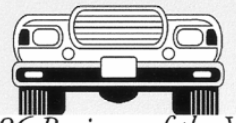

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UKULELE GROUP ON VACATION IN JULY AND AUGUST

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.

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Ruthann Dobek
Anonymous - support the Tuesday morning dance and coffee fund
Pari Anvar – for the new Ping Pong table
Milton Soldz – for the new Ping Pong table
Phyllis and Murray Marcus
Anonymous
Sherry Lee-annual appeal and ping pong fund

In Honor of:

Lourdes Ileto *honoring* Fran Pechenick
Claire Yung and the Chinese Mah Jong Group *honoring* the Chinese Mah Jong program
Ellen Zellner *honoring* Anna Higgins and the Monday poetry group
Kathryn Kilpatrick *honoring* the birthday of Sharon Stommel

In Memory of:

Robert Ceely from Jonatha Ceely
Rabbi Don Pollock from Betsy Pollock
Enid Leipman from Francine and Arnie Aaron
Helen Kass from The Mediation Group supporting the Alzheimer's Caregivers Support program
Minna Bauman from Francine and Matthew Figelman
Honey Pollock from Jean and Maggie Dwyer
Helen Kass from Ruthann Dobek
Helen Kass from the Senior Stretch class
Max Sigel from the Senior Chorus
Anne Caplan from Doreen Gordon and Yolanda Rodriguez
Virginia Geller from Betsy Pollock
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GOOD FRIENDS BETTY LATNER

GOOD FRIENDS

Good friends are such a treat
They make our lives so complete
So whether we cry or smile
They always go the extra mile.

Hugs and Love Always

Betty

In Memory of Betty Latner from:

Eleanor Small, Ruth Geller, Lily Ederstern, Louise Fireman, Elin Schultz, Margaret Werner, Matt Figelman, M. Mostashari (Moe), Shirle Goldstone, Candace Moffatt, Ruth Werksman and Jeanette Hyman

Answers from P. 25

1. Twelve
1. Harry Belafonte
2. Franklin Pierce
3. Random Access Memory
4. Rome
5. J.R.R. Tolkein
6. Adams and Jefferson
7. Monet
8. Chess
9. 1867
10. George Orwell
11. Taft
12. Wilson
13. 75 mph
14. Artic
15. Grover Cleveland
17. US, Liberia and Myanmar
18. Genesis
19. January
20. 88 mph

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

What do our recent clients say?

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

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

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

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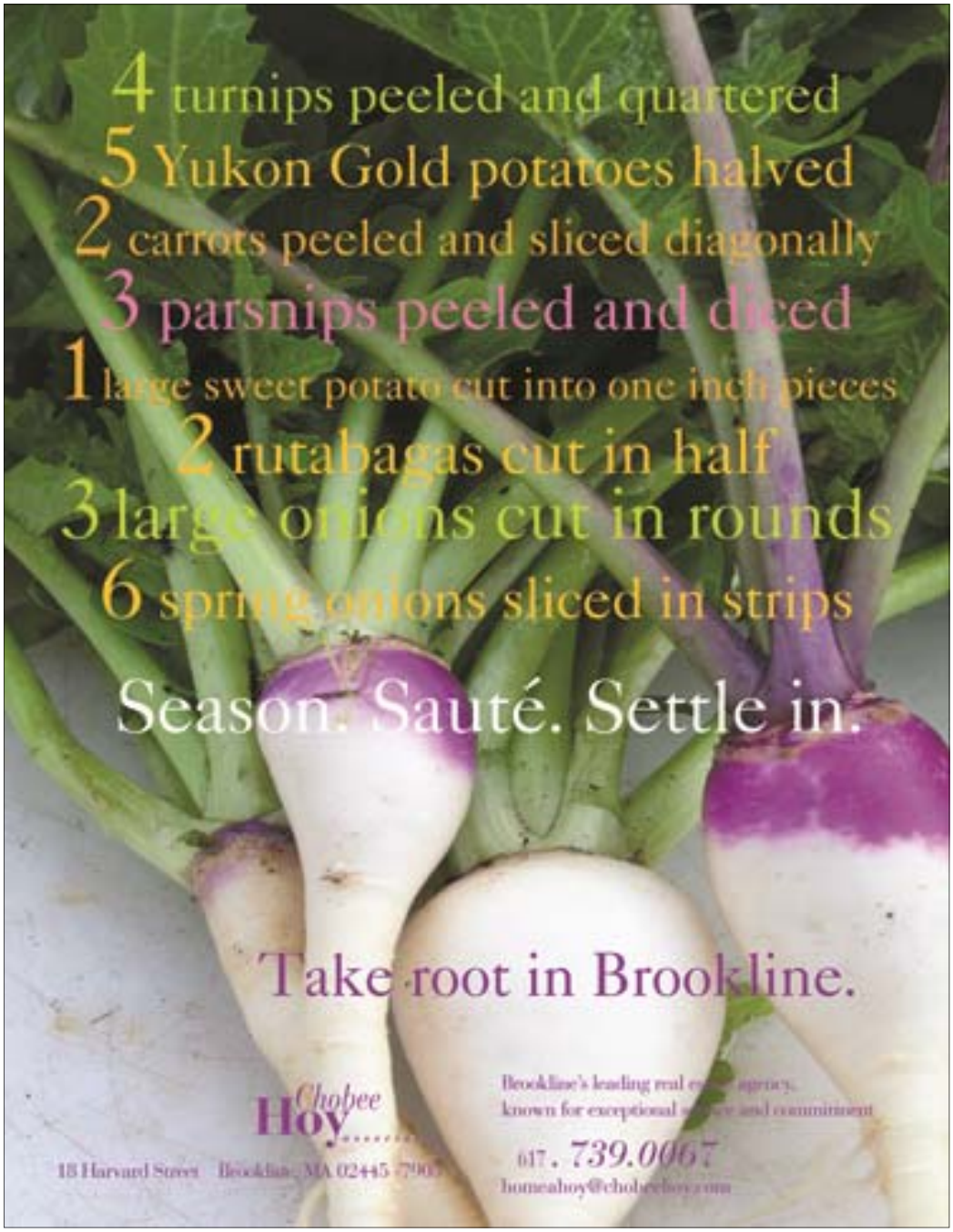
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