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

OCTOBER 2016

HIGHLIGHTS

Wednesday, October 5 at 1:00 pm
We will discuss the two warrant articles supported by the Council on Aging (See P.7).

Sunday, October 16 at 2:00pm
New Rep Performance comes to the Senior Center (See P.10).

Monday, October 24 at 1:00 pm at the Senior Center very important Brookline Green Electricity forum. (See P .9).

Tuesday, November 1 Flu Clinic at the Senior Center (see P.3).

ANNUAL AUTUMN BENEFIT

Attend the **15th Annual Autumn Benefit** at the Senior Center on **Wednesday, October 26, starting at 6:00 pm**. This is a GALA event and one you won't want to miss. It's also our major fundraising event of the year, and helps support the Center's operating budget. This year we are honoring **Alan Balsam**, long-time supporter of the Senior Center, and much-loved community benefactor.

The top floor of the Senior Center will be transformed for the evening into a spectacular ballroom with hors d'oeuvres, wine, a sumptuous buffet, a dance band, and more. Tickets are $100 per person ($65 per senior).

Look for your invitation in the mail, at the Senior Center, or at the Senior Center website, brooklineseniorcenter.org. **RSVP by Wednesday, October 19 to ensure your space at this special event.** If you cannot attend, please consider a tax deductible contribution by check or make an online donation at www.brooklineseniorcenter.org.

TOUR THE SENIOR CENTER

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

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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.

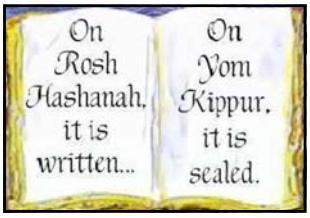
Subscription fee: $10.00/year. See page 31 for subscription/renewal form.

OCTOBER OBSERVANCES

On **Monday, October 10**, the Senior Center will be closed in observance of **Columbus Day**, a celebration of Italian-American heritage.

Columbus Day celebrations often include parades and street fairs featuring colorful costumes, music, and Italian food.

Some cities and towns use the day to honor indigenous peoples; Activities include pow-wows, traditional dance, and lessons about Native American culture.



Rosh Hashanah, The Jewish New Year, begins on **Sunday, October 2** at sunset. **Yom Kippur**, also known as the Day of Atonement, the holiest day of the year for Jewish people, begins at sunset on **Tuesday, October 11.** United Nations Day is on Monday, October 24, and Halloween is on Monday, October 31.

ANNUAL FLU CLINIC

The flu clinic at the Senior Center is scheduled for **Tuesday, November 1 from 11:00 am-1:00 pm.** There is no charge for the vaccine. All persons (6 months and older) should receive the vaccine each year. Please remember to bring all health insurance cards and wear loose-sleeved clothing. For more information call 617-730-2336. Please NOTE: the Springwell lunch will be a cold boxed lunch the day of the Flu Clinic.

MEMORY CONNECTIONS CAFÉ

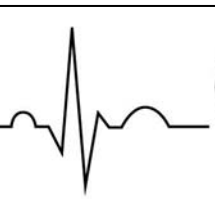
On **Wednesday, October 26 from 1:30-3:00pm** at Danesh Residences ***100 Centre St./Center Communities (*please note location change*)***, there will be the free monthly Memory Connections Cafe for people with early memory challenges and their care partners to connect with their peers. Both participate 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 care partner 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. Thank you to Center Communities for hosting the event!

TAXES, SOCIETY, AND FAIRNESS.

Both Hillary Clinton and Donald Trump have tax plans to help Americans but the plans are quite different. One major difference concerns who bears the burden of taxation. Trump's plan substantially reduces taxes on the very rich whereas Clinton's raises their taxes. Both agree they want to help the middle class, but who, exactly, is in the middle class? How do we decide if the rich are paying too much tax or not enough? What criteria should we use in deciding fairness?

Join Marjorie Kornhauser, Professor of Law at Tulane Law School, **on Wednesday, October 19 from 1:00-3:00 pm** for an interactive, philosophical discussion **(NOT a political debate)** about fairness in the context of taxation. Space is limited so please call 617-730-2770 to register.

THE HEALTH PAGE



Beth Israel Deaconess Medical Center

Ask a Nurse Lynn Schuster, a nurse from the Greater Medford Visiting Nurse Association will be at the Senior Center on **Thursday, October 6 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, October 19 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, October 20 from 9:00-10:00 am at The Senior Center.
Wednesday, October 5, from 2:00-3:00 pm at BPHD building on Pierce Street.
Wednesday, October 12 from 1:00-2:00 pm at Sussman House
Wednesday, October 26 from 1:00-2:00 pm at 61 Park Street.

Blood Sugar Screening Olga Abamelik, RN, now affiliated with Suburban Home Care, will return to the Center to do blood sugar screenings on **Thursday, October 20 from 11:00 am-12:00 noon.**

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

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

Brookline Hearing Services The staff from Brookline Hearing Services will be visiting the Brookline Senior Center on **Thursday, October 20 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: I have been diagnosed with osteoporosis. My doctor told me it is very important that I take medication. I have read about the side effects and do not trust the medication. Is there anything else I can do to strengthen my bones? I walk and exercise but at 91, I have slowed down.

ANSWER: Osteoporosis is a word that describes bones that have become weaker as a result of the body losing too much bone or not making enough bone. This makes the bones more susceptible to breaking (fractures), either from a fall or even from something more minor, such as a sneeze. It is very common and increases as people get older. It is more common in women, but men also may suffer from it. Often people don't know they have osteoporosis until they break a bone. The bones that are most commonly broken are the hip, the backbone (spine) or the wrist. It can cause people to lose height.

Some medicines can make the bones more prone to osteoporosis, such as steroids, antacid medications and thyroid medicines at doses that are too high.

The best way to diagnose osteoporosis is with a bone mineral density scan (BMD), a very simple test which is painless (no needles). All women should have a BMD at age 65 and men at age 70, and then every several years (it is not necessary to have a BMD every year and probably not more than every 5 years, depending on the results.)

At this time, the recommendations for both prevention and treatment of fractures are **calcium and vitamin D3.** The **calcium** should be 1000mg daily, preferably in food (milk, yogurt, including lactose-free milk and yogurt if you are lactose intolerant). To calculate the amount of calcium in food, the nutrition label on the package will say "calcium 45%", so if you add a zero to the 45, you will get 450, which is the number of milligrams in a serving. **Vitamin D3** is best taken by pill, 1000 IU daily.

Weight bearing exercises (walking, stair climbing, dancing, tennis) and muscle-strengthening exercises such as yoga and stretch exercises also help reduce the risk of falls and fractures.

However, although calcium and Vitamin D are helpful, in order to build the bones and make them stronger, often medications are needed. People are often scared away when they read the side effects, and not everyone needs these medicines. However, for those who at highest risk for fractures (people with very low BMD scores, those who fall easily, are taking certain high-risk medications, those who have already broken bones), the side effects of the medications probably are not as dangerous as the chance of falling and breaking a hip or spine. These medicines are proven to decrease the risk of fractures dramatically.

The medications come in various forms. Some are pills you take once a week. There is an intravenous form that you can get once every 1-2 years. There are also injections that help build up the bones that are either injected daily or another which is injected every 6 months.

The most important first step is to get a bone mineral density scan and then discuss the options with your doctor. Until then, exercise and take calcium foods and daily Vitamin D.

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, Oliver Buckley 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, October 5 from 9:00 am-12:00 pm** to consult on legal matters of law. **This service is offered for Brookline residents only, 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.**

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 call The Council on Aging and ask to be put on the Food Stamp assistance return phone call list. Someone will return your call as soon as possible 617-730-2777.

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 Thursday 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.

COUNCIL ON AGING MEETING

On **Wednesday, October 5 at 1:00 pm**. (**NOTE:** The time was changed due to the Jewish Holiday) Susan Granoff and Henry Winkelman will discuss the two warrant articles. The COA will vote on these Articles.

- **Article 33** addressing property tax concerns for senior homeowners with modest incomes.
- **Article 34** requesting the Board of Selectman, the Planning Board, and the Housing Advisory Board initiate the required steps to purse the appropriate development of affordable or mixed income senior housing.

We are always welcoming new members. If you are interested, please contact Ruthann at 617-730-2756 or rdobek@brooklinema.gov.

CHARLIE CARD CHANGES

The CharlieCard Store is making two important changes to increase efficiency and help deliver better service to customers. These changes took effect on **Thursday, September 1, 2016. New Store Hours at the CHARLIECARD store are Monday-Friday 8:30 am.– 5:00 pm**. The CharlieCard Store will no longer process transactions that can be completed at a fare vending machine.

DANCING WITH THE BROOKLINE STARS

On Saturday, **November 5 from 6:30-10:30 pm** Betsy Pollock will dance for the Brookline Senior Center at Our Lady of Annunciation Church, 7VFW Parkway, West Roxbury, Ma.

Betsy is raising funds for the much needed transportation service to help vulnerable seniors who are no longer driving. This will keep our seniors safe and engaged in our community. For ticket information please visit www.brooklinerotart.org

You can also make your tax deductible donation payable to the Brookline Senior Center, 93 Winchester Street, Brookline, Ma 02446 or donate online at www.brooklineseniorcenter.org and click the yellow Donate button and remember to type in Dancing with the Stars in the add special instructions box.

We Love it Here!

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

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- Short-Term Stay Program
- Dedicated Memory Care Program
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COREY PARK

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617-731-0505
www.CoreyPark.com

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Services:

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

ZUMBA GOLD

Get in shape and have fun with Zumba Gold at the Senior Center! Join our new Zumba Gold instructor, Emily Brenner. On **Thursdays through November from 1:30-2:30 pm.** The cost for the fall session is $7 per session. And free for Brookline Housing Authority residents thanks to the Brookline Multiservice Senior Center Corporation, a 501 (c)(3) corporation that supports Senior Center programming.

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.

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.

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.

ANNOUNCING BROOKLINE GREEN ELECTRICITY

Are you interested in potential savings on your electric bill? Through Brookline Green Electricity, rolling out this January, the Town of Brookline will purchase electricity on behalf of eligible residents and businesses. **Attend the Town's forum at the Senior Center on October 24 at 1:00 pm** to learn about automatic enrollment and program options.

www.brooklinegreen.com or contact Maria Morelli, Senior Planner at 617-730-2670.

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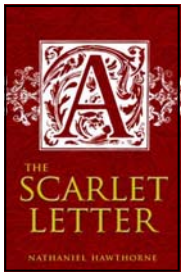
SENIOR CENTER THEATER CLUB NEW REP COMES TO YOU



Sunday, October 16 at 2:00 pm
The Scarlet Letter
New Rep Performance at the Senior Center

The Scarlet Letter by Nathaniel Hawthorne is a story of universal and highly relatable themes. The character's persecution and redemption draw us into a world of austere artifice where real human impulses are hidden away under masks of propriety that characterized early colonial America. In terms of design, this time and society were characterized by modesty that not only stemmed from the church, but from the lawmakers themselves. Therefore, the fabrics that one could wear were literally restricted to certain classes. These strict rules make Hester's scarlet 'A' all the more shocking as red dye in the 1600's was a rare and costly luxury. Set against a background of gray, brown and black, it is easy to understand how "the scarlet letter" on her bodice would seem to 'burn'. The cost is $5: free for BHA residents. Space is limited so please register by calling 617-730-2777.

LET'S PLAY SOME PING PONG!

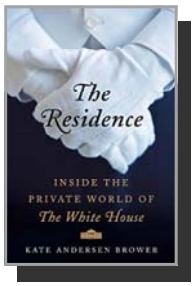
Lin Sasman, our wonderful Ping Pong Coordinator, is here on **Friday afternoons from 1:00-5:00 pm.** If you want to drop in for a quick game, Lin will be available to help you connect with players of similar abilities. All are welcome, beginner and seasoned player.

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.

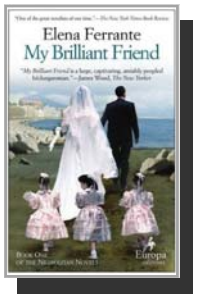
BOOK DISCUSSION GROUP AT THE PUTTERHAM LIBRARY

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

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



Monday, December 19
My Brilliant Friend
by Elena Ferrante

E.L.F. MONTHLY FEATURED ITEMS AND NEWS

The Equipment Loan Fund has a large amount of available equipment which includes typical DME, as well as unique items such as inflatable air mattresses and cushions. If you or anyone you know could use these, please call Jamie at 617-730-2753.

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.

LIVING OUR VALUES

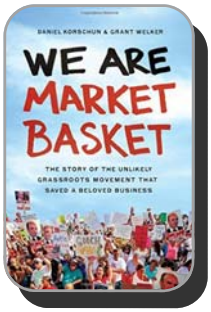
This group meets at the Senior Center on **Wednesday mornings from 9:00 to 10:00 am.** Facilitator, Tom Faulhaber uses current events and issues as triggers for discussion at meetings. Hone your values in this age of controversy and conflict.

PUBLIC ISSUES NONFICTION BOOK DISCUSSION GROUP

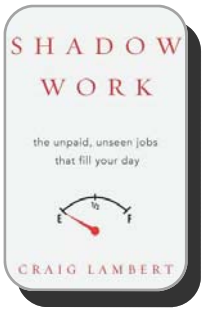
At the Senior Center

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.

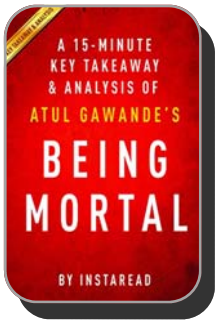
The Coolidge Corner Branch Library will have copies of the books available several weeks ahead of each meeting. Suggestions for future titles are encouraged. Meeting time is **9:00 to 10:00 am on the fourth Tuesday of each month.**



Tuesday, 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)



Tuesday, November 22, 2016
Shadow Work: The Unpaid, Unseen Jobs That Fill Your Day
by Craig Lambert (Counterpoint Press (The Perseus Books Group)



Tuesday, December 20, 2016
Being Mortal: Medicine and What Matters in the End
By Atul Gawande (Metropolitan Books Henry Holt & Company)

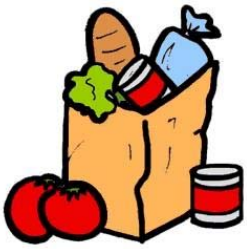
Information: On the Brookline Library website, click on Discussion Groups New and follow the link to Public Issues Group.

-SAVE THE DATE-

FALLING SHORT

Join us on **November 9 from 6:00-8:00** pm at Godard House to hear Andrew D. Eschtruth speak about Falling Short and the vivid picture it provides of the coming retirement crisis and the specific solutions it offers that are both conceptually simple and eminently feasible because they build on the existing retirement system. Many of today's workers lack the resources to retire at traditional ages and maintain their standard of living in retirement. Solving this problem is a major challenge because risk and responsibility have shifted from government and employers to individuals.
Andrew Eschtruth is Associate Director for External Relations at the Center for Retirement Research at Boston College, where he directs the Center's communication activities and manages relationships with the government, foundations and corporations. Before joining the Center in 1999, Mr. Eschtruth was a senior research analyst with the U.S. Government Accountability Office specializing in Social Security, federal fiscal policy and the economic implications of an aging population.
Free of charge– RSVP to Jenna Henning 617-731-8500 ext. 152 or email jhenning@goddardhouse.org Sponsored by The founding partners: Brookline COA, Goddard House, Jewish Family and Children's Service,

GREATER BOSTON FOOD BANK FOOD COMMODITY PROGRAM



The Greater Boston Food Bank Commodity Program provides shelf-stable food to income eligible 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.

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

REEL IN THE CLOSET

Join us on **Wednesday, October 19 at 7:00 pm** at the Coolidge Corner Theatre. **Tickets** online at www.coolidge.org or at the theatre. This is an exclusive public screening with Director Stu Maddux, the director of the award-winning Gen Silent. The Reel in the Closet is a feature length documentary that lets us connect with LGBTQ people from the past through the rare home movies that they left for us. Q&A follows the screening at the theatre.

This special event includes a **pre-screening reception from 5:00 to 6:00 pm with Stu Maddux at the Senior Center.** To attend the reception RSVP to 617-730-2770 (space is limited). **Sponsored include :** Goddard House, BrooklineCan, Center Communities of Brookline, Beth Israel Deaconess Medical Center and the Brookline Senior Center.

BRIDGE FOR EXPERIENCED PLAYERS

Jan Davidson, Bridge Coordinator, welcomes experienced players on **Friday mornings at 9:00 am sharp**. Give the revolving bridge game a try.

TRIPPS CHALLENGE

To join us in this challenge just pick a destination, and travel in a way that is new to you. The only rule is that you have to make your trip without driving yourself. You can take the T, ride a bus, call The RIDE, catch a ride with a friend, walk, bike and or use other creative means of travel. If you need ideas or help planning your trip, give your friendly neighborhood TRIPPS Transit Advisor a call at 617--730--2644. We are waiting to hear from you and are eager to help you take the Challenge.

After you make your trip, send your story to us, drop it off at the office, call 617--730--2644. or email us at challenge@TRIPPSMass.org. Every senior who shares their story will be entered in a raffle for prizes and recognition. Be sure to share your story with us by **Thursday, December 15.**

On **Friday, October 21 at 10:00 am** join us for our first of many "Field TRIPPS." Our resident MBTA enthusiast Barbara Kean will help lead us from Coolidge Corner to Copley Square. There, we will join an Art & Architecture tour at the Boston Public Library and explore the fall farmer's market. We will be back in Brookline around 1:00 pm. This event is free, but space is limited. Register in advance by calling 617-730-2644 or emailing info@trippsmass.org. For more information on what TRIPPS can do for you. You can also visit us on the Web at TRIPPS-Mass.org, on Facebook at facebook.com/trippsmass, We can't wait to hear your story.

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)

Duneshack Dreams

Monotypes by
Ginny Zanger

GALLERY HOURS

Monday-Friday 8:30 am-5:00 pm October 5 Through December 29
Reception with the Artist
Thursday, October 6 from 4:00 to 6:00 pm

ARE YOU READY FOR THE MEDICARE ANNUAL ELECTION PERIOD?

DO YOU KNOW WHAT TYPE OF HEALTH INSURANCE IS BEST FOR YOU?

On Tuesday, October 25 at 1:00 pm, Sue Flanagan, a Blue Cross and Blue Shield of Massachusetts representative, will present a brief overview of how Medigap plans and Medicare Advantage plans work with Medicare. The presentation will help attendees understand the weights and balances between Medigap and Medicare Advantage plans. All are welcome regardless of insurance coverage.

-SAVE THE DATE-

ANNUAL HOLIDAY CRAFT FAIR

NEXT MEETING

It's that time of year again! Time to start planning for our Annual Holiday Craft Fair on ***Friday, November 4 and Saturday, November 5.*** Please join us at our next meeting on **Monday, October 31 at 1:00 pm.** 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!

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, 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.

OPEN COMPUTER LAB

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

ACUPUNCTURE CONSULTATION

Acupuncture is a safe and effective form of health care for many chronic conditions. On **Thursdays, in October** , the Brookline Senior Center is pleased to offer a program for interested persons to find out about acupuncture and its benefits for each individual. 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.

EASY TRAVEL

On **Thursday, October 6 at 1:30 pm,** join armchair travel host Alice Fastov, as she shows slides of her trip to Iran during the time of the Shah.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3. **HOT:** Lasagna w/Marinara Sauce & Meatball; Spinach & Chickpeas; Wheat Bread. **COLD:** Seafood Salad on Rye Bread; Zucchini Salad; Orzo Vegetable Salad. **Orange**	**4.** *Autumn Special* **Tomato Basil Soup** Pot Roast w/Jardinière Gravy Garlic Mashed Potatoes Fresh Broccoli & Carrots Cinnamon Dinner Roll **Apple Turnover**	**5. Chicken Orzo Soup** **HOT:** Chicken w/Creamy Italian Sauce; Roasted Red Bliss Potatoes; Fresh Zucchini Squash & Red Peppers; Wheat Dinner Roll. **COLD:** Vegetable Chef Salad; Corn Salad; Multigrain Bread. **Chocolate Pudding w/Topping**	**6. Cream of Butternut Squash Soup HOT:** Potato Pollock Filet w/ Lemon Dill Sauce; Herbed Brown Rice; Multigrain Bread; Rinsed Beets & Onions. **COLD:** Roast Beef on Oat Bread w/American Cheese & Mustard; Summer Squash Salad; Potato Salad. **Mandarin Oranges**	**7.** **HOT:** Hot Dog***on a Hot Dog roll w/Ketchup, Mustard & Relish; Baked Beans; Cole Slaw. **COLD:** Chicken Pesto Caesar Salad; Macaroni Salad; Scali Bread. **Applesauce**
10. Columbus Day Holiday **Meal Site Closed**	**11.** **HOT:** Chicken Cacciatore over Ziti w/ Tomato Sauce & Parmesan Cheese; Fresh Broccoli; Multigrain Bread. **COLD:** Tuna Salad on Wheat Bread; English Pea Salad; Root Vegetable Salad. **Butterscotch Pudding w/Topping**	**12. Split Pea Soup** **HOT:** Fish Au Gratin; Fresh Butternut Squash; Italian Green Beans; Wheat Bread. **COLD:** Chef Salad w/Turkey; Orzo Vegetable; Multigrain Bread. **Mixed Fruit**	**13. Cream of Butternut Squash Soup HOT:** Spinach & Red Pepper Quiche (V); Whole Red Bliss Potatoes; Fresh Baked Tomato Half; Dinner Roll. **COLD:** Chicken Salad on Oatmeal Bread; Garden Shell Pasta Salad; Spinach & Mandarin Salad. **Orange**	**14. Chicken and White Bean Soup** **HOT:** Meatloaf w/Gravy; Mashed Potatoes; Carrots; Oat Grain Bread. **COLD:** Mediterranean Plate; Hummus; Pita Bread; Cucumber & Feta Salad; Israeli Couscous. **Tropical Fruit**
17. Vegetable Chicken Soup **HOT:** Chicken Marsala; Rice Pilaf Browned Orzo; Collard Greens & Onions; Oatmeal Bread. **COLD:** Mediterranean Tortellini Salad (V); Summer Squash Salad; Scali Bread. **Birthday Cake**	**18. Escarole & Bean Soup** **HOT:** Baked Scrod Filet w/Lemon Dill Sauce; Garlic Mashed Potatoes; Fresh Eggplant Ratatouille; Multigrain Bread. **COLD:** Roast Beef on Rye Bread w/Cheddar Cheese & Lite Mayo; Pesto Pasta Salad; Riviera Salad. **Mixed Fruit** **Birthday Lunch**	**19.** **HOT:** American Chop Suey; Fresh Broccoli; Scali Bread. **COLD:** Egg Salad on Multigrain Bread; Potato Salad; Roman Blend Salad. **Peaches**	**20.** **HOT:** White Bean & Kale Stew (V); Herbed Brown Rice; Pumpernickel Bread; Tossed Garden Salad w/Lite Italian Dressing. **COLD:** Chicken Pesto Caesar Salad w/Caesar Dressing & Parmesan Cheese; Tri Color Pasta Salad; Garlic Dinner Roll. **Vanilla Pudding w/Topping**	**21. Vegetable Soup** **HOT:** Jack Cheese Omelette (V); Sauté Vegetables; Orange Juice; Home Fries; Wheat Bread. **COLD:** Turkey, Swiss Cheese & Lite Mayo on Wheat Bread; English Pea Salad; Greek Salad. **Apple**
24. **HOT:** Macaroni & Cheese (V)***; Baked Tomato Half; Oatmeal Bread. **COLD:** California Chicken Salad on Wheat Bread; Lo Mein Pasta Salad; Cauliflower Carrot Salad. **Orange**	**25.** **HOT:** Tyson Hamburger w/American Cheese & Ketchup & Mustard on a Hamburger Roll; Red Pepper, Mushroom & Onions; Potato Salad. **COLD:** Turkey w/Swiss Cheese & Lite Mayo on Rye Bread; Spinach & Mandarin Salad; Corn Salad. **Pears**	**26. Potato Leek Soup** **HOT:** Honey Mustard Chicken; Kale; Whipped Sweet Potatoes; Wheat Dinner Roll. **COLD:** Egg Salad on Multigrain Bread; Pasta Vegetable Salad; Summer Squash Salad. **Tapioca Pudding w/Topping**	**27. Mushroom Barley Soup** **HOT:** Creole Fish; Spinach & Chickpeas; Brown Rice Pilaf. **COLD:** Ham, American Cheese & Lite Mayo; Potato Salad; Broccoli Slaw; Scali Bread. **Applesauce**	**28. Tomato & Bean Soup w/ Chicken** **HOT:** Roast Pork Apple Glaze; Butternut Squash; Italian Green Beans; Oatmeal Bread. **COLD:** Vegetarian Chef Salad w/ Lite Italian Dressing; Garden Shell Pasta Salad; Pumpernickel Bread. **Fruit Dessert Loaf**
31. **HOT:** Stuffed Shell w/Tomato Sauce & Meatball; Fresh Broccoli; Dinner Roll. **COLD:** Roast Beef w/Swiss Cheese & Mustard on Pumpernickel Bread; English Pea Salad; Root Vegetable Salad. **Pumpkin Cake w/Topping**	(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**			

OCTOBER 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 617-730-2747 the previous Friday by 10:30 am. 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, October 18** we celebrate October birthdays at the monthly Birthday Lunch. The sponsor of this lunch has happily provided a complimentary lunch and a small gift to all October 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.

Please NOTE: the Springwell lunch on **Tuesday, November 1** will be a cold boxed lunch due to the Flu Clinic.

LET'S GO OUT TO LUNCH BUNCH

Out to Lunch Bunch will dine at Jo Jo Taipei 103 Brighton Ave., Allston on **Tuesday, October 25.** The van will leave the Senior Center at **11:30 am sharp!** For reservations and transportation, call 617-730-2770.

ESL CONVERSATION GROUP

Ruth Geller will lead the ESL 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!

MASS COLLEGE OF PHARMACY

Come join students from MCPHS University on **Thursday, October 13 at 1:00 pm** as they discuss Hyperlipidemia. The students will be discussing what it is, causes, as well as what you can do to manage it. Participation and questions are always encouraged.

MOUNT PLEASANT HOME

WORRIED ABOUT A SENIOR LIVING ALONE?

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

All-inclusive & affordable!

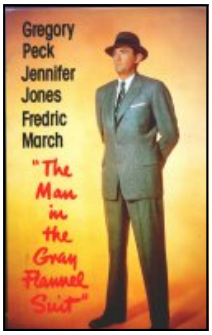
Near the Brookline Border

617.522.7600 301 South Huntington Ave, Jamaica Plain, MA
www.MountPleasantHome.org

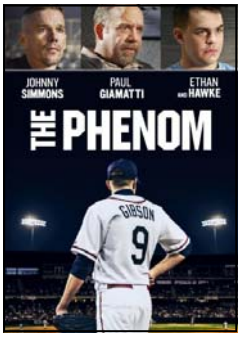
MOVIES FOR FILM LOVERS

Come to the Senior Center on **Tuesdays in September 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, October 4
"Eye in the Sky" (2015)
1hr. 45min.
Col. Katherine Powell, a military officer in command of an operation to capture terrorists in Kenya, sees her mission escalate when a girl enters the kill zone triggering an international dispute over the implications of modern warfare.



Tuesday, October 11
"The Man in the Gray Flannel Suit" (1956)
2hr. 33min.
An ex-soldier faces ethical questions as he tries to earn enough to support his wife and children well.



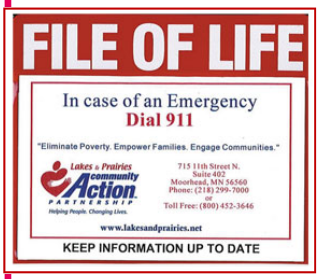
Tuesday, October 18
"The Phenom" (2016)
1hr. 30min
A Major League rookie pitcher loses control over his pitching and is sent down to the minor leagues, where he begins sessions with an unorthodox sports psychologist. In the process, hidden conflicts with his overbearing father are brought to light.

Taken from www.imdb.com

Tuesday, October 25

NO MOVIE TODAY
DUE TO MEDICARE PRESENTATION

FILE OF LIFE UPDATE



If you have completed a File of Life card it is important to update it. Keeping current maximizes their usefulness in a medical emergency. You can update your own cards or request a new File of Life form to complete and return to Ruth Brenner at the Senior Center. New updated cards will then be completed and sent to you. Give yourself greater "peace of mind" and update your File of Life today.

BROOKLINE MUSIC SCHOOL CONCERT

Join us on **Wednesday, October 5 at 2:00 pm** for the return of our monthly Brookline Musice School Concerts. This is a special time due to the Jewish Holiday. Join Elizabeth Chladil on piano, Joshua Addison on violin and Simon Linn-Gerstein on cello for an afternoon concert of exciting works for duos. The program includes Schumann's Fantasiestucke for Cello, Janacek's Sonata for Violin and Piano, and Beethoven's Sonata for Piano and Cello Op. 102, No. 2.

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 October we will meet on the 15th 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

IT TAKES A VILLAGE GREATER BOSTON WALKING CLUB

This inclusive program welcomes people with dementia and their care partners. Transportation is available or you can meet us at the site. We leave from Goddard House at 10:15am. Complimentary lunch is served following the walk at Goddard House. For more information or to RSVP call Dee Brenner at 617-879-7237.

Friday, October 21 Larz Anderson Park

PROUD TO SUPPORT THE BROOKLINE SENIOR CENTER

BrooklineBank
BrooklineBank.com
Member FDIC

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.

Center Communities of Brookline

The Lifestyle you want, where you want it.

1550 Beacon Street

100 Centre Street

112 Centre Street

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

Center Communities of Brookline
Hebrew SeniorLife

OCTOBER AT A GLANCE

Monday, October 3
Rosh Hashanah-no special programing
Tuesday, October 4
1:00pm Movies for film lovers-Eye in the Sky
Wednesday, October 5
9:00am-12:00pm Brookline Legal Assistance (for Brookline residents only)
1:00pm Council on Aging Meeting (special date due to holiday)
2:00pm Brookline Music School (time change for this month only)
2:00-3:00pm Blood Pressure Screening BPHD*
Thursday, October 6
11:00am Ask A Nurse
1:30-2:30 Zumba Gold
1:30pm Easy Travel
4:00-6:00pm Gallery 93 reception with Ginny Zanger
Monday, October 10
Closed for The Holiday
Tuesday, October 11
1:00pm Movies for film lovers-The Man in the Gray Flannel Suit
Wednesday, October 12
1:00-2:00pm Blood Pressure Screening at Sussman house*
Yom Kipper-no special programing
Thursday, October 13
1:00pm Mass College of Pharmacy Workshop-(on hyperlipidemia)***
1:00-4:00pm Wisdom Works***
1:30-2:30 Zumba Gold
Friday, October 14
Saturday, October 15
11:00am-1:00pm LBGT Out to Lunch Bunch*
Sunday, October 16
2:00pm ***The Scarlet Letter*** New Rep comes to you***
Monday, October 17
1:00-2:30pm Ukulele Group
2:00-3:00 Book Discussion Group at the Putterham Library*
Tuesday, October 18
12:00pm October Birthday Lunch***
1:00pm Movies for film lovers-The Phenom
Wednesday, October 19
1:00-3:00pm Taxes, Society and Fairness***
1:00pm Low Vision Group
5:00pm ***Reel in the Closet*** pre-screening reception followed by screening at 7:00pm***
Thursday, October 20
9:00-10:00am Blood Pressure Screening
11:00am-12:00pm Blood Sugar Screening
1:00-2:00pm Brookline Hearing Services
1:30-2:30 Zumba Gold
Friday, October 21
10:00am TRIPPS Field Trip ***
10:15 It Takes a Village-Larz Anderson Park*
Monday, October 24
1:00pm Electricity Aggregation Forum
Tuesday, October 25
9:00-10:00am Public Issues Nonfiction Book Discussion Group
11:30 Let's Go Out to Lunch Bunch***
1:00pm Health Plan Options for Seniors***
No Movie
Wednesday, October 26
1:00-2:00pm Blood Pressure Screening Park St.*
1:30-3:00pm Memory Café ***
6:00pm Autumn Benefit***
Thursday, October 27
1:00-2:30 Zumba Gold
Friday, October 28
Monday, October 31
1:00pm Craft Fair Meeting
Tuesday, November 1
11:00am-1:00pm Flu Clinic at the Senior Center

ONGOING SENIOR CENTER EVENTS

Monday
8:30 am-4:30 pm Fitness Center Open—Membership required
8:45-10:15 Strength Training **
10:30-11:30 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
2:00-3:00pm 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 Finn's Follies
10:30am Senior STRETCH **
12:00 noon Springwell Lunch ***
1:00-2:00pm Yoga***
1:00-3:00pm Scrabble
2:00-4:00 pm Open Computer Lab
3:00-4:00pm ESL Conversation Group

Thursday

8:30 am-4:30 pm Fitness Center Open membership required
9:30-11:45am Drawing for Pleasure Figure Drawing***
9:30 Art for Pleasure Class ***
10:30 am Arthritis Exercise ***
10:30 am and 1:30 pm Knit and Crochet
11:00-1:00pm TRIPPS office hours
12:00 noon Springwell Lunch ***
12:00-1:00 pm Intermediate Spanish***
12:30-3:30 Mah Jongg
1:00-3:00 Chess
1:15-2:15 pm Beginning Spanish Class***
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

TRANSPORTATION SUPPORT RAFFLE

Purchase your tickets at the Brookline Senior Center for the Transportation Support Fund which provides support for Seniors who do not choose to drive.

Ticket prices are as follows:

1 ticket $3.00
2 tickets $5.00
5 tickets $10.00

Prizes Inclde:

$300 Gas Card or Service from Audi Mobil
$100 Cash Prize from Anonymous
Courtyard Marriott– A weekend for two with complimentary breakfast
Pearl Necklace from Pearl Fancy
Gift Cards to Local Restaurants
Coolidge Corner Theater-two tickets

The drawing for the theatre raffle will be held during the Brookline Council on Aging Annual Benefit on **Wednesday, October 26 at 7:00pm.**

Winner does not need to be present at the event
For more information call 617-730-2777.

MAPLE LEAF RAG QUILT RAFFLE

Have you seen this magnificent quilt hanging in the coffee lounge at the Brookline Senior Center? It is a king sized quilt that was hand-pieced and hand-quilted by our own Brookline Bees!

Raffle tickets are now available for this amazing piece of art at the Gift Cart or through the Council on Aging offices (2nd floor) for $1.00 each or six tickets for $5.00. The date for the drawing has been extended and will be held at our Annual Volunteer Luncheon in April 2017.

BROOKLINE RECREATION TRIPS

October
Friday, October 14 from 9:30am – 2:30pm
Honey Pot Hill Orchards-Stow Ma

Enjoy a fall trip to this great farm! Choose from 25 different varieties of apples, take a scenic hayride, purchase fresh cider, pick a pumpkin or enjoy a candied apple. The trip fee includes transportation.
Fee Residents $10.00 Nonresidents $14.00

MODERN BEADING WORKSHOP

There will be no Modern Beading class in October and November. Instead, please join Marge on the Brookline Recreation trip to the International Gem and Jewelry Show in Marlboro on **Friday, November 4, from 11:00 am-4:30 pm**. Marge will be available at the Senior Center 30 min. prior to departure to discuss what to look for at the Expo. Cost for the trip is $10 (residents) and $14 (nonresidents). To register for the trip, call Brookline Recreation at 617-730-2069.

FROM THE BOARD PRESIDENT

The Brookline Senior Center gratefully accepts donations to its nonprofit arm. These donations are completely tax deductible. All donations are used to keep the van running as well as to fund furnishings, improvements, and innovative programs for our senior center.

This month as we celebrate our **15th** Annual Autumn Benefit, we invite you to attend our special evening of festivities. We are proud of our strong community, and need your help to sustain it. Please be as generous as you can. The Senior Center Board, the entire Senior Center Family and I thank you!

Betsy Pollock, President, Brookline Senior Center

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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FROM THE DIRECTOR

I personally invite the entire community to attend and support the Annual Benefit on Wednesday, October 26 (See P. 1). This year we will be honoring Alan Balsam for his compassionate advocacy for Brookline Seniors. 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 on Friday and to support all our programs and services. A special thanks to our lead business sponsors: Beth Israel Deaconess Medical Center, Michael Merrill, Chobee Hoy, and Goddard House.

I also want to invite you to join us at the Coolidge Corner Theatre Wednesday, October 19 at 7:00 pm for a special screening of the documentary *REEL In The Closet* we are excited that the award winning director Stu Maddox will be flying in from California to attend and answer your questions after the film. Please purchase your tickets at the Coolidge Corner Theatre in advance.

October is a great time of the 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 on October 15th. Finally I want to wish all of those who celebrate Rosh Hashanah and Yom Kippur a blessed holiday season.

Ruthann Dobek, Director

Norfolk County Register of Deeds William P. O'Donnell to hold Brookline Office Hours

Norfolk County Register of Deeds William P. O'Donnell will hold Office Hours in Room 111 of Brookline Town Hall at 333 Washington Street on Thursday, October 27, 2016 from 10:00am until 12:00pm.

Register O'Donnell and members of his staff will be on hand to answer questions about the Norfolk County Registry of Deeds. The Register will have information about the Massachusetts Homestead Act as well as on-site work stations that can provide in real time the status of your mortgage discharge, a print out of your deed or a demonstration of how the Registry's on-line Land Records Database works. No appointment is necessary.

This is a community outreach initiative sponsored by the Norfolk County Registry of Deeds. It is Register O'Donnell's goal to provide a convenient way for residents to learn more about how the Registry serves Norfolk County while conducting Registry business closer to home. Although Registry staff cannot provide legal advice, they will be able to answer basic questions, provide general information, take a document for recording and assist in filling out a Declaration of Homestead form.

The Norfolk County Registry of Deeds is a resource for homeowners, title examiners, mortgage lenders, municipalities and others with a need for secure, accurate, accessible land record information. All land record research information can be found on the Registry's website www.norfolkdeeds.org. Residents in need of assistance can contact the Registry of Deeds Customer Service Center at (781) 461-6101, or email us at registerodonnell@norfolkdeeds.org.

Thank you to the artist who "reimagined" our van Gary Chen. To see the beautiful color go to the Senior Center website at www.brooklineseniorcenter.org/

THE MEDICARE OPEN ENROLLMENT ENDS ON DECEMBER 7TH!

Don't Wait Until It's Too Late!
Make a SHINE Appointment Now!

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

Assistance is available from the SHINE program. Call your Senior Center and ask for a SHINE appointment. Trained SHINE volunteers offer free, confidential counseling on all aspects of health insurance to anyone on Medicare. Be sure to bring your Medicare card, any other drug/health insurance cards, and a detailed list of your prescription drugs to your appointment.

If there are no more appointments available at your center before December 7, there are additional appointments in Framingham (508-532-5980, then press 0) and Needham (781-455-7555). Please call between 9am and 4pm and ask the receptionist at the front desk for a SHINE appointment.

For Medicare related matters (other than an appointment), call **1-800-AGE-INFO (1-800-243-4636)**, then press or say 3. Once you get the SHINE answering machine, leave your name and number. A volunteer will return your call within 2 days.

For assistance 24 hours/day, 7 days/week, call 1-800-MEDICARE to speak to a Medicare customer service representative.

SOUTH BROOKLINE SOCIAL

The South Brookline Senior Social meets at the Putterham Branch Library, in the Community Room from 10:30 am to 1:00 pm. Complimentary coffee is provided by the Brookline Council on Aging and kosher pastries by Cheryl Ann's bakery. For more information or to volunteer call Regina Millette Frawley at 617-469-0052.

Friday, October 7 Yoga with Keith Beasley, sponsored by Brookline Public Health
Friday, October 14 Yoga with Keith Beasley
Friday, October 21 Yoga with Keith Beasley
Friday, October 28 Join us for lunch (sponsored by State Representative Ed Coppinger).

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.

REIKI THERAPY

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

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

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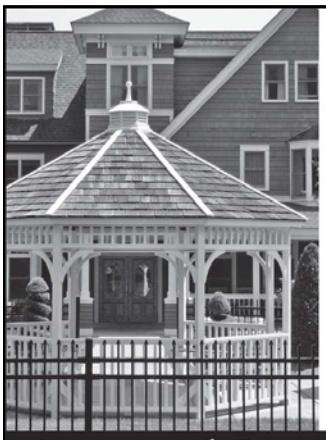

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REAP

WISDOM WORKS

A Job Search Program for Mature Workers **Thursdays, October 13, 20 and 27 from 1:00-4:00 pm** at the Brookline Senior Center. This comprehensive 3-session class explores: Skills, Accomplishments, Values, Resumes, Networking, and Interviews. As well as Job Search Techniques and Resources, including online job boards and applications. This workshop is also suitable for those wishing to do volunteer work. Pre-registration is required contact Deidre Waxman at: 617-730-2767 or Patricia Burns at 617-730-2743. A materials fee of $5 will be collected at the first class.

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 pburns@brooklinema.gov for an appointment.

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OCTOBER SPOTLIGHTED VOLUNTEER OPPORTUNITIES

This month's spotlighted opportunities include: friendly visitors, help with the monthly Food Commodity program on the 3rd Wednesday morning of each month, help distributing fliers advertising TRIPPS, the BSC Craft Fair and other programs and activities. If you would like to apply for these or other volunteer opportunities at the Brookline Senior Center, please call Patricia, the Volunteer Coordinator @ 617 730 2743 or email her at pburns@brooklinema.gov

SHOP PROGRAM

The SHOP Program has been a community service program at Brookline High for many years. It is a volunteer opportunity where students shop for groceries for a Brookline Senior. on a weekly or biweekly basis. It starts with the student visiting the seniors home to get a grocery list and money, shopping, and returning with the groceries. While shopping for groceries is important the most important part of this program is developing *meaningful* multigenerational relationships. Some students have shopped for the same person throughout high school and consider their senior friend an important part of their life. And the feeling is often mutual.

Brookline High School has begun recruiting students to shop for this school year. If you are a senior who would like to have a student shop for

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Mary Lou P. with Peggy Peck, her BAYADA Home Health Aide

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UKULELE FUN

Ukulele fun will be held on **Monday, October 17 from 1:00 to 2:30** pm. If you like singing and want to pick up the ukulele as well, this may be the group for you. We play and sing mostly oldies but also some modern songs and the more voices, the better. If you just want to sing along, that would work as well. Stop by and try it out. It is FUN!

SENIOR CHORUS

The Senior Chorus always welcomes new members to add to its already enthusiastic roster of singers. There are no auditions. Just come on **Fridays at 10:30 am** and make a joyous sound with the group led by Joe Reid.

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

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

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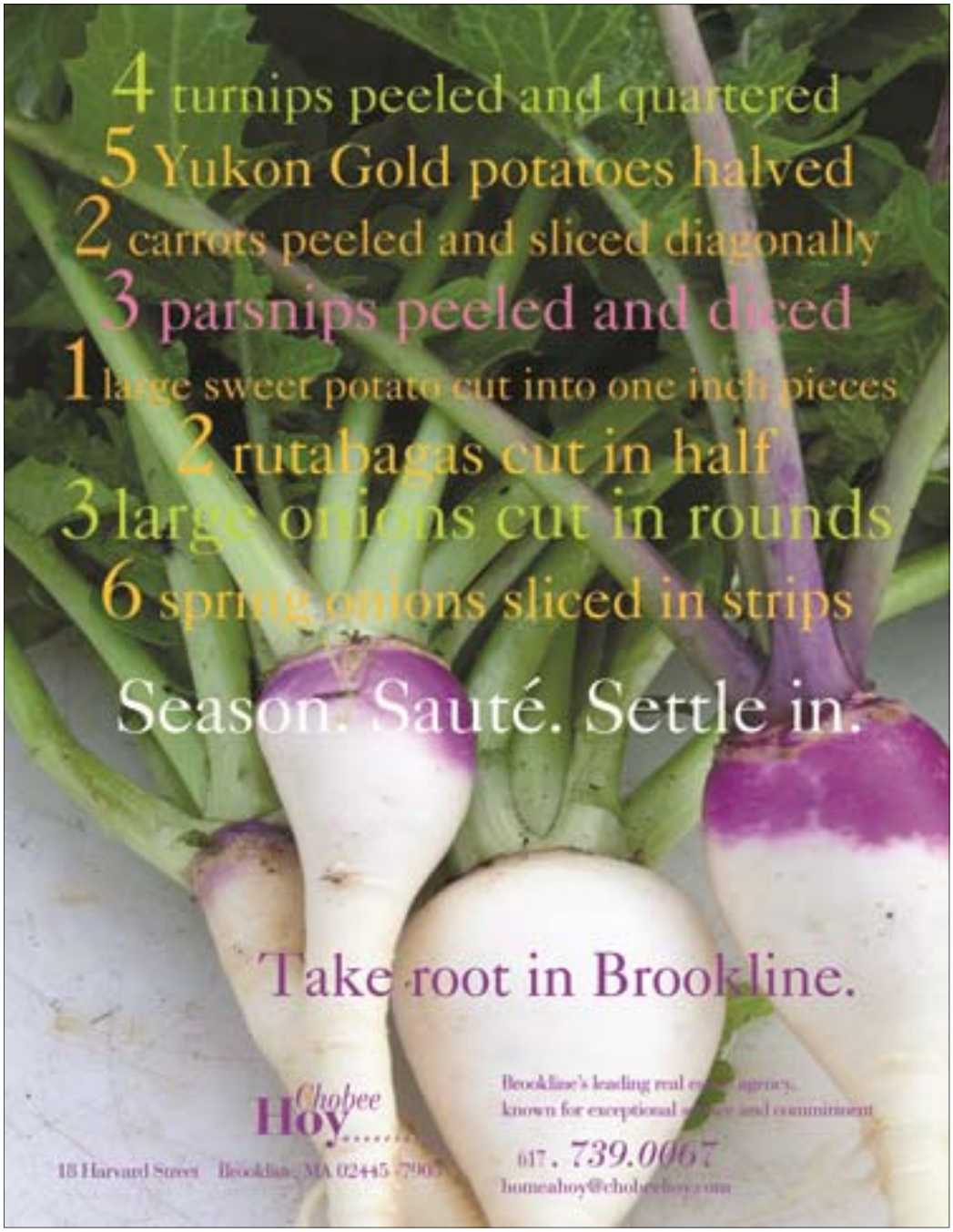
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