TOWN OF BROOKLINE
SENIOR NEWS AND EVENTS

Council on Aging

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

Brookline Senior Center
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Brookline, Massachusetts 02446

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617 730 2777

Senior Center 617 730 2770

Van 617 730 2750

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

Brookline Community Aging Network
www.BrooklineCAN.org

HIGHLIGHTS

Learn at "What Is a Geriatrician? Why Do I Need One?" on Tuesday, April 2. See p. 5.

Come to the Elder Law Project presentation on April 8. See p. 14.

Let the Greater Medford Visiting Nurse Association tell you about GI and nutrition on April 11. See p. 25.

See Stephen Collin's "An Evening of Frost" on April 22. See p. 9.

Enjoy Songs, Talk, and Oboe on April 29. See p. 3.

Don't forget to VOTE for Town officers and for the Senator to replace John F. Kerry on April 30. See p. 10.

APRIL 2013

VOLUNTEERS!!!

President Obama, in his 2012 proclamation of Volunteer Appreciation Week, said, eloquently: "Our nation has been profoundly shaped by ordinary Americans who have volunteered their time and energy to overcome extraordinary challenges. From the American Revolution…to the everyday acts of compassion and purpose that move millions to make change in their communities, our nation has always been at its best when individuals have come together to realize a common vision. As we continue to pursue progress, service and social innovation will play an essential role in achieving our highest ambitions…. During National Volunteer Week, we pay tribute to all who give of themselves to keep America strong, and we renew the spirit of service that has enriched our country for generations."

The Brookline Senior Center is especially grateful to its dedicated volunteers because their services are crucial to the operation of the Senior Center. From administrative office work through advocating on issues of importance to the whole senior community and making policy for the Council on Aging to suggesting and facilitating programs, our volunteers are there.

On **Wednesday, April 10 at 12:30 pm**, we will honor our volunteers at a special luncheon. Invitations will be arriving in Senior Center volunteers' mailboxes all over Brookline. RSVP to 617-730-2777 and come celebrate the spirit of volunteerism and our wonderful volunteers.

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The Town of Brookline Senior News & Events

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

VOLUNTEERS

[Continued from p. 1]

Call for nominations: Part of the festivities is the announcement of the John and Molly Dolan Volunteer of the Year Award. If you have a candidate for this award, please contact Vivian at 93 Winchester Street, Brookline, MA 02446 or leave a message in her mail box on the 2nd floor in the COA office. You can also e-mail her at vfreeman@brooklinema.gov or call 617-730-2743.

COA meeting: The April meeting of the Council on Aging (COA) will combine with the Volunteer Appreciation lunch on Wednesday, April 10, at the Senior Center.

In memoriam: We want to take the opportunity of recalling the volunteers who are no longer with us. Eileen Connor, Beatrice Boyd Crews, Diana Kaplan, Elizabeth Kirsten, Mildred Lehman, Sally Levine, Shirley Radlo, Bob Roll, and Ellen Zeltserman have passed on. We miss them and their kindness and dedication.

APRIL HOLIDAYS

It's been a hard winter—lots of snow, icy rain, wind, flooding, unpredictability—all the misery that people associate with New England winters. This year we weren't spared any of it.

But cheer up—Spring *will* come, hopefully in April. We will see flowers, smell the freshness of gentle rain, hear the returning birds, and generally experience *spring fever.* And we will celebrate Patriot's Day on **Monday, April 15**. This is an official state holiday so the Senior Center will be closed. Actually, since this is also the date for the Boston Marathon, it would be impossible for everyone living south of Beacon Street in Brookline to get to the Senior Center as the route through Brookline is down Beacon Street, and therefore, the street is uncrossable for much of the day.

BROOKLINE MUSIC SCHOOL CONCERT

On **Wednesday, April 3, at 1:00 pm**, Emilian Badea, accordionist and bassoonist and Brookline Music School faculty member, will perform at the Senior Center. A freelance musician, Mr. Badea has performed with Boston Ballet, Boston Lyric Opera, Boston Classical Players, Boston Academy of Music, New Hapmshire Symphony, and Rhode Island Philharmonic. He is also a faculty member at the University of Massachusetts-Boston.

SONGS, TALK, AND OBOE

Come to the Senior Center on **Monday, April 29, at 1:00 pm** for a concert of operettas, Japanese Art and American songs, opera arias, and more by four very talented young ladies—Miho Sato and Yuriko Nonaka (sopranos), Sachiko Murata (oboe), and Atsuko Kida (piano).

For more information, call 617-730-2770. Chestnut Park at Cleveland Circle will provide refreshments.

Photos top to bottom: Miho Sato, Sachiko Murata, Yuriko Nonaka, and Atsuko Kido

MUSIC AND COMMUNITY

On **Thursday, April 4, from 2:00 to 3:30 pm** at the main branch of Brookline Public Library at 361 Washington Street, join ARTZ for an interactive music workshop designed specifically for people with dementia and their care partners. Local musician, Dr. Lisa Wong, will lead the workshop. This program is free and open to the public, but RSVP is required. Call or email Dee Brenner—Brenner@artzalz.org or 978-985-4427.

Brookline Community Foundation
Massachusetts Cultural Council
THE I'm Still Here FOUNDATION

Ask a Nurse A nurse from the Greater Medford Visiting Nurse Association will visit the Senior Center on the **first Thursday of each month**—this month that means **April 4—at 11:00 am** to help you with your health questions. For more information, call 781-396-2633.

Podiatry Clinic Routine foot care with Dr. John McLaughlin is available at the Health Clinic at the Senior Center on **Mondays, April 1 and 29, from 9:00 am to 12:00 noon**. Sessions, which last 15 minutes each, cost $30. Appointments are required. Call 617-730-2777.

Low Vision Group This peer-led support group for individuals with limited eyesight will meet on **Wednesday, April 17, at 1:00 pm** at the Senior Center.

Blood Pressure Screening
Barbara Westley, the nurse from the Brookline Public Health Department (BPHD), will be at the Senior Center on **Thursday, April 18, from 9:00-10:00 am**. She will not be available at Sussman House or O'Shea House in April. However, Barbara will do blood pressure screening during April by appointment. Call 617-730-2320 to arrange an appointment

And Jinghong Yang, nurse from the Greater Boston Chinese Golden Age Center will do blood pressure screenings at the Senior Center **on Monday, April 29**, during the Chinese programs—**from 2:30 to 3:30 pm**.

Fall prevention As we age, the risk and probability of doing ourselves serious damage by falling increases. *Mayo Brothers* gives six tips to help prevent falls:

1. Review your medications, your general health, and previous falls with your primary care provider (PCP) to see if there are changes that can help prevent your falls in the future.
2. Keep moving. Regular exercise classes and walking regimens will help your strength, balance, coordination, and flexibility.
3. Wear sensible, properly sized shoes with extra-thick soles, preferrably tie-up shoes or shoes with fabric fasteners.
4. Remove home hazards. Keep your home, especially walkways and stairs, clear of hazards, replace loose wooden floorboards and carpeting immediately, clean up spills promptly.
5. Light up your living space. Make it bright, avoid glare, use night lights, clear paths to light switches, have flashlights available everywhere in case of power outages.
6. Use assistive devices. Don't be too vain to use a cane or walker. Have handrails on both sides of stairways. Use nonslip treads on steps. Fall-proof your bathrooms with raised toilet seats, grab bars, hand-held showers, etc.

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

The Health Page is sponsored by Beth Israel Deaconess Medical Center

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The Brookline Public Health Department (BPHD) has a full schedule of events on National Public Health Week. Of special interest to seniors are:

What Is a Geriatrician? Why Do I Need One?
Tuesday, April 2, at 1:00 pm
Robert Schreiber, MD, Medical Director of Outpatient Primary Care, Community-Based Programs at Hebrew SeniorLife, will talk at the Senior Center. This medical specialty is increasing in importance as the population ages and as the aging population lives longer

Smoke-free Apartment/Condo Workshops
On **Thursday, April 4, at 12:00 noon to 1:00 pm, at 3:00 to 4:00 pm, and 6:30-7:30 pm**, the BPHD will offer free seminars on how to make your residential rental property or condominium building smoke free. For information, contact Wesley Chin at 617-730-2333 or wchin@brooklinema.gov.

Rabies Clinic
Saturday, April 6, 9:00 am to 12:00 noon
This gives you a chance to bring your dog or cat to be vaccinated against rabies. All pets must be brought on a leash or in a cage by a person at least 14 years old. Fee: $10. At Town Hall, 333 Washington St.

Wellness in the Village
Saturday, April 6, from 1:30 to 4:00 pm
Demonstrations, talks, giveaways, showcasing more than 15 health and wellness practitioners and teachers located in Brookline Village, i.e. the Village's first annual Health and Wellness Fair. At Town Hall, 333 Washington St. The event is free and open to the public.

Models of Senior Housing Development
Sunday, April 7, from 2:00 to 4:00 pm
Aging baby boomers are the most rapidly growing segment of Brookline's population. The number of Brookline residents between 55 and 65 years of age grew by 40 percent between 2000 and 2010. Will Brookline be prepared to house these same residents over the next 20 years as their needs change? Will middle-aged Brookline residents be able to find nearby housing for frail parents? Will the Town continue to receive empty nesters from other communities who are attracted by Brookline's convenience and public services, ultimately contributing to community life and the local economy?

As part of Brookline's Age-Friendly Cities initiative, the Board of Selectmen, Housing Advisory Board, Economic Development Advisory Board, Council on Aging, BPHD and Brookline Community Aging Network (BrooklineCAN) will convene a panel of experts who are familiar with Brookline to discuss a variety of models of senior housing. This event will take place at the Holiday Inn at 1200 Beacon Street.

***Senior Health Fair*—SAVE THE DATE**
Thursday, May 2, 10:00 am to 3:00 pm
At the Senior Center. Stay tuned to the TAB and the May *Senior News and Events* for more information.

For more information and answers to your questions, contact Lynne Karsten at 617-730-2336 or at lkarsten@brookinema.gov.

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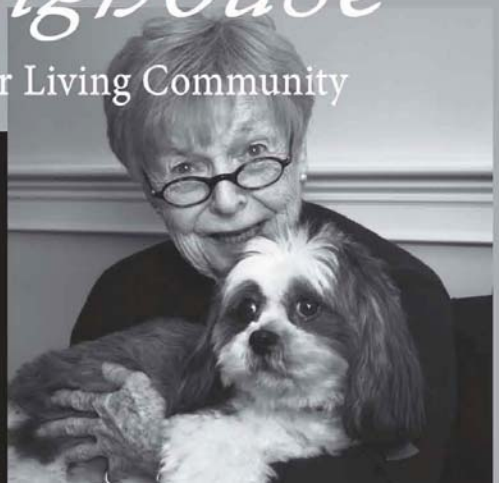

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SENIOR SERVICES

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

BETS (Brookline Elder Taxi System), the taxi discount program that allows income-eligible Brookline residents over 62 [note age change] 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.). Sponsored by the Council on Aging, CDBG, and all licensed Brookline cab companies.

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 2012 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 $47,150; a couple's, $53,900. (Note that these income limits have changed for 2013.)

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.

BLAB The Brookline Legal Assistance Bureau volunteer lawyer will be at the Senior Center to consult with legal expertise on matters of law as well as information and referrals on **Wednesday, April 3, from 9:00 am to 12:00 noon.** This service is offered free of charge, and no appointment is needed.

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

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

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

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

SHINE counselors Sonia Wong, Ed Levin, and Sybil Levisohn are on hand at the Senior Center to help individuals explore their health-insurance options. For an appointment with a SHINE counselor, call 617-730-2777. (See p. 23 for more Medicare and SHINE information.)

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

MOVIES FOR FILM LOVERS

On **Tuesdays** in April, come to the Senior Center for a free movie at 1:00 pm. In fact, come early to have lunch and socialize and make an afternoon of it. See pp. 16-17 for menus and meal reservation information.

April 2
No movie, National Public Health Week speaker

April 9 (1999) 114 minutes
Gloomy Sunday
A romantic melodrama set in 1930s Budapest, this film centers on a love triangle with tragic consequences. Restaurant owner Laszlo hires pianist Andres to play in his restaurant. Both men fall in love with the beautiful waitress Ilona, who inspires Andres to write his only composition. The resulting song, "Gloomy Sunday," is at first loved by the public, but soon its melancholic melody appears to trigger a chain of suicides.

April 16 (2005) 163 minutes
Margot
Considered one of the world's greatest ballerinas during her time, Margot Fonteyn illuminated the stage with grace and elegance but led a tormented private life. This documentary explores her genius. The film features exclusive interviews with previous dancing partners and includes performances of Fonteyn with Rudolf Nureyev, the partnership that left worldwide audiences awestruck.

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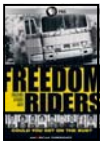

April 23 (2009) 111 minutes
American Experience, Freedom Riders
Based on the award-winning book *Freedom Riders: 1961 and the Struggle for Racial Justice*, this documentary chronicles the daring and courage of a group of activists, black and white, who challenged the segregation laws of the Southern states. Directed by Stanley Nelson, the film focuses on how the civil rights campaign was conceived, and how the movement eventually became a major concern for the Kennedy administration.
{After the movie, Janice Denton will lead a discussion of the times.]

April 30 (2012) 120 minutes
Argo
In 1979, when Iranian militants seize the American embassy, six Americans slip into the Canadian Embassy for protection, prompting the CIA to concoct an elaborate plot to rescue them by pretending that they are filmmakers rather than diplomats. With Ben Affleck, Bryan Cranston, Alan Arkin, John Goodman, *et al.*

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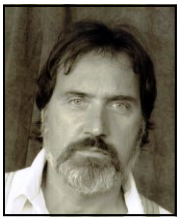
AN AFTERNOON OF FROST



In honor of National Poetry Month, on **Monday, April 22, at 1:00 pm**, Stephen Collins will return to the Senior Center with a unique, interactive performance that begins with a short biographical introduction into the poet's life. Robert Frost is greatly misunderstood. Certain people, some academics and politicians included, have tried to pigeonhole him; however, the man is far more complicated than the surface indicates. This is, after all, a man who voted for Eugene V. Debs, one of the best known Socialists of the United States, but was vehemently opposed to Franklin Roosevelt and "The New Deal." It is this man that is seen in his poems that are often dialectic between chaos and order.

As part of the performance, there will be an open discussion of the following poems:

- "A Tuft of Flowers"
- "Mending Wall"
- "Birches"
- "After Apple Picking"
- "Acquainted with the Night"
- "Desert Places"

Stephen is hoping that the audience will have read these poems and be ready and willing to discuss them.

The performance closes with a dramatic reading of Frost's masterful use of blank prose in the hauntingly memorable "The Death of the Hired Man."

MODERN BEADING WORKSHOP

This workshop for beginners and experienced beaders will meet at the Senior Center on **Wednesday, April 17, at 1:30 pm**.

Marge Harvey will be on hand to instruct and help. At each workshop you will be able to learn modern techniques of beading using thin Soft Flex and crimps. Combine old beads and broken strands for new and interesting designs. Make earrings, necklaces, and bracelets for yourself and as gifts for family and friends.

To participate in this workshop, it is essential that you bring materials with you—beads, earring backs, crimps, and one yard of Soft Flex—all are available at local craft stores. The workshop is free, and no registration is required.

MODERN DANCE AND MOVEMENT

Dance with instructor Lynn Modell **on Fridays, April 5 and 12, at 3:30 pm**. This is an excellent way to exercise and have fun at the same time. And for only $2 per session.

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!

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CANDIDATES AND ELECTIONS

On **Thursday, April 11, at 3:30 pm** the Senior Center and the League of Women Voters are sponsoring a Candidates Afternoon at the Senior Center. Come and meet and talk with candidates for Town of Brookline offices in the upcoming town elections—candidates for Selectmen, Library Trustees, and School Committee and Town Meeting members will be there, so this is your chance to question candidates who set the policy that governs the town and to find out their stands on issues and let them know your concerns.

There will also be a Candidates Night at BATV, 46 Tappan Street, on **Wednesday, April 10 at 7:00 pm.**

The Town of Brookline elections will be on **Tuesday, April 30**. And the primary elections for filling John F. Kerry's unfinished Senate term will also be on **Tuesday, April 30.**

Be sure to vote, mark your calendars now!

Brookline Town Meeting will be on **Tuesday, May 28**. SAVE THE DATE!!

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LGBT

Join us at the Senior Center for the last two films in this series that will be shown on **Thursday afternoons at 3:00 pm** examining Lesbian, Gay, Bisexual, and Transgender individuals' experiences within their communities and cultures.

April 18 57 minutes

I Exist (2003)

This groundbreaking film gives a voice to gay and lesbian Middle Easterners living in the United States through interviews with men and women and their family members that reveal the negative stereotypes the group faces in regard to sexual orientation, race, and cultural belief systems.

May 23 55 minutes

Tongues Untied (1989)

In this searing documentary, filmmaker Marion Riggs uses his own and others' stories to reveal the realities of being black and gay in America. Vintage film clips, intercut with readings by poet Essex Hemphill, accompany tales of gay-bashing, protest movements, drag culture, and a memorial for black AIDS victims.

ELF FEATURED ITEM FOR APRIL

If you are looking for a device that offers support and get-up-and-go, a Rollator Walker/4 Wheeled Walker with Seat might be just the ticket for you. It offers mobility along with an option to sit if you tire. There are a few styles on hand at the Senior Center, so give Karin Wannamaker a call at 617-730-2753 to borrow one.

In fact, give Karin a call if you want to borrow or donate any item(s). Because of space limitations and other guidelines, ELF is not able to accept all items. Please be sure to call ahead and speak to Karin before dropping anything off.

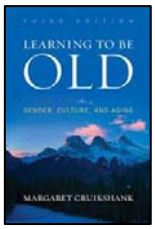
—SAVE THE DATE—

NEWCOMER'S GROUP

This May an old friend will return with a new leader. If you have recently turned 60 and/or you are a senior who has just moved to Brookline, whether you're new to the area or just newly retired, or even if you're simply curious, we invite you to join us at the Senior Center for our Newcomers Group.

Speakers will present talks and lead discussions on a variety of topics, including local history, transportation, continuing education, community-led organizations, government benefits for seniors, and programs and services offered by the Brookline Council on Aging. We will meet weekly on **six consecutive Wednesday afternoons beginning on May 8**. Preregistration is required, and space is limited so register early. To register, call 617-730-2777. For more information, call Kerri at 617-730 2772 and stay tuned to the *Senior News and Events*.

LEARNING TO BE OLD



Join Margaret Cruikshank on **Wednesday, May 1, at 2:00 pm**, for a reading from her latest book—*Learning to Be Old*—which examines what it means to grow old in America today by surveying humanities and social science research on aging. The book questions social myths and fears about aging, sickness, and other social roles of the elderly; the medicalization of many older people; and ageism. Cruikshank also explores aging issues among the LGBT populations.

For more information, call Sharon Devine at 617-730-2769 or Karin Wannamaker at 617-730-2753.

A TASTE OF ISRAEL

On **Wednesday, May 29 from 12;30 to 2:00 pm**, join the Council on Aging and Brookline Adult & Community Education for a taste of Israel—food, music, and culture.

At the intersection of Asia, Europe, and Africa—both geographically and culturally—Israel has been a meeting place of cultures, empires, and religions since history began. Visitors to this country rich in culture may enjoy Jerusalem (an intersection between past and present), Tel-Aviv (a dazzling cultural center), Mt. Masada and the Negev Desert, Eilat (and its beaches on the Red Sea), They might work on a kibbutz, volunteer at a West Bank school, float in the Dead Sea, or hike the national parks.

And so we invite you to journey with us for an afternoon of cultural appreciation, history and a sampling of delicious Israeli cuisine inspired by a blend of cuisines from Morocco, Europe, Iraq, Ethiopia, Yemen, and the Lebanon. Bring your appetite and intellect, and feel the warmth and many gifts of Israel.

A small fee of $7.00 includes the program and lunch. Space is limited so registration is required. To register, call the Senior Center at 617-730-2770. Or contact BA&CE at 617-730-2700 or brooklineadulted.org to make your reservations (Course code is **X275**).

TELLING YOUR STORY —PUBLIC PRESENTATION—

On **Wednesday, May 22, from 10:15 to 11:45 am**, come to the Senior Center for the annual reading and presentation of autobiographical materials by the participants in *Telling Your Story: Senior Seminar in Autobiographical Writing* as part of the Brookline Archive of Living History Project. Refreshments and a social will follow the presentation.

BROOKLINE RECREATION ADULT EXCURSIONS

Peobody Essex Museum
Friday, April 19, 9:00 am to 3:00 pm
This Salem, Massachusetts, museum holds one of the major collections of Asian art in the United States. Its total holdings include about 1.3 million pieces and 24 historic buildings. Tour the museum and have lunch on your own at the museum or a nearby restaurant.
Cost: Residents-$20, nonresidents-$27

Mount Auburn Cemetery
Tuesday, April 30, 9:30 am to 3:00 pm
This is a garden cemetery in Cambridge famous for the number of notable people buried here and the architectural and landscaping marvels. It is a National Historic Landmark, a botanical garden, an outdoor museum of art and architecture, and an important habitat for urban wildlife. Following the tour of the cemetery, you can buy a meal at the Deluxe Town Diner.
Cost: Residents-$15, nonresidents-$21

Warren's Lobster House/Kittery Outlets
Friday, May 3, 9:45 am to 5:00 pm
Take a trip to Warren's Lobster House in Kittery, Maine for a delicious lunch followed by shopping at the fabulous outlets.
Cost: Residents-$28, nonresidents-$38

Faneuil Hall
Friday, May 17, 10:00 am to 2:00 pm
Faneuil Hall has been a marketplace and a meeting hall since 1742. It was the site of revolutionary speeches by Sam Adams, James Otis, and others. Today it's home to over 100 shops and specialty carts.
Cost: Residents-$10, nonresidents-$14

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

ALZHEIMER'S CAREGIVERS SUPPORT GROUP

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

The Afternoon group meets next on **Friday, April 12**. Call group leader Elaine Yanowitz at 617-730-2751 for additional information.

The evening group will meet on **Thursday, April 25**—call Susan Kanian-Andriole at 617-730-2754 for time and for other information. This group is full at the moment. However, Susan will be happy to put you on the waiting list or give you a referral to another local group.

PARKINSON SUPPORT GROUP

Our Parkinson Support Group on **Friday, April 5, from 1:00 to 2:30 pm** at the Senior Center will feature Michelle Tobin Woodbrey and Alyson Tobin Powers, Certified Senior Advisors and founders of 2Sisters Senior Living Advisors. 2Sisters provides families and seniors with free guidance on choosing independent living, assisted living, memory care communities, home care, and skilled nursing facilities.

This program is cosponsored by the Senior Center and the American Parkinson Disease Association. All are welcome to attend. For more information, contact Vanessa Blais at 617-638-7729 or vblais@bu.edu.

PATHWAY HOME REALTY GROUP
THERE'S NO PLACE LIKE HOME...
Where yours is the *ONLY* move that matters.
An independently owned Real Estate Company with 26 years serving Brookline, built by referral, one satisfied client at a time. Contact us for a private consultation.

Judy Moses
Past President
Women's Council of Realtors
617.969.6188
JudyMoses@JudyMoses.com
PathwayHome.com

FROM THE DIRECTOR

Spring officially begins in Brookline when the Red Sox home season opens (April 8) and when we celebrate our volunteers—April 10th this year. The theme for this year is "Volunteers like you help light the way. Your kindness always shines through. Please accept our thanks for all the great work that you do!" Our volunteers certainly do contribute to making this a better world, and we are delighted to honor our volunteers. Join us for the celebration at 12:30 pm. (See p. 1.)

Nominations are still being sought for the Volunteer of the Year award—named after John and Molly Dolan who donated thousands of hours to making Brookline a better community. Please send your nomination note to Vivian Freeman by e-mail at vfreeman@brookline ma.gov or by putting a nomination note in her mail box in the Director's office on the second floor of the Senior Center. (See p. 3.) I am moved by the nominations we have received. Your thoughtfulness and words of appreciation are inspiriting.

According to a recent study by Harvard Public Health for every minute that you exercise you are adding seven minutes to your life. This study recommends that you exercise at least 150 minutes per week. Physical activity has beneficial effects on many diseases—cancer, arthritis, diabetes, and many respiratory ailments. Research is now even linking exercise with helping improve cognitive functioning. I am personally cognizant of how physical activity reduces my own stress. After a stressful day, nothing makes me feel better than taking my dog for a brisk walk. So, dance, lift weights, walk, and do yoga—MOVE! We have many classes at the Senior Center to help you stay active (see pp. 9, 15, and 27). Join our Fitness Center for a bargain price. And, with the nicer weather there is no excuse not to exercise as almost everyone can walk. Whether you join the Senior Solemates or simply enjoy a stroll around Coolidge Corner, do not delay—start today.

Ruthann Dobek, Director

Volunteers do so much, with the gift of time you share.
You make a world of difference, and we appreciate your care.
We are grateful for your energy and heartfelt ways.
By touching lives and lifting spirits you brighten everyone's days.

Thrifty Threads

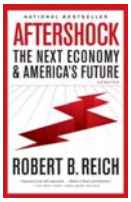
at United Parish Church,
210 Harvard Street, Brookline

Open
Friday and Saturday
from 11:00 am to 4:00 pm

Children's, Men's, Women's clothing
at reasonable prices!

PUBLIC ISSUES NONFICTION BOOK DISCUSSION GROUP

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



April 23
Aftershock: The Next Economy and America's Future by Robert B. Reich (Alfred A. Knopf, Inc.)

May 28
SuperFreakonomics: Global Cooling, Patriotic Prostitutes, and Why Suicide Bombers Should Buy Life Insurance by Steven D. Levitt and Stephen J. Dubner (William Morrow/Harper Collins Publishers)

PUTTERHAM BOOK DISCUSSION GROUP

The group meets on **Monday, April 22, from 2:00 to 3:00 pm,** at the Putterham Branch Library. This month the book under discussion is *The Daughter of Time* by Josephine Tey. Copies of the book are available at the Putterham Library.

This final Tey work is undoubtedly one of the greatest detective novels. A Scotland Yard inspector is bedridden and embarks on historical research to pass the time. Was King Richard III really a cruel murderer? Or was it political propaganda?

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 yo need special accommodations, contact the COA at 617-730-2777.

ELDER LAW PROJECT

The Council on Aging and the Women's Bar Foundation's Elder Law Project are sponsoring a legal presentation by Amy Perlack, Volunteer Attorney Coordinator, on wills, health-care proxies, powers of attorney, advance directives, HIPPA releases, and homestead declarations on **Monday, April 8 at 1:00 pm** at the Senior Center.

And on **May 14**, volunteer attorneys will be on hand at the Senior Center to help prepare these documents for free to income- and asset-eligible seniors.

Eligibility requirements include individual yearly income of under $27,225 (under $36,000 for a couple) with home equity of under $750,000. Call the Woman's Bar Foundation at 617-651-2357 to find out if you quality for the free legal help and for an appointment. Leave your name and phone number, and you will receive a call back within two business days.

MBTA CHARLIE CARDS

If you missed the MBTA senior reduced-fare CharlieCard event at the Senior Center in March, and/or you need a first-time card, go to the MBTA CharlieCard Store. You are eligible to get a Senior Access CharlieCard if you are 65 or will be 65 within two months. You will need to bring with you a photo ID (such as a driver's license or RMV [Registry of Motor Vehicles]-issued ID) as proof of age eligibility.

To renew an expired or about-to-be-expired Senior CharlieCard, either bring the card or the above-listed forms of ID to CharlieCard Store or call 617-222-3200, choose option 3, to renew.

If you go to the store in person, you will be able to get the card while you wait. If you renew by telephone, the new card will be sent to you in two to six weeks.

SPRING CLASSES AT THE SENIOR CENTER

Brookline Adult & Community Education (BA&CE) is offering many classes for the Spring semester that are ***being given at the Senior Center*** and that are fully explained in the BA&CE Spring 2013 Catalog that is available for free virtually everywhere in Brookline and the surrounding towns and online at www.brooklineadulted.org. For more information, see the Spring catalog. To register, call 617-730-2700 or access www.brooklineadulted.org.

Spring offerings in the Humanities at the Senior Center that begin in April are:

Literary Discussion Group: Spring Term—Susan Gorman, Instructor. 4 Tuesdays, 10:30 am to 12:30 pm, beginning April 23. Fee: $95. Course code: HU92

Reading the Bible: the Book of Ruth--Judy Weiss, Instructor. 6 Mondays, 1:00 to 3:00 pm, beginning April 8. Fee: $113. Course code: H089

Reading Tennessee Williams—Amos Lassen, English Professor, Instructor. 6 Wednesdays, 1:00 to 3:00 pm, beginning April 3. Fee: $113. Course code: H091

Of course, there are Computer and New Technology courses for Spring. These are designed exclusively for seniors aged 60 or older so there are no senior discounts for these courses. All of these courses begin in April and May. The classes starting in April are:

Introduction to Computer Basics for Seniors—Michael Toon, Instructor. 4 Thursdays, 9:30 to 11:30 am, beginning April 4. Fee: $72. Course code: C116

Photo Editing with Picasa—Phyllis Mays, Instructor. 4 Wednesdays, 9:30-11:30 am, beginning April 3. Fee: $72. Course code: C259

Introduction to the Internet for Seniors—Michael Toon, Instructor. 4 Mondays, 9:30 to 11:30 am, beginning April 22. Fee: $72. Course code: C103

Memories of a Lifetime: Creating a Computer Slideshow—Phyllis Mays, Instructor. 4 Wednesdays, 11:45 am to 1:45 pm, beginning April 3. Fee: $72. Course code: C189

Introduction to Blogging for Seniors—Sarah Georgakopoulos, Instructor. 4 Fridays, 9:30 to 11:30 am, beginning April 5. Fee: $72. Course code: C280

iPhone Tutorial for Seniors—Marjorie Wein, Instructor. 2 Mondays, 11:45 am to 1:45 pm, beginning April 1. Fee: $41. Course code: C277

iPad Tutorial for Seniors--Marjorie Wein, Instructor. 2 Thursdays, 11:45 am to 1:45 pm, beginning April 25. Fee: $41. Course code: C279

All of the tried and true Yoga, Tai Chi, and exercise classes are also available for Spring. Most started in March, but some are starting in April:

Zumba® Gold-Toning—Mary Stevenson, Instructor. 6 Tuesdays, 8:30 to 9:30 am, beginning April 2. Fee: $62. Course code: D223

Balance and Strength for Seniors—Kristen Mercier, Instructor. 6 Fridays, 1:00 to 2:00 pm, beginning April 5. Fee: $62. Course code: D332

Meditation in Movement Join instructor Jennifer Winslow in this class for seniors on **Fridays from 1:00 to 2:00 pm** at the Senior Center. The class will focus on gentle, simple movements to improve posture, balance, lung capacity, overall joint health and movement. Fee: $5/session.

Exercises for Health and Rejuvenation In this class at the Senior Center on **Tuesdays from 2:00 to 3:00 pm**, enjoy simple movements based on principles of Chinese medicine —tapping, swinging, massaging, and stretching. These exercises work on energy level, flexibility, balance, and circulation. The class is free and open to everyone.

Springwell Nutrition Program APRIL 2013

617-730-2770

MONDAY	TUESDAY	WEDNESDAY
1) **HOT** Beef Stroganoff, Egg Noodles, Brussels Sprouts, Multigrain Bread **COLD** Seafood Salad, Lettuce Leaf, Potato Salad, Carrot Pineapple Salad, Rye Bread Carnival Cookie	2) **Spring Special** **HOT** Cream of Carrot Soup, Honey Mustard Roast Pork, Breaded Baked Tomato Half, New Potatoes, Whole Wheat Dinner Roll **COLD** To be announced Mixed Berry & Vanilla Pudding Parfait	3) **HOT** Vegetable Cheese Quiche, Lyonnaise Potatoes, Broccoli & Cauliflower Marinara, Oat Bread **COLD** Roast Beef, American Cheese, Lite Mayo, Lettuce Leaf, German Potato Salad, Beet Salad, Oat Bread Peaches
8) **HOT** ***Reduced Sodium Hot Dog, Baked Beans, Cole Slaw, Ketchup, Mustard, Relish, Hot Dog Roll **COLD** Turkey, Swiss Cheese, Mustard, Lettuce Leaf, English Pea Salad, Carrot Pineapple Salad, Bulkie Roll Cotton Candy Mousse	9) **HOT** Beef Stew, Peas, Multigrain Bread **COLD** Tuna Salad, Lettuce Leaf, Potato Salad, Spinach Mandarin Orange Salad, Lite Italian Dressing, Wheat Bread Mandarin Oranges	10) **<u>Volunteer Appreciation Luncheon</u>** **No Springwell meal service.**
15) **Patriot's Day** **Senior Center is closed.** **No meal service.**	16) **<u>Birthday Lunch</u>** Escarole Bean Soup **HOT** ***Baked Crumb Macaroni & Cheese, Broccoli & Cauliflower Marinara, Wheat Bread **COLD** Roast Beef, American Cheese, Lite Mayo, Lettuce Leaf, Carrot Pineapple Salad, Three Bean Salad, Rye Bread Mixed Fruit	17) Seafood Chowder **HOT** Potato Crunch Fish, Lemon Butter Sauce, Whipped Sweet Potatoes, Collard Greens, Multigrain Bread **COLD** Turkey, Swiss Cheese, Lite Mayo, Potato Salad, Roman Blend Salad, Oat Bread Fresh Fruit
22) **HOT** Fish Sticks, Lemon Butter Sauce, Tartar Sauce, Potato Wedges, Coleslaw, Multigrain Bread **COLD** Egg Salad, Lettuce Leaf, Beet Salad, English Pea Salad, Rye Bread Peaches	23) Italian Garden Vegetable Soup **HOT** American Chop Suey, Broccoli & Cauliflower, Oat Bread **COLD** Seafood Salad, Lettuce Leaf, Corn Salad, Tossed Garden Salad, Lite Italian Dressing, Oat Bread Pears	24) **HOT** Lentil Stew, Caesar Salad, Creamy Italian Dressing, Corn Bread **COLD** ***Ham, American Cheese, Mustard, Lettuce Leaf, Carrot Raisin Salad, Macaroni Salad, Pumpernickel Bread Butterscotch Pudding
29) Corn Chowder **HOT** BBQ Boneless Rib, Whipped Potatoes, Spinach & ,Mushrooms, Hamburger Bun **COLD** Tuna Salad, Lettuce Leaf, Tomato Red Pepper Salad, Garden Shell Pasta Salad, Multigrain Bread Fruited Jello	30) Minestrone Soup **HOT** Whole Grain Stuffed Shells w/Meatball, Tomato Sauce, Tuscany Style Vegetable Blend, Rye Bread **COLD** California Chicken Salad, Tri Color Pasta Salad, Spinach Mandarin Orange Salad, Lite Italian Dressing, Oat Bread Fresh Fruit	

THURSDAY	FRIDAY
4) Vegetable Ditalini Soup **HOT** Chicken Meatball Sub w/Tomato Sauce, Parmesan Cheese, Tossed Garden Salad, Lite Italian Dressing, Sub Roll **COLD** Chef Salad w/Ham, Cheese, & Egg, Lite Italian Dressing, Corn Salad, Wheat Roll Mixed Fruit	5) Florentine Soup Pizza Garden Salad Lite Dressing Fresh Fruit
11) Italian Vegetable Soup **HOT** Chicken Paprika, Rice Pilaf, Broccoli & Cauliflower, Snowflake Dinner Roll **COLD** ***Ham, American Cheese, Lite Mayo, Tossed Garden Salad, Lite Italian Dressing, Pasta Salad w/Cheese, Pumpernickel Bread Brownie	12) Minestrone Soup **HOT** Tortellini w/Tomato Sauce, Parmesan Cheese, Green Beans, Whole Wheat Bread **COLD** Egg Salad, Lettuce Leaf, Potato Salad, Riviera Salad, Oat Bread Peaches
18) **HOT** Meatloaf w/Gravy, Mashed Potatoes, Mixed Vegetables, Corn Bread **COLD** Chicken Salad, Lettuce Leaf, Macaroni Salad, Broccoli Tomato Salad, Wheat Bread Pistachio Pudding	19) Cream of Tomato Soup **HOT** Roast Turkey w/Gravy, Butternut Squash, Cranberry Sauce, Peas, Wheat Roll **COLD** Seafood Salad, Lettuce Leaf, Tri Color Pasta Salad, Riviera Salad, Multigrain Bread Mandarin Oranges
25) Cream of Butternut Squash Soup **HOT** Roast Pork, Cinnamon Apple Glaze , Baked Potato w/Sour Cream, Country Blend Vegetables, Whole Wheat Bread **COLD** Chicken Caesar Salad, Creamy Lite Italian Dressing, Summer Potato Salad, Whole Wheat Roll Fresh Fruit	26) Creamy Tomato Soup **HOT** Lemon Dijon Chicken, Collard Greens w/Onions, Rice Pilaf, Whole Wheat Roll **COLD** Tuna Salad, Lettuce Leaf, Greek Pasta Salad, Broccoli Tomato Salad, Multigrain Bread Vanilla Cake w/Chocolate Frosting

***Higher sodium content Menu subject to change $1.75 suggested donation
All meals include 8 oz of 1% milk and margarine. All soups come with crackers. Low sugar desserts are available, and need to be ordered with the site manager.

Reservations must be made by 11:00 am on the weekday before the day on which you want to eat.

Note that the only foods that can be taken from the dining site are fresh fruit, unopened milk, wrapped bread, and baked desserts. These rules, which come from the Massachusetts Executive Office of Elder Affairs, are for your safety and well-being. If you have questions, call Springwell at 617-826-4100.

LUNCHEON SPECIALS FOR APRIL

Reservations for ALL Springwell lunches must be made by 11:00 am on the weekday preceding the day on which you want to have lunch. For reservations for Monday, call the previous Friday by 11:00 am. Call 617-730-2770 for reservations. Lunch is served at 12:00 noon unless otherwise noted.

On **Tuesday, April 2**, the lunch will be the Springwell Spring Special. Note that there will be a cold lunch choice, but the details were not available at press time.

On **Tuesday, April 16**, we will celebrate March ***and*** April birthdays at the Birthday Lunch. We have included in April because the March Birthday Lunch got zapped by a big snow storm. When you call to make reservations, please remember to tell us if you or someone in your party has a March or April birthday.

On **Tuesday, April 30**, the Let's Go Out to Lunch group will dine at 12:00 noon at Carlo's Cucina Italiana at 131 Brighton Avenue. Transportation is available.

APRIL AT A GLANCE*

Monday, April 1
9 am-12 noon Podiatry Clinic***
11:45 am-1:45 pm iPhone Tutorial for Seniors**
Tuesday, April 2
Income Tax preparation
12 noon Springwell Spring Special Lunch***
1 pm What Is a Geriatrician? Why Do I Need One?
1 pm No Movie for Film Lovers today
Wednesday, April 3
9 am-12 noon BLAB lawyer
1 pm Brookline Music School Concert (Emilian Badea, accordionist)
Thursday, April 4
11 am Ask a Nurse
1:30 pm Easy Travel—April in Paris with Alice Fastov
2-3:30 pm ARTZ Music and Community at the main branch of Brookline Public Library* & ***
3-4 pm & 6:30-7:30 pm Smoke-free Apartment/ Condo Workshops*
Friday, April 5
1-2:30 pm Parkinson Support Group—Michelle Tobin Woodbrey and Alyson Tobin Powers, speakers
3:30 pm Modern Dance and Movement
Saturday, April 6
8 am-12 noon Rotary Pancake Breakfast*
9 am-12 noon Rabies Clinic at Town Hall*
1:30-4 pm Wellness in the Village at Town Hall*
3:30 pm Goddard House concert*
Sunday, April 7
2-4 pm Models of Senior Housing Development at the Holiday Inn*
Monday, April 8
11:45 am-1:45 pm iPhone Tutorial for Seniors**
1 pm Elder Law Project
1-3 pm Reading the Bible: the Book of Ruth**
Tuesday, April 9
Income Tax preparation—last day
1 pm Movie for Film Lovers—*Gloomy Sunday*
Wednesday, April 10
12:30 pm Volunteer Appreciation Luncheon—by invitation—and COA meeting
7 pm Candidates Night at BATV
Thursday, April 11
1 pm GI and Nutrition Talk with Michele Caron***
3:30 pm Candidates Afternoon
Friday, April 12
3:30 pm Modern Dance and Movement
Afternoon Alzheimer's Caregivers Support Group—call for time
Saturday, April 13
3:30 pm Goddard House concert
Sunday, April 14
1:30 pm Senior Center Theater Club presentation of *Romeo and Juliet* at the Senior Center***
Monday, April 15
PATRIOTS DAY. The Senior Center is closed.
Tuesday, April 16
12 noon March and April Birthday Lunch***
1 pm Movie for Film Lovers—*Margot*
Wednesday, April 17
1 pm Low Vision Group
1:30 pm Modern Beading Workshop
6-7:30 pm Contracting with Confidence***
Thursday, April 18
9-10 am Blood pressure screening with Barbara Westley, nurse from Brookline Public Health Department (BPHD)
1 pm Mass College of Pharmacy Workshop
3 pm LGBT movie—*I Exist*
Friday, April 19
9 am-3 pm Brookline Rec excursion to the Peabody Essex Museum* & ***
10:30 am-1 pm South Brookline Senior Social* & ***
Saturday, April 20
3 pm Senior Center Theater Club excursion to *Master Class****
Monday, April 22
9:30-11:30 am Introduction to the Internet for Seniors**
1 pm An Afternoon of Frost with Stephen Collins
1-3 pm Reading the Bible: the Book of Ruth**
2-3 pm Putterham Book Discussion Group—The Daughter of Time
Tuesday, April 23
9-10 am Public Issues Nonfiction Book Discussion Group—*Aftershock*
10 am-3 pm One-on-One Computer Sessions***
10:30 am-12:30 pm Literary Discussion Group: Spring Term**
1 pm Movie for Film Lovers—*American Experience, Freedom Riders*
6-7:30 pm Goddard House Parkinson Dinner and Lecture
Wednesday, April 24
1 pm Emergency Preparedness with Dawn Sibor***
Thursday, April 25
11:45 am-1:45 pm iPad Tutorial for Seniors**
Evening Alzheimer's Caregivers Support Group—call for time
Friday, April 26
10:30 am-1 pm South Brookline Senior Social* & ***
Sunday, April 28
Evening—Town Meeting*
Monday, April 29
9 am-12 noon Podiatry Clinic***
1 pm Songs, Talk, and Oboe
1-3 pm Reading the Bible: the Book of Ruth**
2:30-3:30 pm Blood pressure screening with Jinghong Yang, nurse from the Greater Boston Chinese Golden Age Center

Tuesday, April 30

All day—Town offices and senatorial replacement election

9 am-3 pm Brookline Recreation excursion to Mount Auburn Cemetary* & ***

10 am-3 pm One-on-One Computer sessions***

10:30 am-12:30 pm Literary Discussion Group: Spring Term**

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

1 pm Movie for Film Lovers—*Argo*

** All events are at the Senior Center unless otherwise noted above.*

*** This is a Brookline Adult and Community Education (BA&CE) course so registration with them is required. Call 617-730-2700 or go to www.brooklineadulted.org to register.*

****Registration, appointments, or reservations required.*

A Dirge

by Lila Sesholtz*

Flowers—pink, white, yellow, green
Prettier than I've ever seen.
I'll know so many people there.
Will they remember me? Will they stare?
not yet . . .

Days will be bright.
There'll be no night.
The air will be clear,
And the clouds disappear.
not yet . . .

Will I know when?
Will I want to go then?
I want to say "wait,"
But ***you*** set the date.
not yet . . .
please not yet . . .

**Editor's note: Lila Sesholtz wrote this poignant and evocative poem and I had some sort of brain freeze and made some typos (unfortunately including the spelling of her name) in the March newsletter. Therefore, I am reprinting it as corrected in this April newsletter.*

One-on-One Computer Sessions These sessions for the computer phobic will continue on Monday mornings from 9:00 to 11:00 am until April 22. Call Olga at 617-730-2768 for appointments and for the scheduling for the end of April and May.

ONGOING SENIOR CENTER EVENTS

Monday

8:45-10:15 am Head-to-Toe Fitness for Seniors—90 minutes (no class on April 15)**

9:30-4:30 Fitness Center open—membership required

10 am-12:30 pm Introduction to Watercolor**

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

12:30 pm Chinese programs

12 noon-4 pm BETS

2-4 pm Open computer lab

Tuesday

8:30-9:30 am Zumba Gold-Toning**

9:30-4:30 Fitness Center open—membership required

10 am Flexibility, Resistance Training, and Balance Exercise

10:15 am Brookline Bees, Quilters

12 noon French Conversation

12 noon-4 pm BETS

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

1 pm Movies for Film Lovers

2-3 pm Exercises for Health and Rejuvenation

203 pm ESL Conversation Group

2-3 pm Yoga for Older Adults—Chair class**

3-4 pm Yoga for Older Adults—Mat class**

3-4:30 pm Latino Instrumental and Vocal Music sessions

Wednesday

8:45-10:15 am Head-to-Toe Fitness for Seniors—90 minutes

9-10 am Living Our Values

9:30 am Bowling *at Ron's 20th Century Bowling Alley in Hyde Park*

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

9:30-4:30 Fitness Center open—membership required

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

10:30 am Retired Men's Club

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

11:45 am-1:45 pm Memories of a Lifetime: Creating a Computer Slideshow**

12 noon-4 pm BETS

12:30-3 pm Reiki Therapy***

1-3 pm Reading Tennessee Williams**

2-3:30 pm Job Search Support Team

2-4 pm Open Computer Lab

Thursday

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

9:30-11:30 am Drawing for Pleasure—still life

9:30-11:45 am Drawing for Pleasure—figure drawing

9:30-4:30 Fitness Center open—membership required

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

10:30-11:30 am Arthritis Exercise Class—not on April 11

12 noon-1 pm Intermediate Spanish Class***

1:15-2:15 pm Beginning Spanish Class***

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

1:30-2:30 pm Zumba Gold

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

Friday

9:30 am Solemates, Walking Group

9:30-11:30 am Introduction to Blogging for Seniors**

10am-3 pm Fitness Center open—membership required

10:30 am Current Events Discussion Group

10:30 am Senior Chorus

12:30-2 pm Basic Computer Class in Spanish***

1-2 pm Meditation in Movement

1-2 pm Balance and Strength for Seniors**

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

Brookline Health Care Center
A HealthBridge Management Company

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

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

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

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

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

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

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

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

Brookline Health Care Center

A Nursing and Rehabilitation Center

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

www.healthbridgemanagement.com

416172

SOUTH BROOKLINE SENIOR SOCIAL

Regina Millette Frawley announces:

"The South Brookline Senior Social will hold four Friday socials**, beginning April 19 through May 10, 10:30 am until 1:00 pm** at Putterham Branch Library in South Brookline.

Special guest for April 26th will be Brookline's '2013 Woman of the Year' Rita McNally. Ms. McNally, amongst her many contributions to Brookline, is a town Meeting Member, Chair of Brookline's Human Relations/Youth Resources Commission, member of the Martin Luther King committee, and a lawyer who works for Norfolk's District Attorney: ***And she's a Senior!***

As always, the socials serve complimentary coffees and kosher pastries. For all enquiries and offers to volunteer, please phone Regina Millette Frawley, Coordinator, South Brookline Senior Social, at 617-469-0052."

CONTEMPORARY ELEGANCE

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

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

- Award-winning dining
- Activities, events, and outings for every interest
- Getting involved in our resident clubs
- Just the right amount of help with your day
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WE'RE JUST 4 MINUTES (1.6 MILES) AWAY FROM THE SENIOR CENTER!

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

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A Benchmark Senior Living Community

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617-566-1700

Entrance on Chiswick Road

www.benchmarkseniorliving.com

ASSISTED LIVING • MEMORY CARE

JOB SEARCH SUPPORT TEAM

The JOBS program is offering a networking support group to all job seekers on **all four Wednesdays in April from 2:00 to 3:00 pm** at the Senior Center. The group is free and its goal is to facilitate job searching through communication and resource-sharing with other job seekers. Group interaction and resource-sharing will enhance your job search, and discovering new networking opportunities, useful conversation starters, and tips will surely help you advance your job search.

For more information or to register, contact Deidre Waxman at dwaxman@brookline ma.gov or 617-730-2767 or Anne Spangler at aspangler@brooklinema.gov.

Bed, Breakfast & Beyond

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

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

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

GODDARD HOUSE IN BROOKLINE
The Recipe for Living

Assisted Living Close to Boston

PARKINSON'S DISEASE: NEXT GENERATION TREATMENTS AND TECHNOLOGIES

Come to Goddard House in Brookline at 165 Chestnut Street for a complimentary dinner with lecture and discussion on **Tuesday, April 23 from 6:00 to 7:30 pm**. Felipe Fregni, MD, PhD, and MPH, and Timothy Wagner, PhD, will give an overview of Parkinson's disease (PD); explore current and emerging treatment trends; and discuss diet, physical therapy, brain stimulation, cell transplants, and gene therapies. Emphasis will be placed on noninvasive brain stimulation, technologies and their proposed mechanisms, timelines of development, and area trials.

Dr. Fregni is the Director of the Laboratory of Neuromodulation at Spaulding Rehabilitation Hospital and Associate Professor of Neurology and Physical Medicine and Rehabilitation at Harvard Medical School.

Dr. Wagner serves as CSO of Highland Labs; is a lecturer at MIT, Division of Health Sciences and Technology; and is a clinical instructor at Harvard Medical School.

The evening is free but space is limited so RSVP by calling 671-731-8500, ext. 105, or by email to lchapman@goddardhouse.org.

OTHER GODDARD HOUSE EVENTS IN APRIL

Saturday, April 6, at 3:30 pm
Piano Concert with Constantine Finehouse

Saturday, April 13, at 3:30 pm
Jazz Duet with singer Judith Murray accompanied by pianist Bill Duffy

FRENCH CONVERSATION

Brush up your conversational skills **every Tuesday in April at 12:00 noon** with the French Conversation Group led by Agnes Serenyi.

ASK A GERIATRICIAN

Question: I've heard a lot about Probiotics. What are they? Should I be taking them?

Answer: Our gastrointestinal (GI) system contains millions of bacteria, all the way from our stomach through our intestines. Most of these bacteria are "good bacteria" and work hard to keep us healthy by digesting food and fighting viruses and bad bacteria that enter our systems. Although we have some "bad bacteria" also, the good bugs keep the bad bugs under control. However, if something happens to disrupt the balance between good and bad bugs, we can get sick with diarrhea or abdominal pain.

This happens most commonly when we take antibiotics. While antibiotics are important in killing bad bacteria when we have infections such as pneumonia and urinary tract or skin infections, they also kill many of the good bacteria in our GI tract. This imbalance can allow the bad bacteria to take over and cause infections of their own.

Two common infections that people can get when they are taking antibiotics are yeast infections and Clostridium Difficile (Cdif) diarrhea.

Probiotics are good bacteria that you can take to help offset this imbalance. They are found in yogurt, a yogurt type drink called *kefir*, pickles, and sauerkraut. You can also take them in pill form. They are considered quite safe.

A recent study found that if we take a probiotic pill whenever we take antibiotics for an infection, the probiotic can greatly reduce the risk of getting C.dif diarrhea.

Therefore, it is important to take antibiotics only when your doctor feels you really need them. If you are prescribed antibiotics, it probably makes sense to take a probiotic pill each day that you are taking the antibiotics.

STAYING HEALTHY WITH MEDICARE

An important goal for Medicare is to help people stay healthy by encouraging prevention. Medicare provides a number of preventive services. These services are free whether you have traditional Medicare or a Medicare Advantage plan, like an HMO. Some of these services include:

- Colorectal cancer screening (including colonoscopies)
- Mammograms
- Pap tests and pelvic exams
- Prostate cancer screening
- Bone mass measurements
- Cardiovascular screening
- Flu and pneumonia shots
- Alcohol misuse screening and counseling
- Depression screening
- Obesity screening and counseling

There are very specific rules that state when and how often Medicare will pay for the services.

For a complete list of free preventive services, go to www.medicare.gov or see a SHINE counselor.

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

You can also call 1-800-243-4636, then press or say 3. Leave your name and phone number, and you will get a call you back as soon as possible.

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Insomnia **Sciatica** **Digestive Issues**

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Healthy adults, 18-85,
Needed for noninvasive study of
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Research conducted at Boston College

Complete pen-and-paper and computerized tasks. Receive $10/hr. For information, call Halle Zucker at 617-552-6949 or e-mail canlab@bc.edu.

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Call Karen Zweig
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617.455.1964
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Hebrew SeniorLife is about options and choices for seniors. Nowhere is this more evident than at Center Communities of Brookline-three buildings in the heart of Brookline. These buildings provide an affordable home to 600 seniors who live independently, actively and securely. To learn more about senior living options at Center Communities of Brookline, contact the Marketing Office, 617-363-8100 or scarlsen@hrca.harvard.edu

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GI AND NUTRITION TALK

Michele Caron from the Greater Medford Visiting Nurse Association (GMVNA) will discuss the relationship between nutrition and the gastrointestinal (GI) tract on Thursday, April 11, at 1:00 pm at the Senior Center. She will explore how to incorporate healthy eating and explain how the GI tract and healthy eating work together.

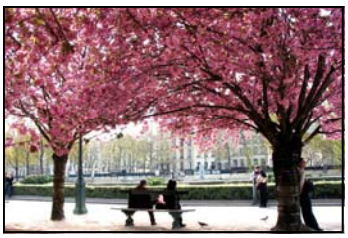
Since space is limited, even though this event is free, preregistration is required. Call 617-730-2770 for more information and to register.

CONTRACTING WITH CONFIDENCE

Learn the hows and whats of home improvement contracting on **Wednesday, April 17, from 6:00 to 7:30 pm** at the Senior Center. Come to an informational meeting sponsored by BrooklineCAN about how to hire, and work with, a home improvement contracter and other home repair professionals. There will be an impressive panel: Gary Morrison of Morrison Remodeling (an active member and past president of the National Association of the Remodeling Industry, a veteran home improvement contractor, and a strong advocate for consumer education), a Town of Brookline Building Inspector, and a representative from the Massachusetts Office of Consumer Affairs.

Space is limited for this free event, so RSVP to 781-693-1393. Light refreshments will be provided.

EASY TRAVEL



On **Thursday, April 4, at 1:30 pm**, come to the Senior Center to take an armchair trip to Paris in April with Alice Fastov. Alice will lead you on a stroll through the city of love at its most romantic.

EMERGENCY PREPAREDNESS

Prepare to be entertained and informed about emergency preparedness when Dawn Sibor presents a talk on **Wednesday, April 24, at 1:00 pm** at the Senior Center. Dawn Sibor MEd, Emergency Preparedness Coordinator at the Brookline Department of Public Health will provide easy-to-use templates and tools you can use to prepare yourself, your family, and your pets for all kinds of emergencies. At this program there will be delicious homemade snacks and you will leave with important information and some useful and free goodies.

Preregistration is required for this free program for preparation purposes. For more information and to register, call 617-730-2770.

MOUNT PLEASANT HOME

Announces the Grand Opening of our New Addition!

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

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

Boston University - Charles River Campus
Institutional Review Board

BOSTON UNIVERSITY

DO YOU WANT TO PARTICIPATE IN RESEARCH?

Researchers at Boston University are currently seeking volunteers to participate in our studies who are:

- Age **4-100** with no history of **voice, speech, hearing, swallowing, or upper extremity disorder and no history of neurological disease or stroke**
- Adults **18-100** years who have **Parkinson's Disease**
- Adults **18-100** years who have **suffered a stroke** and are currently experiencing swallowing problems

Participants will be asked to come in for 1 – 10 sessions no longer than 3 hours and will be compensated $10/hr.

Please email
stepplab@gmail.com or call **617-358-1395**

SENIOR CENTER THEATER CLUB

Romeo and Juliet **$25**
Sunday, April 14 (1:30 pm)
at the SENIOR CENTER

Arguably one of the greatest tragic love stories of all time. Revel in the story of young love foiled by an old feud between two families. And weep for the fate of teen love. And you don't even have to leave Brookline. Just come to the Senior Center for this great bargain

There will be a discussion period with the cast and refreshments after the performance.

Master Class **$40**
Saturday, April 20 (3:00 pm)
at the New Repertory Theatre in Watertown

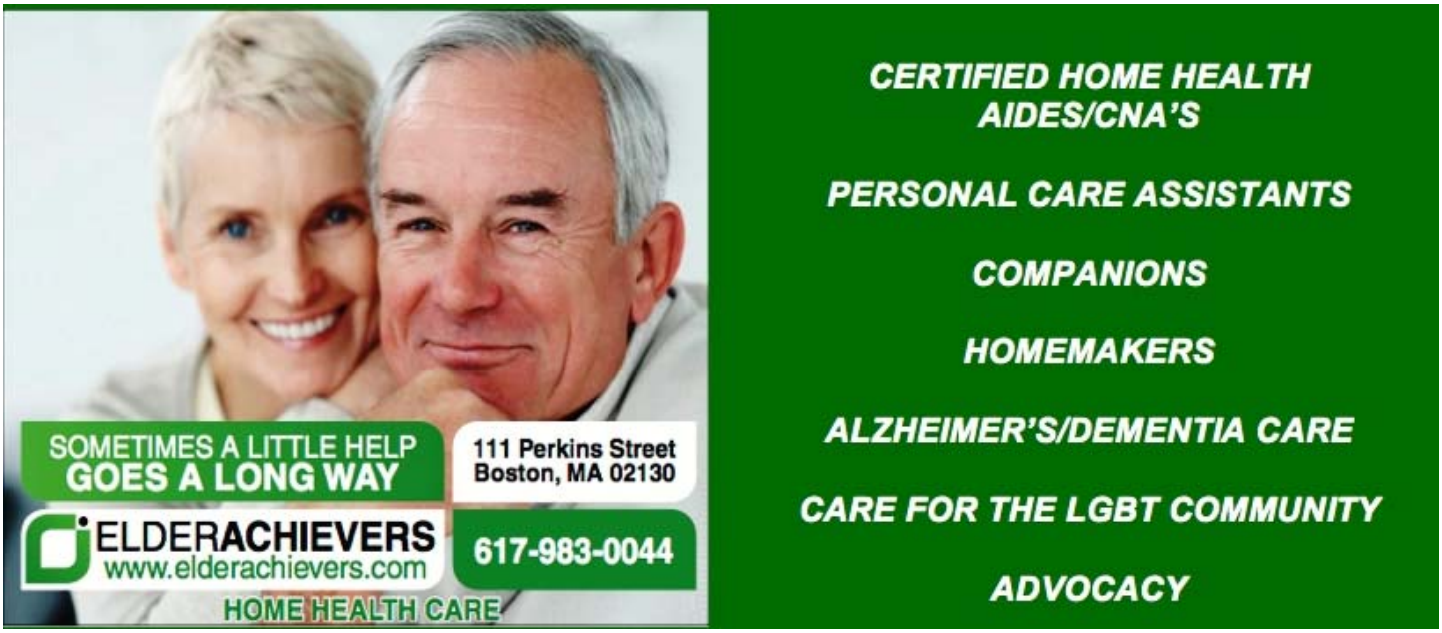
Terrence McNally's play gives an insightful look at the life and art of Maria Callas. Now in the twilight of her career, through a series of master classes, she reflects on her life, reliving theatrical, artistic, and painful intimate disappointments. The play explores the complexity of celebrity, ego, ambition, achievement—and ultimately, the loss of identity and self-worth while struggling to let go of the past.

Amadeus **$40**
Saturday, May 11 (2:00 pm
at the New Repertory Theater in Watertown

Amadeus explodes with musical masterpieces and richness of language, harkening back to times of excess and indulgence. This Renaissance drama takes us back to 18th-Century Europe and the tumultuous rivalry between Wolfgang Amadeus Mozart and Antonio Salieri. Falsely befriending Mozart, the jealous and power-hungry Salieri hopes to ruin his opponent socially and politically and inhibit Mozart's legacy. Jim Petosa directs this engaging drama, in which Salieri questions God for unfairly favoring Mozart.

The Pirates of Penzance **$38**
Sunday, June 2 (2:00 pm)
at the American Repertory Theater in Cambridge

This is an 80-minute exotic excursion featuring bathing beauties, philosophizing pirates, and grown men in remarkably short shorts! This experience will cause immense joy and the compulsion to spontaneously sing along. The show features beach balls, sunshine (the artificial kind), and tons of fun music.



AT THE GALLERY

In April, the Senior Center gallery is overflowing with wonderful images. The gallery is open Monday through Friday from 8:30 am to 5:00 pm.

The main gallery has a magical exhibit of photographs by ***Alan Bloom*** and painting, drawings, and sculpture by ***Jessica Bloom*** (1943-2012). The photographs and paintings overflow into the rooms at the back of the 2nd floor. The sculptures spill out into the stair landings and into the hallway outside the library.

This show will run through Friday, May 31.

In addition, **throughout April**, there is also an exquisite collection of bird sculpture miniatures by ***Netti Fishstein*** in the glass-fronted case across from the library.

Professor Michele Guerrisi of the Academia di Belle Arti in Rome has characterized Ms. Fishstein, "…her truly exceptional qualities of taste and fantasy…provide evident proof of a most valid and original artistry…" And Dr. Costanzo Costantini, art critic for Il Messaggero in Rome, has this to say: "I can attest that she possesses brilliant gifts in the art of sculpture… In the world of art…it isn't easy to meet artists who, together with authentic talent, unite a love for art indeed extraordinary…Netti is one of these."

Note that the elegant granite bases for the bird sculptures were made by Ed Monti. These bases complement the sculpture.

SONGS OF PEACE, LOVE, AND UNDERSTANDING —SAVE THE DATE—

Temple Ohabei Shalom presents its sixth annual Music and Worship concert—Songs of Peace, Love, and Understanding—finding common ground through the universal language of music featuring Cantor Randall Schloss, Leah Schloss, and David Sparr with guest performers Derrick Ashsong and Jonathan Gramline of the Afropolitan Band, Soulfe'ge. The concert will be on **Saturday, May 4, at 7:30 pm**. Special rate for seniors: $10. A complimentary dessert reception will follow the concert.

For more information and to purchase tickets call, Selma Bengis at 617-739-2171.

ZUMBA GOLD

Get in shape and have fun doing it in this dynamic and effective fitness program. The spring season of Zumba Gold at the Senior Center is now in session and will **on Thursdays through May 23 (exception: no class on May 2), from 1:30 to 2:30 pm**. The cost for the full series of sessions is $45, but drop-ins are always welcome at $7 per session.

This course is free for residents of the Brookline Housing Authority thanks to a grant from the Brookline Community Foundation.

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

INCOME TAXES

Once again, we face the inevitability of filing income taxes. And once again help will be available at the Senior Center courtesy of the AARP tax prep service. Our preparers will be here on Tuesday mornings throughout the filing season (until Tuesday, Apr. 9). Some appointments for tax preparation help are still available, but since this service is extremely popular, sign up as soon as possible so as to not miss out. To make an appointment, call 617-730-2777.

There is a form—Form 13614c Intake/ Interview & Quality Review Sheet—that you must fill out before your appointment and take with you to the appointment. Copies of the blank form are available at the Senior Center or you can download one from the Town web site (just go to the Council on Aging page and click on Form 13614c to get the form to download). If you still require assistance with preparing your taxes and were not able to secure an appointment at the Senior Center, you can contact the following resources for assistance:

ABCD (Boston residents only)
20 Linden Street, Suite 230, Allston (617-202-5904) ***and*** *565 Washington Street, Brighton (617-903-3640)* Provides free tax preparation assistance to low income individuals (those who earned less than $51,000 in 2012). Appointments required.

AARP Tax-aide Program)*888-227-7669 www.aarp.org/money/taxaide)* Contact AARP directly to locate sites outside the Brookline area that offer free tax preparation assistance. In home assistance *may* be available to certain homebound individuals who are unable to travel to an identified site.

Bentley Volunteer Income Tax Assistance (VITA) *Bentley University, 175 Forest Street, Waltham (781-891-2714)* Provides free IRS sponsored tax preparation assistance to residents of Waltham and the surrounding communities including Brookline. There are no income limits but they do not prepare taxes for individuals with business or rental income.

Walk in service only, on Tuesdays and Thursdays 5:00 pm to 8:00 pm and Saturdays 11:00 am to 4:00 pm, until April 11.

CEOC Cambridge *11 Inman Street, Cambridge (617-868-2395 or www.ceoccambridge.org)* Free Federal and State tax and up to 3 year back tax preparation for individuals with an annual income of $75,000 or less and who do not have rental income. They are available all year long. You must call for an appointment. Walk-in service Tuesdays 3:00 to 6:30 pm during this tax season.

Community Tax Aid of Boston (Boston residents only) *(www.ctaboston.org)* Provides free tax preparation assistance to low-income individuals who meet income eligibility guidelines. Services are provided in conjunction with Northeastern University's College of Business Administration.

H&R Block *247 Harvard Street, Brookline (617-738-0209)* Offers tax preparation services for a fee. This Brookline location is a seasonal office that is open only during tax season.
H&R Block Customer Support Line *(800-472-5625)* Contact to locate other local H&R Block offices that are open year-round.

Computer Software
There are now income tax preparation programs for use on your home computer that allow you to fill out your income tax forms without any outside assistance. Programs such as TURBOTAX and TAX CUT are updated each year to reflect current tax law changes and are often the same programs that tax preparers use when completing tax returns.

OTHER HELPFUL NUMBERS:
Federal Tax Information Line *(800-829-1040)*
State Tax Information Line *(800-392-6089)*

FUEL ASSISTANCE

This program ends for the year at the end of April so this month is your last chance to apply for, or renew, benefits. Our social work interns—Delisa, Julie, and Kerri—are assisting people with applying for, or renewing, their fuel assistance benefit this year. Appointments can be scheduled by calling 617-730-2777.

Please note that you do not have to be an elder to apply for fuel assistance. For more information and answers to your questions, call the Senior Center social work interns at 617-730-2772. Leave your name and telephone number, and one of the interns will call you back as soon as possible.

Other intake sites that are available to Brookline residents are:

- • ABCD, Inc. (central office), 178 Tremont St., 4th Floor, Boston. Phone: 617-357-6012
- • Allston/Brighton APAC, 143 Harvard Ave. Allston. Phone: 617-783-1483.

There are multilingual intake workers at both these sites.

MASS COLLEGE OF PHARMACY WORKSHOP

The next Mass College of Pharmacy Workshop will be on **Thursday, April 18 at 1:00 pm**. At press time, the program had not yet been set. Stay tuned to the TAB for more information.

PANCAKE BREAKFAST

Come to the Brookline High School cafeteria on **Saturday, April 6, from 8:00 am to 12:00 noon** for the 19th Annual Rotary Club of Brookline's Pancake Breakfast. Admission is $6 for all the pancakes you can eat. Proceeds will benefit the Brookline food initiatives—the Food Pantry and the Food Co-op—and other Brookline charities.

Tickets are available at the Senior Center, online at http://2013pancake breakfast.event brite.com/, and at the door. Music. Raffles. Fun.

SPANISH IMMERSION

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

1. There are one-hour one-on-one Spanish conversation sessions with native seniors from many Latin American countries.
2. 10-week Beginning Spanish classes on **Thursday afternoons from 1:15 to 2:15 pm,** with small groups in a relaxed, friendly atmosphere. Next session begins on March 14.
3. 10-week Intermediate level Spanish classes on **Thursdays from 12:00 noon to 1:00 pm**. Next session begins on March 14.
4. Spanish conversation small group meetings on **Thursday afternoons from 2:30 to 3:30 pm**, with multifaceted conversations in Spanish designed to provide Spanish conversation on varied topics and to share Latin American topics with the other seniors who attend the meeting each week.
5. Latino instrumental and vocal music on **Tuesday afternoons from 3:00 to 4:45 pm** with instructor Gillian De Lear.
6. Basic Computer Class in Spanish on **Fridays from 12:30 to 2:00 pm**.

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

PROUD TO SUPPORT THE
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THANK YOU

The Senior Center depends on donations to its nonprofit organization for much of our programming, activities, and physical plant. Each month, we thank the donors on this page. Note, however, that our press time does not allow us to give list all the contributions to the end of the month. We will list all contributions so your end-of-month donations, if they come in after the third week in the month, will be listed in the following month's *Thank You* column. We thank March donors:

Annual Appeal Donors Anonymous, Anonymous (supporting the coffee and Zumba Gold), Dorothy Blom, Frances Chaikin, Elliot Gabriel, Judith Kidd, Elizabeth Linde, and Rose A. Sullivan

BrooklineCAN Donors Judith Alland Judith Alland, Miriam S. Alpert, Edward DeFranceschi & Carol Axelrod, Carla & Dick Benka, Marsha Frankel, Anita Garlick, Kerri Hamberg, Ellen Hertzmark, Judith Steinbergh & Robert Kroin, Judy Mason, Mary & Mike McConnell, Malkah T. Notman, Anne Power, Barbara Schram, Barbara C. Scotto, Olga Sliwa (honoring Frank Caro), Gerry Small, Julie Washburn (honoring Frank Caro), Cyrill Wolf, Elaine Wong, Deborah Zucker, and Esther Zucker

Fitness Scholarship Fund Donor Claire Goodwin

To Miriam S. Alpert ***for her gift in honor of*** the Brookline Elders Taxi System (BETS) program

To an anonymous donor ***for the gift in honor of*** the Food Distribution program

To Patricia Dobek (supporting the Van Fund) and Kathryn Kilpatrick ***for their gifts in honor of*** Sonia Wong

To Ruthann Dobek ***for her gift in honor of*** the volunteers at the Brookline Senior Center

To Shirley Obelsky ***for her gift in honor of*** the Tax Preparation program

To Aida Cancola ***for her gift in memory of*** Cippy MacDougall

To Mr. & Mrs. Tom Linnen ***for their gift in memory of*** Robert Meister (honoring Sue Katz's Senior Stretch Class)

To Charlotte Millman ***for her gift in memory of*** Bob Roll, Richard Raskind, and Diana Kaplan

To Dotty Bell, Miriam B. Sargon, and Sonia Wong ***for their gifts in memory of*** Diana Kaplan

To Mildren Siegel and the Solemates and the Senior Stretch Class ***for their gifts in memory of*** Mary O'Brien

To Ruth Werksman ***for her gift in memory of*** Ethel Felsberg

FROM THE BOARD PRESIDENT

Announcing a Major Milestone: At the end of 2012, the Senior Center reached a major milestone—our endowment reached $1 million. An endowment helps ensure the future of the organization by providing a future income stream and needed reserves. It took us 11 years to reach our first million. Our new goal is to double our endowment by 2018. We hope you'll be part of that. You can contribute directly or put the Brookline Senior Center in your will. If you do, let us know, so we can include you in our Legacy Society.

In April, Spring brings out everyone—to go, do, enjoy! Please consider an extra gift in support of the Van and its faithful driver who can get seniors out of the isolation of their homes and to the Senior Center.

You might even consider a legacy gift that will help the Senior Center by adding funds to its endowment and thereby helping to maintain all the programs and the physical plant.

Remember that all gifts are tax-deductible.

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

SUPPORT THE SENIOR CENTER

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

❒ $25 ❒ $50 ❒ $100 ❒ $250 ❒ $500

Other: $_____

***

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

_____

***

❒ I am interested in making a gift of securities or in estate planning opportunities.
Please contact me.

***

❒ My employer will match my gift.
Please contact me.

***

I want to make a monthly contribution of:

❒ $10 ❒ $25 ❒ $50 Other: $_____

Name(s): _____

Address: _____

e-Mail: _____

Phone(s): _____

Please make your checks payable to "BROOKLINE SENIOR CENTER"

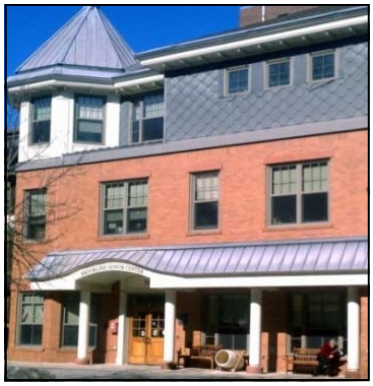
To pay securely online by credit card, go to http://www1.networkforgood.org/for-donors#. Ender "Brookline Senior Center" after "Charity Name" in the box at the right.

***

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

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

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



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www.brooklinecu.com

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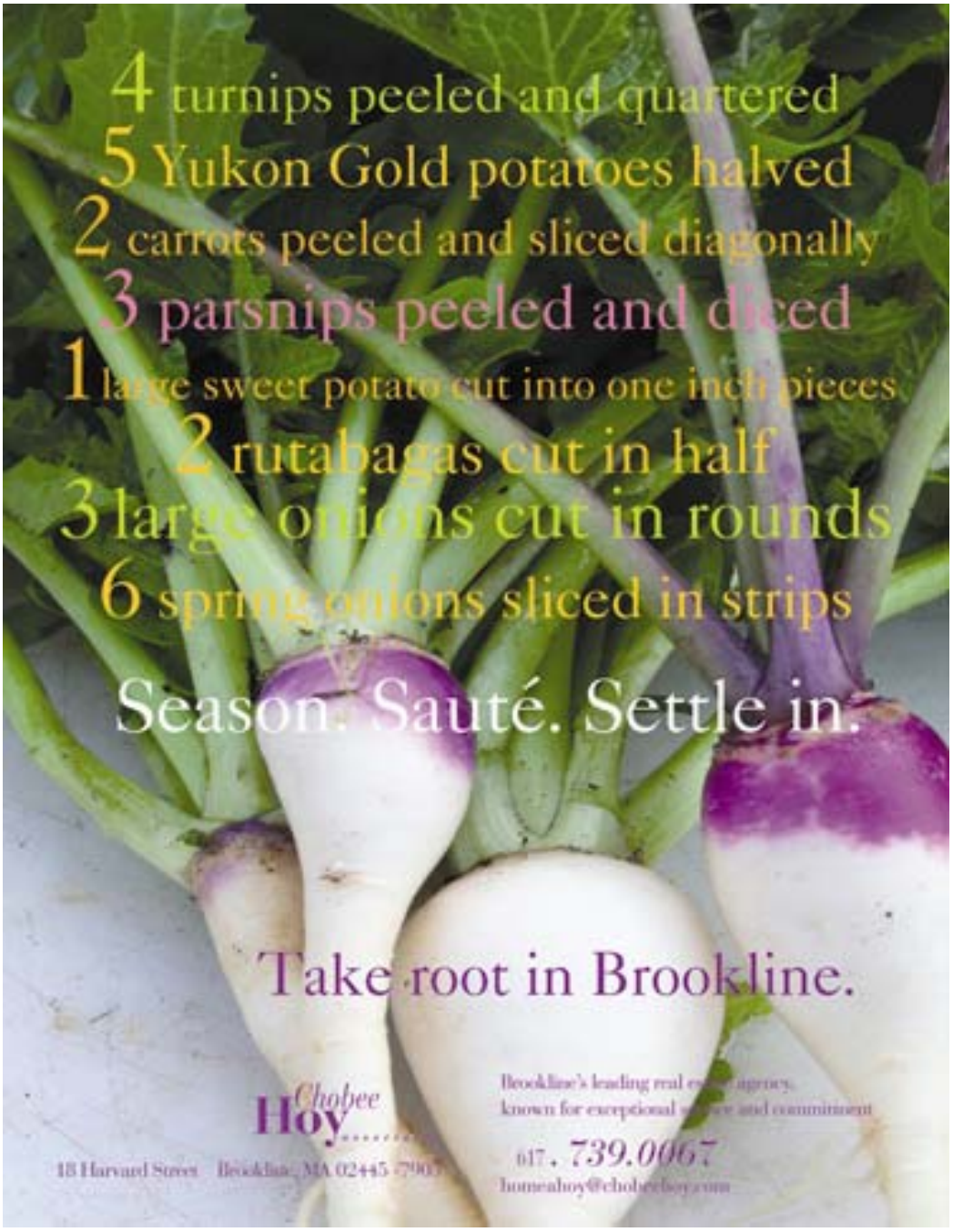

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