TOWN OF BROOKLINE
SENIOR NEWS AND EVENTS

Council on Aging

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

Brookline Senior Center
93 Winchester Street
Brookline, Massachusetts 02446

Council on Aging 617 730 2777
Information Hotline 617 730 2778
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

Travel to Venice with Mary Gallagher at Easy Travel on August 1. See p. 3.

Eat lots of yummy food at the Springwell BBQ on August 21. See pp. 16 and 17.

On August 26, tickets go on sale for the August Moon Festival in September. See p. 6.

Celebrate the end of summer on August 29. See p. 27

AUGUST 2013

SUMMER OUTINGS

Summer is the time for getting out and doing things in the wider community. Of course, as seniors, we must be cautious of doing too much in extreme heat, but there are plenty of days to come that will be beautiful and warm. As August progresses, we can even look forward to a hint of autumn now and then. And there are many things to do outside of the Senior Center in August.

For example, on August 14, you can head to Pawtucket for an old fashioned ball game between the PawSox and Louisville. Our thanks to Ted Shamitz and the Senior Center Theater Club for arranging this special outing. See p. 21 for more details.

And that is not all by a long shot. There are concerts in Emerson Park (see p. 9), Brookline Rec outings (see p. 10), JFK historic tours (see p. 9), free museum and cultural Mondays courtesy of the Highland Street Foundation (see p. 10), ARTZ for Alzheimer's events (see p. 13), and more.

Of course, there is also a plethora of things to do in August at the Senior Center—movies, activities, lunches, and just sitting in the coffee lounge keeping cool while socializing with your peers. Enjoy this last month of summer to the fullest.

WEDNESDAY, October 23—SAVE THE DATE—12th Annual Autumn Benefit

Renovate-Respect-Renew-Replenish the Senior Center! This year we celebrate renovating the Senior Center, focusing not only on our physical plant, but also on how we respect, renew, and replenish our seniors.

Become a sponsor: **Bronze** $300 (2 tickets)—**Silver Level** $750 (4 tickets)—**Gold** $1500 ((6 tickets)—**Platinum** $2500 (8 tickets). Whatever level of sponsorship you choose gives you acknowledgement in the invitation program.

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The Town of Brookline Senior News & Events
BROOKLINE COUNCIL ON AGING (COA)

Ruthann Dobek
Director, Council on Aging/Senior Center

Julie Washburn
Program Manager, Council on Aging/Senior Center

Judith Gimple
Newsletter Editor and Publisher

The Town of Brookline *Senior News and Events* is published monthly by the Brookline Council on Aging, 93 Winchester Street, Brookline, MA 02446.

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

AUGUST HOLIDAYS

In August, holidays for which the Senior Center is closed, are on vacation, i.e., we are open Monday through Friday all month. However, there are some days of note in August.

For instance, Tuesday, August 13, is Left Hander's Day, a day close to my Southtpaw heart. We are a large minority—much ridiculed and discriminated against. Cash registers are set up for right-hand use, the Qwerty keyboard used on most computers have more keys on the right-hand side than on the left-hand side, scissors are made for right-handers, and on and on and on. And yet four recent presidents—Ronald Reagan and George H.W. Bush and Bill Clinton and Barack Obama—Judy Garland, Beatles Paul McCartney and Ringo Starr, Cole Porter, and Richard Dreyfuss—all are lefties. So be sure to appreciate your left-handed friends and loved ones on August 13.

And Wednesday, August 21, is National Senior Citizens Day! This is your day! Enjoy it any way you desire. Take advantage of the senior citizens specials and discounts that will abound!

Finally, Tuesday, August 27 is Just Because Day. Do something without a rhyme or reason.

© 1994-2005 M.K. Holder on http://www.indiana,edu/-primat/left.html

Northeastern University offering paid study

The Lifespan Emotional Development Lab at Northeastern University (just steps off the Orange Line Ruggles Station stop) is seeking healthy adults ages 60 and above to participate in research studies examining emotion and attention. Participants will be paid **$10 per hour** and will be provided with a free parking space.

If you are interested, please call the lab at

617-373-2678

COUNCIL ON AGING

There will be no Council on Aging (COA) meeting in August. However, the ***Nominating Committee*** will meet on **Wednesday, August 14 at 1:00 pm** to consider new members for the board. If you would like to serve on the COA Board—an excellent volunteer opportunity—or if you know someone who would make a good member, contact Ruthann at 617-730-2756 or e-mail her at rdobek@brookline ma.gov.

EASY TRAVEL

On **Thursday, August 1, at 1:30 pm**, let Mary Gallagher take you to Venice without having to leave dry land. Experience the pace of a city without cars, motorbikes, even bicycles. Visit the original Jewish ghetto, the Piazza San Marco, and some of the famous and not so famous islands in the Venetian lagoon. Cheer on the rowers in the Vogalonga, an annual regatta in which 1700 boats compete in a 20-mile race around the lagoon and down the Grand Canal. Get lost in the narrow streets that sometimes, but not always, end in a bridge to the other side of a canal. See that Venice offers a host of delightful adventures for even for the hopelessly lost tourist.

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Ask a Nurse The nurse from the Greater Medford Visiting Nurse Association will visit the Senior Center on **Thursday, August 1, from 11:00 am to 12:00 noon** 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, August 5 and September 16 and 30 from 9:00 am to 12:00 noon**. Sessions, which last 15 minutes each, cost $30. Appointments are required. Call 617-730-2777.

Low Vision Group This peer-led support group for individuals with limited eyesight will meet at the Senior Center on **Wednesday, August 21, at 1:00 pm**.

Blood Pressure Screening
Barbara Westley, the nurse from the Brookline Public Health Department (BPHD), will be at the Senior Center on **Thursday, August 15, from 9:00 to10:00 am**. She will also provide blood pressure screenings:

- On **Wednesday, August 7, from 2:00 to 3:00 pm** at the BPHD building at 11 Pierce Street
- On **Wednesday, August 14, from 1:00 to 2:00 pm**, at Sussman House ar 50 Pleasant Street
- On **Wednesday, August 28, from 1:00 to 2:00 pm**, at O'Shea House at 61 Park St.

And Jinghong Yang, nurse from the Greater Boston Chinese Golden Age Center will do blood pressure screenings at the Senior Center on **Monday, August 26**, during the Chinese programs—**from 2:30 to 3:30 pm**.

Exercise Regularly Regular exercise is a basic tenet of good health and can help seniors feel better and enjoy life. Evelyn O'Neill, manager of Hebrew Rehabilitation Center's *Get Up & Go* exercise program recommends:

- Consulting your doctor before beginning any exercise program.
- Doing cardiovascular exercises (walking, biking, swimming, etc.) for at least 30 minutes 5 to 7 days a week. (You can divide these workouts into shorter session of not less than 10 minutes each.)
- Including balance and stretching exercises.
- Doing strength-training exercises at least twice a week on nonconsecutive days
- Exercising all major muscle groups to maintain strength and function.
- Drinking plenty o water before and after exercising unless drinking has been limited by your doctor.
- Varying your routine so you don't become bored.

Joining the Fitness Center at the Senior Center or one of the many gyms in Brookline, one or more of the adult activities available through Brookline Recreation—tennis, swimming, or golf (or even ice skating in the winter) are good ways to exercise as are BA&CE exercise classes.

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

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ASK A GERIATRICIAN

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

Question: I hear a lot about colitis, but what exactly is it?

Answer: Colitis refers to an inflammation of the inside of the colon. The colon (also called the "large intestine") is a large, hollow tube that is the final part of the digestive tract. After food has been chewed in the mouth, digested in the stomach, and absorbed in the small intestine, the final waste products reach the colon and are eliminated through the rectum. Usually this is a smooth process. However, when the colon gets inflamed, there can be pain, diarrhea, bloody stools, and fevers. There are different kinds and causes of colitis:

- ***Infectious colitis*** is often caused by uncooked or contaminated food or by drinking unclean water, such as water from outdoor streams. Sometimes after taking antibiotics, the *good* bacteria in our colon are decreased and a different bacteria called "Clostridium difficile" (abbreviated to "Cdif") overgrows and causes severe diarrhea, pain, and fever.
- ***Ischemic colitis*** is caused when the blood vessels to the colon, like the blood vessels to the heart, get narrowed. The work of passing food through causes abdominal pain, similar to "angina" or chest pain for exertion.
- ***Inflammatory bowel disease*** is caused by a malfunction of the immune system. This can result in 2 kinds of colitis: *Crohn's disease*, which affects all parts of the gastrointestinal (GI) tract and *ulcerative colitis*, which affects only the colon, but can lead to colon cancer if the colon is not removed. Both can cause bloody diarrhea.

Colitis caused by an infection often gets better on its own. It is important to drink a lot of fluids to make up for what is lost in the diarrhea. However, if symptoms persist and there is blood in the diarrhea, you should see your doctor for further testing with blood tests, stool samples, and often a colonoscopy.

ALZHEIMER'S AND EXERCISE

Research suggests that exercise may play a role in reducing risk for Alzheimer's disease (AD). Animal studies show that exercise increases both the number of small blood vessels that supply blood to the brain and the number of connections between nerve cells in older rats and mice. In addition, researchers have found that exercise raises the level of a nerve growth factor (a protein key to brain health) in an area of the brain that is important to memory and learning. Researchers have also shown that exercise can stimulate the human brain's ability to maintain old network connections and make new ones. *From NIHSeniorHealth online*

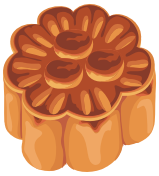
MEDICATION ON TIME

In July, we provided some choices for replacing the services of the now-defunct J.E. Pierce Apothecary. Now we have additional information to share. We have learned that Health First Pharmacy in Brighton, offers free delivery to their Brookline customers Monday through Friday ***and*** also prepare meds in 30-day bubble (or blister) packs, each pack color-coded for time of day the dose is taken. This service is gratis. For new customers, the pharmacy requests that the doctor fax a medication list and write new prescriptions. The service is called Medication On Time (MOT). For more information and to set up this service, call First Health at 617-206-3233.

AUGUST MOON FESTIVAL —SAVE THE DATE—

Our Senior Center celebration of the August Moon Festival will be held on **Monday, September 9, from 12:30 to 2:00 pm**. This event, cosponsored by the Senior Center and the Greater Boston Chinese Golden Age Center, is always colorful and lively. Tickets will go on sale ($7 for the program ***and*** the yummy lunch) on Monday, August 26. For more information and to make reservations, call 617-730-2770.

According to *TravelChinaGuide.com*: Since ancient times, Chinese Emperors offered sacrifices to the moon in autumn…. The big incense burn table was arranged and all kinds of food were offered…. Many famous poems for praising the moon on the night of the festival were created. Today sacrifice has been replaced by a simple appreciation of the moon. Members of a family usually eat and talk to their hearts content at the same time admiring the bright moon. While looking up at the moon, people will think of their relatives far away and silently wish them well.



As with all Chinese holidays, the August Moon Festival has its own special food—moon cakes—which are a kind of cookie with various fillings and artistic patterns on top. The cookie not only symbolizes the moon, it also symbolizes by its roundness the reunion of the family.

Moving? Downsizing?

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REAP

The Retirement Engagement Alternatives Program (REAP) is now up and running. If you are a 60 plus resident of Brookline seeking to ocupy your retirement with local volunteer work, to enhance your income, or to add increased structure to your days, contact Deidre Waxman at 617-730-2767 for an interview.

ATTENTION BUSINESSES AND ORGANIZATIONS SEEKING VOLUNTEERS!

As the Senior Center and its partners begin the new Retirement Engagement Opportunities Program (REAP), they will begin screening and placing energetic and enthusiastic volunteers in local nonprofit organizations and offices. If you would like to train and work with a volunteer in your organization or business, contact Deidre Waxman at dwaxman@brooklinema.gov.

CHAMBER MUSIC

Amateur violinist, Sandra Kriensky, would like to play chamber music every other week at the Senior Center with other amateur musicians. "We can have fun sight reading the great classics or select pieces to work on. And if we are good enough, we can perhaps perform at the center." If you are interested and have experience playing chamber music, contact Julie Washburn at 617-730-2760. Note that strings are particularly welcome!

Brookline Adult & Community Education

BA&CE

www.brooklineadulted.org
617-730-2700

Join us, new classes starting soon!

HOLIDAY CRAFT FAIR —SAVE THE DATE—

Early in November the 29th Annual Holiday Craft Fair will be held at the Senior Center. The first planning meeting was held at the end of July, but if you want to be involved in the planning and the actual fair itself, stay tuned to the TAB and the September *Senior News and Events* for more specific information.

SPANISH IMMERSION

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

1. One-hour, one-on-one Spanish conversation sessions with native seniors from many Latin American countries.
2. 10-week Beginning Spanish classes on **Thursday afternoons from 1:15 to 2:15 pm,** with small groups in a relaxed, friendly atmosphere.
3. 10-week Intermediate level Spanish classes on **Thursdays from 12:00 noon to 1:00 pm**.
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 co-sponsored by the Brookline Senior Center and JPC: Spanish Immersion Jamaica Plain.

Note: Beginning and Intermediate Spanish classes' summer sessions schedule may vary.

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.

TOUR THE SENIOR CENTER

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

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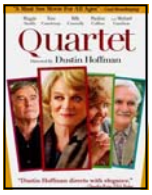
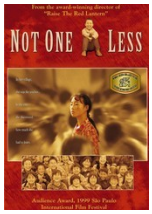
MOVIES FOR FILM LOVERS

Escape the heat and humidity on **Tuesdays in August at 1:00 pm** at the Senior Center and enjoy a first-class movie at the same time. You might even want to come for lunch at 12 noon and make an afternoon of it. See pp. 16-17 for menus and reservation information.



August 6 99 minutes
Quartet (2012)
A trio (Tom Courtenay, Billy Connolly, and Pauline Collins) of retired opera singers' annual celebration of Verdi's birthday sours when their estranged fourth member (Maggie Smith) shows up but refuses to sing. Tensions rise and diva drama erupts—will personal problems prevent the show from going on?

August 13 102 minutes
Moonstruck (1987)
In this slice-of-life comedy about the Italian American residents of a Brooklyn neighborhood, an independent-minded widow (Cher) falls in love with a one-handed misfit baker (Nicolas Cage), much to the chagrin of her betrothed (Vincent Gardenia).



August 20 106 minutes
Not One Less (1999)
In Mandarin with English subtitles.
Master Chinese filmmaker Zhang Yimou turns his lens on the travails of modern China's peasants. When teacher Gao (Gao Enman) leaves town for a month, 13-year old Wei (Wei Minzhi) is pressed into serving as his substitute at the school from which she just graduated. If she keeps her class intact, she will receive a bonus. But when a student leaves for the city, she follows and strives relentlessly to bring him back.

August 27 157 minutes
Zero Dark Thirty (2012)
Directed by Kathryn Bigelow, this gripping dramatization—seen through the eyes of a tenacious CIA operative—chronicles the decade-long search for Osama bin Laden in the wake of the September 11 terrorist attacks. Featuring Jessica Chastain, Jason Clarke, and Joel Edgerton.

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AT THE GALLERY

The Senior Center cordially invites you to Just a Gesture *an exhibit of figure drawings by the members of Louise Weinberg's* Drawing for Pleasure *class.*

Just a Gesture...

Through Friday, September 6

at the Senior Center Gallery

Hours: Monday through Friday from 8:30 am to 5:00 pm

EMERSON GARDEN CONCERTS

The concerts at the Daniel F. Ford Playground at Emerson Garden, presented by Brookline Recreation, continue on the first two **Wednesday evenings in August**:

- Bluegrass with Chasing Blue on the **7th**
- Pop hits with Infractions on the **14th**

This is a great treat to share with your children and grandchildren. All shows **begin at 6:00 pm**. For more information, visit www.brookline rec.com or call 617-730-2069.

All shows are free, but Brookline Recreation is asking that you bring canned goods to be donated to the Brookline Food Pantry!

Thanks for these concerts go out to benefactors Brookline Bank, Chestnut Hill Realty, and The Country Club and to community supporters Brookline Municipal Credit Union and the Dancesport Academy of New England.

GROWING UP KENNEDY

The JFK National Park Site presents ***Growing Up Kennedy***, a one-mile walk through JFK's boyhood neighborhood, beginning at his birthplace at 83 Beals Street and continuing through the neighborhood to the second home the family moved to in 1920. On the way, you'll learn about the early years of the Kennedy family, including JFK's competitions with his older brother Joe, parental expectations, childhood pranks, and more.

The tours will take place daily—**Wednesday through Sunday in August beginning at 2:15 pm** in the backyard of 83 Beals Street.

BROOKLINE RECREATION ADULT EXCURSIONS

Kennebunkport, Maine
Friday, August 2, 8:00 am to 6:00 pm

Historically a fishing village, Kennebunkport has become a popular seaside tourist destination with a small district of souvenir shops, art galleries, seafood restaurants, and inns. *Cost: Residents-$15, nonresidents -$21.*

BBQ at Larz Anderson Park
Friday, August 23, 11:30 am to 2:00 pm

Enjoy a summer day at Larz Anderson Park with hot dogs, hamburgers, and drinks! The BBQ will take place at the picnic tables with plenty of shade for all! *Cost: Residents-$15, nonresidents-$21.*

Pick ups and drop offs at the Soule Recreation Center and the Senior Center. To register for any program, call Elizabeth at 617-730-2082, the Recreation Dept. at 617-730-2069, or you can register and pay on the second floor of the Senior Center.

FREE FRIDAYS IN AUGUST

The Highland Street Foundation, founded in 1989 by David J. McGrath, Jr. has funded a program that provides ***Free Fun*** admission to many museums and other cultural venues **on Fridays** in July and **August**. Among the August venues in metro Boston and the suburbs are:

August 2
Boston Children's Museum (Boston)
Franklin Park Zoo (Dorchester)
Arnold Arboretum (Jamaica Plain)

August 9
Boston Harbor Island Alliance and The Sports Museum (Boston)
Battleship Cove (Fall River)
Ocean Explorium (New Bedford)

August 16
The Institute of Contemporary Art (Boston)
USS Constitution (Charlestown)
Concord Museum (Concord)

August 23
Isabella Steward Gardner Museum (Boston)
Museum of African American History (Boston/ Nantucket)
Whaling Museum (New Bedford)

August 30
New Repertory Theatre (Watertown)
Plimoth Plantation (Plymouth)
The Discovery Museum (Acton)

For more information, visit highlandstreet.org on the web.

FROM THE DIRECTOR

A special thank you goes to our state legislators who worked diligently to increase funding for elders. We will be awarded in the state formula grant $8.00 per elder in a budget that had much competition. Our legislative team of Frank Smizik, Jeffrey Sanchez, Michael Moran, Ed Coppinger, and Cynthia Creem deserve our gratitude for being strong elder advocates.

Save Wednesday, October 23, on your calendars for our 12th Annual Autumn Benefit (p. 1). I am proud to announce that lead sponsors **Beth Israel Deaconess Medical Center, Hamilton Company Charitable Foundation, Chobee Hoy Associates,** and **Goddard House** have already committed to this event. We are planning a fabulous evening of delicious food and great entertainment. We expect this to be a sell-out. Please consider donating at a sponsorship level to support our critical needs.

Transportation problems abound. Whether it is the high cost of The Ride, the Van driver's retirement, or the Elderbus driver's vacation, we are aware of your concerns and will keep you updated. We are committed to improving transportation service. One way you can help is by sending a donation to support our Van Fund, which is dependent on your gifts to continue.

For those who love the theater, make sure to check out the fall schedule of affordable high-quality shows. I want to acknowledge the hard work of Ted Shamitz who has a passion for bringing elders to the theater. He has volunteered his time to bring yet another great slate of shows as listed in our *Senior News and Events* (p. 26).

While some of our regular classes are on vacation, August will not be a quiet month at the Senior Center. Please join us for some great activities. They include the trip to see Pawtucket Red Sox on Wednesday, August 14 (p. 26); the Springwell BBQ on Wednesday, August 21 (pp. 18 and 19); the Brookline Rec BBQ at Larz Anderson Park on Friday, August 23 (p. 10); the End of Summer Celebration on Thursday, August 29 (p. 27).

A fond farewell to Karin Wannamaker who moved back to North Carolina in July. I share the sentiments of one of her clients who wrote "Thank you Karin Wannamaker! You are a tireless advocate in providing assistance for those in need though the HELP Program. You will be missed."

Enjoy the lazy days of August. Before you know it, the hectic after-Labor Day season will be here.

Ruthann Dobek, Director

Boston University - Charles River Campus
Institutional Review Board

BOSTON UNIVERSITY

DO YOU WANT TO PARTICIPATE IN RESEARCH?

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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 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.

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.

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 A 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 **Wednesdays, August 7 and September 4, 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. (See also p. 28.)

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!

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.

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

ARTZ's It Takes a Village will have an event at the John F. Kennedy National Historic Site at 83 Beals Street in Brookline on **Thursday, August 1, from 11:00 am to 12 pm**. It Takes a Village: Brookline is made possible through the support of the Brookline Community Foundation and the Massachusetts Cultural Council.

And the Tuesday ARTZ Museum Network Tour program (a dementia-specific museum program for those diagnosed and their care partners) will include trips to: the Fuller Craft Museum in Brockton on **August 6**, the Peabody Essex Museum in Salem on **August 13**, the deCordova Sculpture Park in Lincoln on **August 20**, and the Larz Anderson Auto Museum on **August 27**.

For more information about these programs, to register, and to find out more about ARTZ, Artists for Alzheimer's®, call Dee Brenner at 978-985-4427, or e-mail her at Brenner@artzalz.org. Read more about ARTZ on their web site artistsforalzheimers.org.

ON VACATION IN AUGUST

The ***Modern Beading Workshop*** and its instructor Marge Harvey are both on vacation in August. They will return with help and instruction on modern techniques of beading in September. Tune into the September *Senior News and Events* for information on the return.

Also on vacation in August are the ***Putterham Book Discussion Group***, the ***Afternoon Alzheimer's Caregivers Support*** Group, the ***Council on Aging Meeting*** (see also pp. 3 and 28), ***Zumba Gold*** (see also p. 14), and ***LGBT***. Look in the September *Senior News and Events* for the return of these activities.

PUBLIC ISSUES NONFICTION BOOK DISCUSSION GROUP

Come to the Senior Center **on the fourth 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.

August 27
Only Yesterday: An Informal History of the 1920s by Frederick Lewis Allen (Harper Perennial Modern Classics)

September 24
What *Money Can't Buy: The Moral Limits of Markets* by Michael J. Sandel (Farrar, Straus and Giroux)

October 22
The Swerve: How the World Became Modern by Stephen Greenblatt (W.W. Norton & Company).

ESL CONVERSATION GROUP

If you want to practice your English, come to the English as a Second Language (ESL) Conversation Group that meets on **Tuesdays from 2:00 to 3:00 pm** at the Senior Center. This supportive group—led by Janet Kleiner, an experienced teacher of ESL, discusses interesting and useful topics like talking to your doctor, spare time activities, and current news stories. For more information and to register, call Julie at 617-730-2760.

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!

ELF

Need a wheel chair? A walker? A big-button telephone? Whatever? The Equipment Loan Fund (ELF) has lots of medical equipment available for borrowing year round! Whatever you need, call and ask. We may well have it.

Call 617-730-2777 to borrow or donate an item or even multiple items, and you will be connected with a staff social worker who will help you. Because of space limitations and other guidelines, ELF is not able to accept all items you might have to donate, so please call us before dropping items off.

CANASTA GROUP

Welcome to the new Canasta group, which is joining the Senior Center games community. It will meet on **Tuesdays, from 12:30 to 3:30 pm**. Everyone is welcome to join in the fun. No reservations are necessary.

If you want to learn to play, come and observe the game, then talk with Earl Anspach either at the game or by calling 617-730-2777 and leaving your name and number so that he can call you back. You can make arrangements for lessons with him.

SAVE THE DATES! Get in shape and have fun doing so in this dynamic and effective fitness program. However, Zumba® Gold at the Senior Center **is** on vacation in August. It will resume with a free **session on Thursday, September 19**, and continue on 8 consecutive **Thursdays from September 26 through November 14 from 1:30 to 2:30 pm**. The cost for the whole 8-weeks of sessions will be $45. As always, drop-ins are always welcome at $7 per individual session.

This course is free for residents of the Brookline Housing Authority thanks to a grant from the Brook-

BROOKLINE ADULT & COMMUNITY EDUCATION AUGUST OFFERINGS

Brookline Adult & Community Education (BA&CE) offers many courses at the Senior Center each term, and summer term is no exception. For more information about these courses, consult the BA&CE Summer 2013 catalog available widely in Brookline or online at broolineadult ed.org. To register for these courses, call BA&CE at 617-730-2700 or access it online at brookline-adulted.org. Summer courses starting in August are:

***George Eliot's* Middlemarch** *Susan Gorman, Instructor.* 3 Tuesdays from 10:30 am to 12:30 pm, beginning on August 6. Course code: **H099**. Cost: $87.

iPad Tutorial for Seniors *Marjorie Wein, Instructor.* 2 Thursdays from 9:30 to 11:30 pm, beginning August 1. Course code: **C279**. Cost: $41.

Yoga for Older Adults *Stefi Shapiro, Instructor*
Course code: **W044** Cost: $27.
Chair class: 3 Tuesdays from 2:00 to 3:00 pm, beginning August 6
Mat class: 3 Tuesdays from 3:00 to 4:00 pm, beginning August 6

And a new semester starts in September. The catalog for the Fall semester should be available soon. Look for it in the mail or at many locations (public buildings, banks, etc.) around town. And tune in to the September 2013 *Senior News and Events* for BA&CE courses designed expressly for seniors.

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COUPON

Springwell Nutrition Program AUGUST 2013

617-730-2770

MONDAY	TUESDAY	WEDNESDAY
*****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.
Soups may contain chicken, beef, fish, or shellfish bases.
Low sugar desserts are available, and need to be ordered with the site manager.

Note that 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 Offid of Elder Affairs, are for your safety and well being. If you have questions, call Springwell at 617-826-4100.

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

5) **HOT** Beef Stroganoff, Buttered Noodles, Brussels Sprouts, Multigrain Bread **COLD** Egg Salad, Lettuce Leaf, Orzo Vegetable Salad, Summer Squash Salad, Oat Bread Mixed Fruit	6) Florentine Soup **HOT** Chicken w/Creamy Italian Sauce, Red Bliss Potatoes, Italian Blend Vegetables, Wheat Bread **COLD** Turkey, Provolone Cheese, Lite Mayo, Corn Salad, Cole Slaw, Multigrain Bread Raspberry Mousse	7) **HOT** Lentil Stew, Roasted Zucchini, Peppers & Onions, Tossed Salad, Lite Italian Dressing, Wheat Roll **COLD** Roast Beef, American Cheese, Lite Mayo, Lettuce Leaf, German Potato Salad, Beet Salad, Oat Bread Snack Loaf
12) **HOT** ***Hot Dog. Baked Beans, Cole Slaw, Ketchup, Mustard, Relish, Hot Dog Roll **COLD** Roast Beef, Swiss Cheese, Mayo, Potato Salad, Riviera Salad, Wheat Bread Peaches	13) Garden Vegetable Soup **HOT** Honey Mustard Chicken, Mashed Potatoes, Carrots, Rye Bread **COLD** Egg Salad, Lettuce Leaf, English Pea Salad, Tomato Cucumber Salad, Oat Bread Mandarin Oranges	14) **Summer Special** Crab Cake w/Red Pepper Sauce Potato Wedges w/Ketchup Tossed Garden Salad w/Lite Italian Dressing Garlic Wheat Roll Watermelon Mousse w/Chocolate Chips & Whipped Topping
19) Cream of Tomato Soup **HOT** Meatloaf w/Gravy, Mashed Potatoes, Mixed Vegetables, Rye Bread **COLD** Tuna Salad, Lettuce Leaf, Tomato & Red Pepper Salad, Garden Shell Pasta Salad, Scali Bread Fresh Fruit	20) **<u>Birthday Lunch</u>** **HOT** ***Baked Macaroni & Cheese, Baked Tomato Half, Tossed Salad , Lite Italian Dressing, Wheat Bread **COLD** Seafood Salad, Lettuce Leaf, Tri Color Pasta Salad, Riviera Salad, Multigrain Bread Oatmeal Raisin Cookie	21) **Barbecue** Hot Dog & Hamburger Potato Salad Cole Slaw Watermelon Lemonade
26) **HOT** Breaded Fish Sticks, Lemon Butter Sauce, Tartar Sauce, Potato Fries, Cole Slaw, Multigrain Bread **COLD** ***Ham, American Cheese, Mustard, Lettuce Leaf, Carrot Raisin Salad, Macaroni Salad, Pumpernickel Bread Peaches	27) Italian Garden Vegetable Soup **HOT** American Chop Suey, Green Beans, Oat Bread **COLD** Seafood Salad, Lettuce Leaf, Corn Salad, Tossed Garden Salad, Lite Italian Dressing, Wheat Bread Pears	28) **HOT** BBQ Beef Rib, Mashed Sweet Potato, Collard Greens & Onions, Hamburger Roll **COLD** Egg Salad, Lettuce Leaf, English Pea Salad, Beet Salad, Rye Bread Vanilla Cake w/Chocolate Frosting

THURSDAY	FRIDAY
1) Beef Consommé w/Vegetables **HOT** Stuffed Pepper w/Tomato Sauce, Creamy Parmesan Polenta, Zucchini, Wheat Bread **COLD** Chicken Salad, Lettuce Leaf, Spinach Mandarin Orange Salad, Lite Italian Dressing, Garden Shell Pasta Salad, Oat Bread Chocolate Pudding	2) Cream of Butternut Squash Soup **HOT** Potato Crunch Fish w/Lemon Sauce, Whipped Sweet Potato, Broccoli & Cauliflower, Rye Bread **COLD** Cottage Cheese Fruit Plate, Carrot Raisin Salad, Dinner Roll Ambrosia
8) Seafood Chowder **HOT** Salmon Boat w/Lemon Dill Sauce, Whipped Potatoes, Green Beans & Carrots, Pumpernickel Bread **COLD** Mediterranean Tortellini Salad, Caesar Salad w/Croutons, Parmesan Cheese & Dressing, Wheat Roll Pineapple	9) Vegetable Ditalini Soup **HOT** Meatball Sub w/Tomato Sauce, Parmesan Cheese, Spinach, Sub Roll **COLD** Seafood Salad, Lettuce Leaf, Greek Pasta Salad, Carrot Pineapple Salad, Rye Bread Fresh Fruit
15) Beef Consommé **HOT** Stuffed Shells w/Marinara Sauce Meatball & Parmesan Cheese, Spinach, Oat Bread **COLD** Seafood Salad, Tossed Garden Salad, Lite Italian Dressing, Tri Color Pasta Salad, Pumpernickel Bread Fresh Fruit	16) Minestrone Soup **HOT** Pot Roast w/Gravy, Boiled Potatoes w/ Parsley, Brussels Sprouts, Multigrain Bread **COLD** Turkey, Swiss Cheese, Lite Mayo, Lettuce Leaf, Spinach Mandarin Orange Salad, Lite Dressing, Rye Bread Chef's Choice Dessert
22) Escarole Bean Soup **HOT** Breaded Fish Sandwich, Tartar Sauce, Whipped Sweet Potatoes, Green & Wax Beans, Hamburger Roll **COLD** Roast Beef, American Cheese, Lite Mayo, Potato Salad, Roman Blend Salad, Oat Bread Mixed Fruit	23) Potato Chowder Soup **HOT** Roast Turkey w/Gravy, Cranberry Sauce, Butternut Squash, Peas, Cinnamon Dinner Roll **COLD** Cottage Cheese Fruit Plate, Summer Potato Salad, Wheat Roll Mandarin Oranges
29) Cream of Butternut Squash Soup **HOT** Roast Pork, w/Cinnamon Apple Glaze, Baked Potato w/Sour Cream, Country Blend Vegetables, Dinner Roll **COLD** Chicken Salad, Lettuce Leaf, Orzo Vegetable Salad, Broccoli & Tomato Salad, Wheat Bread Fresh Fruit	30) Creamy Tomato Soup **HOT** Lemon Dijon Chicken, Rice Pilaf, Brussels Sprouts, Wheat Roll **COLD** Roast Beef, Mayo, Lettuce Leaf, Greek Pasta Salad, Cole Slaw, Multigrain Bread Ice Cream Cup

LUNCHEON SPECIALS FOR AUGUST

Reservations for ALL 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 **Wednesday, August 14**, come to the ***Springwell Summer Special*** lunch.

Say "***Happy Birthday***" to everyone with August birthdays on **Tuesday, August 20**. The sponsor of this lunch has happily provided a complimentary lunch and a small gift to all August birthday celebrants so be sure to let us know if you or someone in your party has an August birthday when you make your reservations.

And on **Wednesday, August 21**, enjoy the ***Springwell BBQ*** with great entertainment**.**

The Let's Go Out to Lunch bunch will dine at **12 noon** at Galway House at 710 Centre Street in Jamaica Plain on Tuesday**, August 27**. Call 617-730-2770 for reservations and transportation.

AUGUST AT A GLANCE*

Thursday, August 1
9:30-11:30 am iPad Tutorial for Seniors**
9:30 am-12 noon My Life, My Health***
10:30-11:30 am Arthritis Exercise Class***
11 am-12 noon Ask a Nurse
11 am-12 noon ARTZ It Takes a Village program excursion to the John F. Kennedy Historic Site* & ***
1:30 pm Easy Travel goes to Venice with Mary Gallagher

Friday, August 2
8 am-6 pm Brookline Rec excursion to Kennebunkport, Maine* & ***
10 am Farmers' Market coupon raffle

Sunday, August 4
3:30 pm Jazz Concert with Paul Broadnax and Peter Kontrimas at Goddard House*

Monday, August 5
9-10 am Balance and Strength for Seniors**
9 am-12 noon Podiatry Clinic***
10-11 am Fitness class with Steve Shain***
12:30-2:30 pm Reading the Book of Job**

Tuesday, August 6
10:30 am-12:30 pm George Eliot's *Middlemarch***
1 pm Movie for Film Lovers—"Quartet"
2-3 pm Yoga for Older Adults (Chair class)**
3-4 pm Yoga for Older Adults (Mat class)**

Wednesday, August 7
9-10 am Balance and Strength for Seniors**
9 am-12 noon BLAB Lawyer
10-11 am Fitness class with Steve Shain***
2-3 pm Blood pressure screening with Barbara Westley of the Brookline Public Health Department (BPHD) at the BPHD building*
6 pm Blue grass concert at Emerson Garden*

Thursday, August 8
9:30-11:30 am iPad Tutorial for Seniors**
9:30 am-12 noon My Life, My Health***
10:30-11:30 pm Arthritis Exercise Class***

Saturday, August 10
2 pm Senior Center Theater Club excursion to see Les Misérables at the Reagle Theatre in Waltham* & ***

Monday, August 12
9-10 am Balance and Strength for Seniors**
10-11 am Fitness class with Steve Shain***
12:30-2:30 pm Reading the Book of Job**

Tuesday, August 13
10:30 am-12:30 pm George Eliot's *Middlemarch***
1 pm Movie for Film Lovers—"Moonstruck"
2-3 pm Yoga for Older Adults (Chair class)**
3-4 pm Yoga for Older Adults (Mat class)**

Wednesday, August 14
Midmorning—Bus leaves for PawSox game in Pawtucket* & ***
9-10 am Balance and Strength for Seniors**
10-11 am Fitness class with Steve Shain***
12 noon Springwell Summer Special lunch***
1-2 pm Blood pressure screening with Barbara Westley of BPHD at Sussman House*
6 pm Pop hits concert at Emerson Garden*
6 pm Goddard House Dinner Lecture: This Is Getting Old* & ***

Thursday, August 15
9-10 am Blood pressure screening with Barbara Westley of BPHD
9:30 am-12 noon My Life, My Health***
10:30-11:30 am Arthritis Exercise Class

Friday, August 16
2 pm Modern Dance and Movement

Monday, August 19
9-10 am Balance and Strength for Seniors**
10-11 am Fitness class with Steve Shain***
12:30-2:30 pm Reading the Book of Job**

Tuesday, August 20
10:30 am-12:30 pm George Eliot's *Middlemarch***
12 noon August Birthday Lunch***
1 pm Movie for Film Lovers—"Not One Less"
2-3 pm Yoga for Older Adults (Chair class)**
3-4 pm Yoga for Older Adults (Mat class)**

Wednesday, August 21
9-10 am Balance and Strength for Seniors**
10-11 am Fitness class with Steve Shain***
12 noon Springwell BBQ***
1 pm Low Vision Group

Friday, August 23
11:30 am-2 pm Brookline Rec BBQ at Larz Anderson Park* & ***

Saturday, August 24
3:30 pm Performance with Henry "thins" Francis and John Clark at Goddard House*

Monday, August 26
Tickets go on sale for the August Moon Festival
2:30-3:30 pm Blood pressure screening with Jinghong Yang of the Greater Boston Chinese Golden Age Center

Tuesday, August 27
9-10 am Public Issues Nonfiction Book Discussion Group discusses *Only Yesterday: An Informal History of the 1920s*
12 noon Let's Go Out to Lunch bunch dines at Galway House in Jamaica Plain* & ***
1 pm Movie for Film Lovers—"Zero Dark Thirty"

Wednesday, August 28
1-2 pm Blood pressure screening with Barbara Westley of BPHD at O'Shea House*

Thursday, August 29
2-3:30 pm End of Summer Celebration* & ***
Evening Alzheimer's Caregivers Support Group—

call for time
Friday, August 30
2 pm Modern Dance and Movement

ONGOING SENIOR CENTER EVENTS

Monday
9:30 am-4:30 pm Fitness Center open***
12 noon-4 pm BETS
1 pm Mah Jongg/Scrabble
2-4 pm Open computer lab
2:30 pm Chinese programs
Tuesday
9 am-12 noon Reiki Therapy***
9:30 am-4:30 pm Fitness Center open***
10 am Flexibility, Resistance Training, and Balance Exercise
10:15 am Brookline Bees, Quilters
12 noon French Conversation
12 noon-4 pm BETS
12:30-3:30 pm Canasta Group
1 pm Movies for Film Lovers
1 pm Bingo
2-4 pm Senior Center Food Distribution Site (hours are approximate)
2-3 pm Exercises for Health and Rejuvenation
2-3 pm ESL Conversation Group
3-4:45 pm Latino instrumental and vocal music sessions***
One-on-One Computer Sessions***
Wednesday
9-10 am Living Our Values
9:30 am Bowling at Ron's 20th Century Bowling Alley in Hyde Park*
9:30 am-4:30 pm Fitness Center open***
10:30 am Retired Men's Club
12 noon-4 pm BETS
12:30 pm Bridge
2-4 pm Open Computer Lab
Thursday
9:30 am-4:30 pm Fitness Center open***
10:30 am and 1:30 pm Knit and Crochet
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
1:30 pm-Dusk Brookline Farrmers' Market at Centre Street West parking lot
2:30-3:30 pm Spanish Conversation group***
Friday
9 am Bridge
9:30 am Solemates Walking Group
10 am-3 pm Fitness Center open***
10:30 am Current Events Discussion Group
10:30 am Senior Chorus
12:30-3 pm Reiki Therapy***
12:30-2 pm Basic Computer Class in Spanish***
1-2 pm Meditation in Movement

** 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.*

WHAT'S THIS ABOUT?

A

B

C

D

E

F

G

Answers: A) Dog days of summer. B) Making the decision to stop driving. C) Climate Change Action Brookline. D) Brookline Farmers' Market. E) One-on-one Computer Sessions. F) Year of the Snake. G) Senior fitness.

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

GODDARD HOUSE DINNER LECTURE: THIS IS GETTING OLD

Zen Thoughts on Aging with Humor and Dignity
with special guest author Susan Moon

Wednesday, August 14, from 6:00 to 7:30 pm. Come to Goddard House for a complimentary dinner with lecture and discussion.

Susan Moon—writer, editor, Buddhist teacher, and writing instructor—persuades us to be of good cheer as we face the challenges of aging and that there are actually advantages to getting old! Reading from her book about her own and her parents' aging, she'll touch subjects from memory loss and arthritis to the preciousness of old friends and the pleasures of slowing down. We are not alone in getting older—everybody's doing it, without exception. Get encouragement on how to inhabit the present—how to be fully alive right here, right now.

Seating is limited to 30 so registration is required. This series is very popular, so call Judith Gregory 617-731-8500, ext. 130, for reservations as quickly as possible.

OTHER GODDARD HOUSE EVENTS FOR AUGUST

Sunday, August 4 at 3:30 pm
Jazz Concert with Paul Broadnax and Peter Kontrimas

Paul Broadnax has appeared with many nationally recognized jazz artists including Clark Terry, Joe Williams, Milt Hinton, and Dorothy Donegan. He has produced several CDs including "It's About Time", "Here's to Joe", "Friends", "Live At Indian Hill Music", and "Strike Up The Band". Paul performs around New England and beyond.

Peter Kontrimas is a fine musician who owns a recording studio in Greater Boston. His work ranges from solo studio recordings to remote recordings of live concerts.

He and Broadnax have been friends and a music duo for more than three decades.

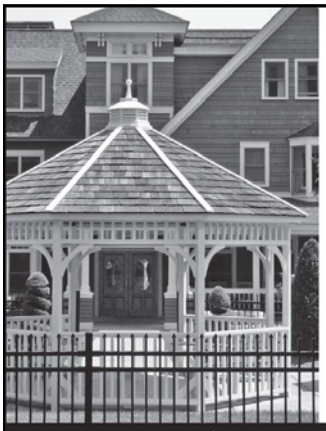
Saturday, August 24 at 3:30pm
Performance with Henry "thins" Francis and John Clark

Henry performs in the styles of Duke Ellington, Count Basie, and Fats Waller (hence the name "thins"). In addition, he has written all the arrangements for The Swing Legacy, has led and participated in various jazz groups around Boston, and played and recorded in England with the Anglo-American Alliance.

John Clark's playing is fueled by his encyclopedic knowledge of jazz history. His strongest musical influences in the swing idiom are Johnny Hodges, Benny Carter, Earl Bostic, and Benny Goodman. John leads his own 7-piece Wolverine Jazz group.

RSVP to Melody Bushmich at 617-731-8500, ext. 152 or mbushmich@goddardhouse.org.

Goddard House Assisted Living in Brookline is located at 165 Chestnut Street. There is ample free parking available on site.



Come for a visit, stay for lunch and experience this lively community of friends.

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www.goddardhouse.org

GODDARD HOUSE IN BROOKLINE
The Recipe for Living

Assisted Living *in Brookline*

Poem by Lila Sesholtz

Sue is leaving us.
Boo hoo, Boo hoo.
Whatever shall we do.
No Sue, No Sue.
We'll bend and stretch,
And walk and kvetch.
We'll lift our weights.
Until it burns.
And bless the day
When Sue returns.

June 24, 2013

MODERN DANCE AND MOVEMENT

Lynn Modell's ever-popular workshop will meet on 2 **Fridays in August—the 16th and the 30th—at 2:00 pm**. This is an excellent way to exercise and have fun at the same time. And for only $2 per session. Imagine that!

BROOKLINE CAN NEWS

SAVE THE DATE! Mark your calendars and join us **on Monday, September 16, from 5:00 to 7:00 pm** as the Senior Center for BrooklineCAN's Annual Meeting and Welcoming Reception for members and prospective members. For more information, access www.brooklinecan.org.

ONE-ON-ONE COMPUTER SESSIONS

There will be one-on-one computer sessions for the computer phobic on **Tuesday afternoons in August**. Call 617-730-2777 and make an appointment to get help with basic computer skills and looking up and applying for benefits online. If you have questions, call Olga Sliwa at 617-730-2768. Appointments are required.

CONTEMPORARY ELEGANCE
Meets the Spirit of Boston.

GET TO KNOW THE CITY WITHIN THE CITY AT CHESTNUT PARK

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
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FRENCH CONVERSATION

Brush up your French conversational skills **every Tuesday in August at 12:00 noon** at the Senior Center in pleasant and congenial surroundings with the French Conversation Group led by Agnes Serenyi.

BOYLSTON PLACE DINNER THEATER

Dinner theater comes alive at Boylston Place, an EPOCH Assisted Living Community, at 615 Heath Street in Chestnut Hill on **Thursday, August 15** with our old friend Richard Clark's one-man show "Life, Language, and the Pursuit of Happiness—Ernest Hemingway Alive!"

Relive Hemingway's glory days from World War I through the inauguration of JFK. Learn about the tragedies and triumphs, the joys and sorrows, the sacred and profane, the loves and losses of this iconic writer. Experience the life force of this master craftsman who was considered "the greatest writer since Shakespeare" by his peers.

Make your reservations by calling 617-244-6400 by no later than Tuesday, August 13.

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.

MEDITATION IN MOVEMENT

One of our lovely ongoing programs is Meditation in Movement with instructor Jennifer Winslow. In this class for seniors on **Fridays from 1:00 to 2:00 pm** at the Senior Center, the focus is on gentle, simple movements to improve posture, balance, lung capacity, overall joint health, and movement. Fee: $5/session. For more information about this course, call Julie at 617-730-2760 or Sharon at 617-730-2769.

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 and Fridays from 12:30 to 3:00 pm** 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 and/or to schedule an appointment, call 617-730-2777.

FITNESS CLASS WITH STEVE SHAIN

Once more we are grateful to the Brookline Community Foundation for generously funding a 3-week fitness class with Steve Shain. The class will meet **Mondays and Wednesdays from August 5 through August 21 from 10:00 to 11:00 am** at the Senior Center. These classes are free, but registration is required. For more information and to register, call 617-730-2770.

Steve Shain is the owner of *Train with Shain Fitness*, which specializes in designing fitness programs for seniors of all levels. He is certified through the American College of Sports medicine and has a BS/MS in exercise physiology from the University of Massachusetts.

Steve will be filling in for the fall semester as instructor of BA&CE's Head-to-Toe Fitness for Seniors (both the 90-minute and the 60-minute classes) while Sue Katz is on sabbatical.

BROOKLINE FARMERS' MARKET

Photo by Mimi Katz

The Brookline Farmers' Market is a wonderful place to spend a summer afternoon getting locally grown and/or prepared vegetables, fruits, herbs, cheese, eggs, plants, cut flowers, tarts, pies, breads, preserves, honey, turkey, beef, and lamb. And when they are in season, you will also find strawberries, plums, apples, blueberries, peaches, pears, cherries, and nectarines. If you need a cooling break from shopping, get a yummy ice cream cone or cup.

The Farmers' Market is open on **Thursdays from 1:30 pm until dusk**, rain or shine, **through October 31** at the Centre Street West Parking Lot. Don't miss it. It is always a treat to the tummy and the eye—and it's fresh and local!

Please note that the Brookline Farmers' market is not set up to accept food stamps. We know of 3 farmers' markets in the area that do take them, however. One is the Newton Farmers' Market in Cold Spring Park (Tuesdays). The other two are both in Boston—at Copley Square (Tuesdays and Fridays) and at City Hall Plaza (Mondays and Wednesdays).

SENIOR CENTER FOOD DISTRIBUTION SITE

There is free food distribution at the Senior Center **every Tuesday from 2:00 to 4:00 pm**. Hours vary slightly depending on when the food arrives and when it has all been distributed. Get a number in the coffee lounge. ***Do not*** go down to the basement until your number is called.

A variety of food is available at the site—many choices of bread and rolls and lots of produce. And you might just find some wonderful soups, specialty salads, and sandwiches.

Bring a bag to carry your choices home. Also bring lots of patience and courtesy so that everyone enjoys the process and avoids conflicts.

We want everyone to be able to receive a fair allocation of the food available every week. Therefore, 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 to help, see Lydia Pearl at the Senior Center on Tuesday mornings.

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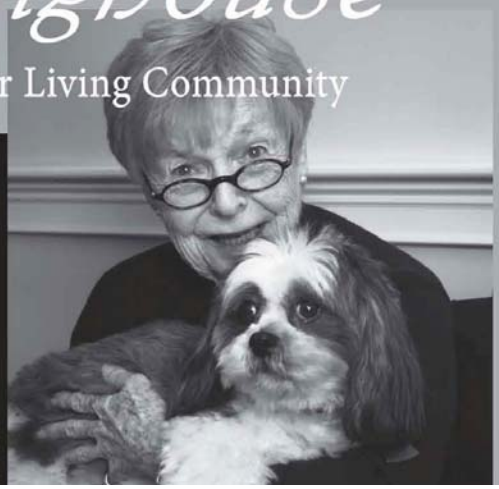

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SENIOR CENTER THEATER CLUB

Les Miserables $38
Saturday, August 10 (2:00 pm)
at the Reagle Music Theatre in Waltham
This celebrated Tony- and Oscar-winning musical is sold out. Call 730-2770 to be put on the waiting list.

All the Way $39
Sunday, September 15 (1:30 pm *at the American Repertory Theatre in Cambridge*
It's 1963 and an assassin's bullet catapults Lyndon B. Johnson into the presidency. A Shakespearean figure of towering ambition and appetite, this charismatic, conflicted Texan hurls himself into the Civil Rights Act, a tinderbox issue emblematic of a divided America.

Great Expectations $20
Sunday, September 29 at 1:30 pm. *at the Senior Center. Discussion and refreshments after the performance.*
Charles Dickens's story of Pip, who rises from poverty to wealth through the intercession of an unknown benefactor and whose arrogance is humbled when he falls in love with the cold, manipulative Estella.

And in October and November:

The Jungle Book (Sunday, October 6, at 2:00 pm at the Huntington Theatre) $30

Rancho Mirage (Sunday, October 20, at 2:00 pm at the New Repertory Theatre) $39

Mozart and Beethoven concert (Sunday, November 3, at 3:00 pm at Symphony Hall) $40

Camelot (Sunday, November 24 at 2:00 pm at the New Repertory Theatre) $39

And there is more scheduled through February. Tune into the September *Senior News and Events* for more information. For more information and reservations, call 617-730-2770.

Travel to Pawtucket on **Wednesday, August 14** to a baseball game between the ***PawSox and Louisville*** at what is possibly one of the most charming baseball venues around. The game starts at 12:05 pm so the bus will leave Brookline midmorning. When you make your reservations, check on the time the bus will be leaving for the game. The round-trip bus fare and reserved seats at the game will be $15. What a bargain! Come one come all, bring friends!

PARKINSON SUPPORT GROUP

Due to diminished interest and insufficient resources, the Parkinson's Disease (PD) Support Group at the Senior Center has been terminated. Anyone looking for PD resources, support groups, or information should contact the APDA Information & Referral Center at 800-651-8466 or information@apdama.org.

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 is on vacation in August. It will meet next on **Friday, September 13**. Call group leader Elaine Yanowitz at 617-730-2777 and leave her a message asking for time and additional information.

The evening group will meet on **Thursday, August 29**—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.

MBTA SENIOR ACCESS PASS

If 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, and 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.

SENIOR SCENE

Senior Scene host Betty Joel has interviewed Dorothy Kelly Gay, Executive Director of Centre Communities of Brookline and Vice President of Government Relations at Hebrew SeniorLife, and Laura Baber, Community Life Coordinator, Centre Communities Brookline. The subject of the interviews is Hebrew SeniorLife's Health Clinic at 100 Centre Street, which has been in operation for over a year. Funded by the Sloan Family Century Bank, the clinic is available to the public, providing resident and nonresident with geriatric care. This BATV program is now scheduled to run through mid-August.

At press time we have the following new information. Betty Joel is scheduled to tape a new interview about the new Retirement Engagement Alternatives Program (REAP) that was unveiled in July so look for this new Senior Scene show in the latter part of August

Senior Scene airs on Brookline Access Television (BATV) on **Thursdays at 7:00 pm** and **repeats on Fridays at 1:00 pm and Sundays at 7:30 pm**.

END OF SUMMER CELEBRATION

Come to an end of summer celebration on **Thursday, August 29, from 2:00 to 3:30 pm** in the courtyard area of 112 Centre Street (inside the Senior Center if it rains). The Senior Center and Centre Communities of Brookline are sponsoring this joyous event featuring disc jockey Tommy Bahama playing summertime favorites. There will also be refreshing summer treats to tempt the tummy.

Registration for this event is required. Residents of Centre Communities of Brookline can sign up at their buildings (100 and 112 Centre Street and 1550 Beacon Street). Everyone else wanting to join in the fun can register by calling 617-730-2770.

Are you at least 60 and have a problem with your in-home caregiving services?

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STAFF AND VOLUNTEER NEWS

This month we bid a fond "farewell and good luck" to summer helpers Clarissa Miller who came to us through the Steps to Success program and Kerri Hamberg who was one of our Social Work interns during the 2012-2013 academic year and who came back to help us out in July while we are short-handed. Take with you our thanks for your help.

Update on the search for a new Van driver: At press time, we have been busy interviewing prospective drivers to replace Ron. Call 617-730-2750 for the latest information we have on the progress of this search. To apply for this job, call Ruthann at 617-730-2756.

Our new Volunteer Coordinator Maureen Cosgrove-Deery is here on Wednesdays when she will be interviewing and working those interested in volunteering at the Senior Center. Call her at 617-730-2743 for an appointment if you wish to volunteer.

Don't forget to let Ruthann know if you or someone you know would like to serve on the Council on Aging Board. This is the penultimate in volunteering—helping the Senior Center, the Brookline senior community, and the Town of Brookline.

Our great Elderbus driver is going to be on vacation from August 15 through August 30 so the Elderbus will not be running during this time. Forewarned is forearmed!

BROOKLINE DAY
—SAVE THE DATE—

On Sunday, September 22, come one come all to the second annual Brookline Day Festival from 11:00 am to 3:00 pm at Larz Anderson Park! This event celebrates Brookline's residents and all the great things the Town of Brookline has to offer. It was created to promote a sense of community pride, town spirit, and interest in Brookline while educating residents about Brookline's wide variety of service organizations and programs—all in an atmosphere of fun. The day will include activities for all including inflatables, face painting, balloon artists, touch a truck, rock climbing wall, and much more! We will also have food trucks, live local bands, a pie-eating contest, trivia, and games! If you have a business that would like to become a part of Brookline Day 2013, call 617-730-2069.

ONE-ON-ONE JOB SEARCHING

Job Search Computer Support is available on **Tuesdays from 12:00 noon to 1:00 pm** at the Senior Center. A trained volunteer will help with online job applications and job search. This is not for basic computer skills (see p. 22 for One-on-One Computer Sessions for the computer phobic). Appointments are required. For more information and to make an appointment, call Deidre Waxman at 617-730-2767.

FRAUDS, SCAMS, AND CONS

It seems that summer exacerbates the number of people and organizations that exist to bilk the public, especially older people. We have had several communications from Brookline seniors about particularly virulent ones.

One variety is often in the form of an e-mail saying that somehow the writer is stranded in a foreign country because "I've been robbed...", "While I was on vacation, I was mugged at gun point...", or even "I lost my billfold with my money and passport in it…". The crux of all these e-mails is that they want you to send money. DO NOT DO IT! Not a penny! In fact, ignore the e-mail (or whatever.).

Another kind of send money scam is what I call the "something-for-a-lot-more" shuffle. This can be e-mail, snail mail, or even by phone. It tells you that you have won a great deal of money or have inherited a fortune or some such windfall, but you must first send money to insure the winnings, release the inheritance, or whatever. Again DO NOT SEND ANY MONEY!

And then there are the phone calls from people who are calling "to schedule installing…" , to tell you that you have just won free aluminum siding, carpeting, whatever. Unless you have actually contacted someone about such services, hang up. This is also a scam.

Related to it but somewhat different are the phone calls that purport to be from Medicare, Social Security, or some other government organization. They usually give some sort of reason why they are calling but then ask for your bank account or other personal information. Once more, you should not respond. You might even hang up and call the Commonwealth Attorney General's office or your local police station. Please note that Medicare does not call or e-mail you, nor do most government organizations. They have whatever personal information they need. Anyone who calls you to ask for this is probably a scammer up to no good.

Sometimes these schemes are very plausible sounding. Don't let it fool you. If you really think it might be legitimate, ask for credentials and a number where you can call back. Chances are they will simply hang up at that point. They might even get angry. Too bad for them. You are well out of it. Should the scam be an e-mail, your best bet is to ignore it and put the e-mail into your SCAM file.

It is a sad commentary on life in the 21st century, but caution is very important, and con artists abound. And not all thieves arrive in the night through a window carelessly left open.

FROM THE BOARD PRESIDENT

SAVE Wednesday, October 23 at 6:00 pm for the Senior Center's 12th Annual Autumn Benefit. This year's theme is: REnovate, REspect, REnew, and REplenish the Senior Center!

The evening will include great food (catered by Vine Ripe Caterer), raffles, and entertainment. Proceeds will go toward important improvements that the Town does not pay for:

- REPLENISH our equipment, furniture, and supplies
- REPLACE our 10-year-old van
- RENEW our van driver's salary and fund our Fitness Coordinator
- RESPECT our elders through extended hours, including some weekend and evening activities.

Sponsorships are welcome from individuals, companies, and nonprofit organizations (see p. 1 for different levels of sponsorship). For more information, contact Ruthann Dobek at rdobek @brooklinema.gov or 617-730-2756. We also welcome gift certificates, merchandise, and services to be raffled. Tickets will be $65 for seniors (over 65), $100 for all everyone else.

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 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 July donors:

Annual Appeal Donors Arnie Aaron, Claudette Asselin, Phyllis Baker, Doris Berger, Vera Brent (supporting the Senior Hunger Campaign), Clementine Brown, Judith & Herman Chernoff, Lucie Gershon, Judith Gregory, Ruth & Alfred Gutmann, Jane Kaiser (thank you for your wonderful center), Pauline Katz, Sherry C. Lee, Dina Oliver (supporting the Elderbus), Sarah Ostroff, Marilyn Prentiss, Sidney & Anita Redner, Edith Routier, Karen Singleton, Kidar & Chandar Vaid, and Barbara Walshaw

BrooklineCAN Donors Sally Abrahms, Anne Caplan, Center Communities of Brookline, Janie Chickering, Claire Goodwin, Barbara Fitts, Shari Gershenfeld & Moshe Ben-Akiva, Stacy Greenspan, Mary & Paul Harris, Rhona Hirschowitz, Elizabeth M. Kelleher, Phyllis & Murray Marcus, Paula & Norman Menyuk, Bea Mikulecky, Cynthia Snow & Irving A. Kruki, Ellen Lash (JF&CS), Catherine & Jerome Sadow, Ruth Kertzer Seidman & Aaron Seidman, Judith Sher, Robert Strecker, Peter & Jean Stringham, Maura Sullivan, Ildiko Szabo, Sidney Weinstein, Helen & How Wong, Karen Zweig

To Dotty Bell, Ralph Perkins, Karin Wannamaker, and Sonia & William Wong ***for their gifts in honor of*** Elaine Yanowitz's retirement

To Vera Brent ***for her gift in honor of*** Karin Wannamaker

To Phyllis & Bob Grossbaum ***for their gift in honor of*** Olga Sliwa

To Yolanda Rodriguez ***for her gift in honor of*** Doreen Gordon's birthday

To Claire Yung & the Chinese Mah Jong Group ***for their gift in honor of*** the Chinese Mah Jongg program

To Dotty Bell, Ruthann Dobek, Beverly Chang, Carol & Phil Fullerton, Ruth Geller, Judith Gimple (supporting the Fitness Center), Shirley Goldstein, Sherry Lee, Charlotte Millman, Eve Soumerai, and Betty Telegen ***for their gifts in memory of*** Sara Rossi

To Patricia Chase ***for her gift in memory of*** Elizabeth Kirsten

To Ruthann Dobek, Kathryn Kilpatrick, and Sonia & William Wong ***for their gifts in memory of*** Julie Washburn's grandmother, Catherine Espelin

To Barbara Goldberg ***for her gift in memory of*** Alan B. Goldberg

To Marilyn Hershfield, Ralph Memolo, and Eve Soumerai ***for their gifts in memory of*** Basil Remis

To Lynne Heye ***for her gift in memory of*** George M. Heathcore

To Betty Rhodes Latner ***for her gift in memory of*** Gilbert Rhodes

To Laurie Leibowitz ***for her gifts in memory of*** Isabella Callanan (Founder/Muddy River Coalition) and Charlotte Rodney Hamelburg (BHS Class of '48)

HANDICAPPED ACCESS

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

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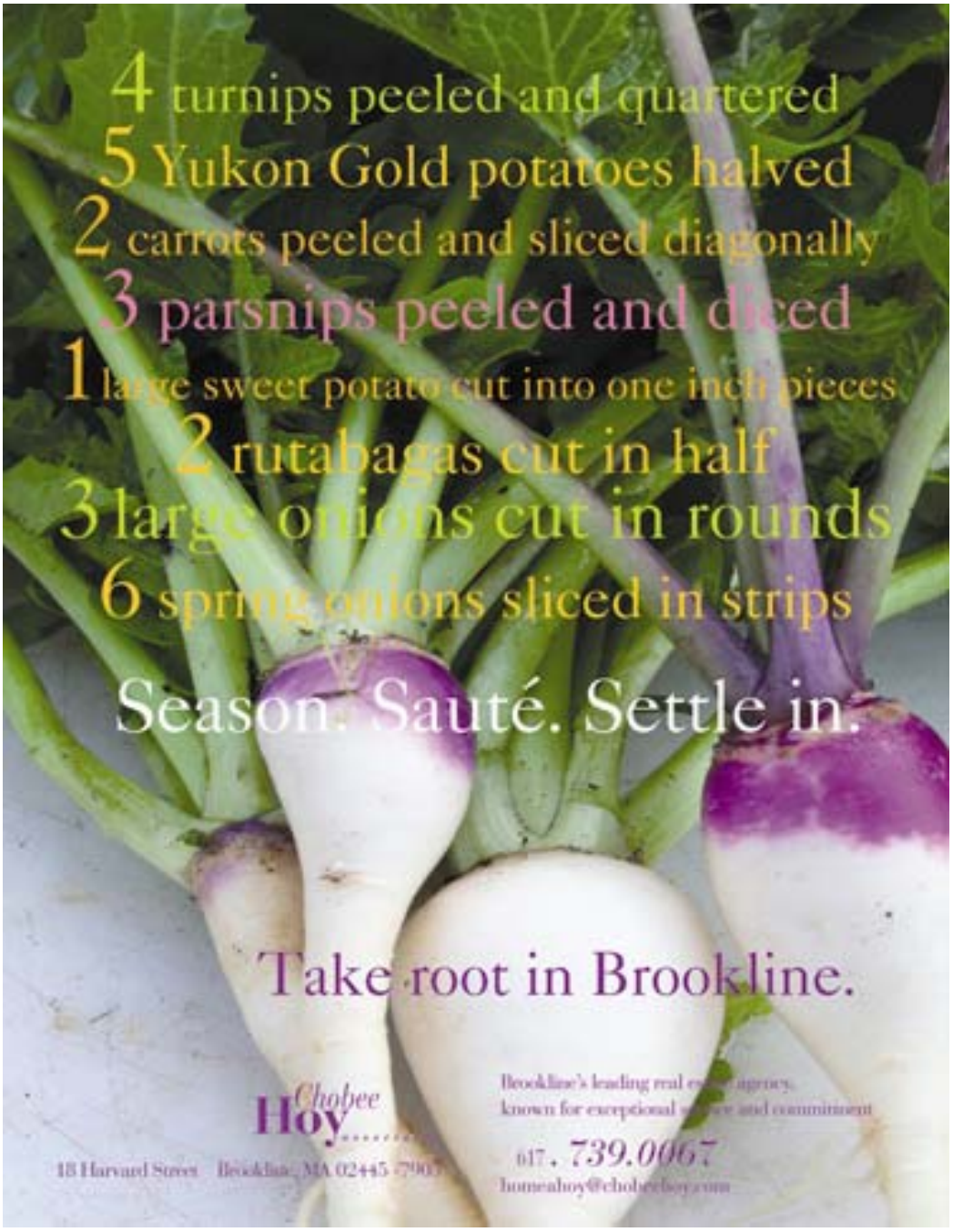

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