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

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

Brookline Community Aging Network
www.BrooklineCAN.org

DECEMBER 2013

HIGHLIGHTS

SUPPORT LOCAL SOUP KITCHEN

Once again this year, we will provide gifts of warm clothing to the 65 to 70 homeless men and women who come to dinner every Monday evening, at a church-run, soup kitchen in Brighton. If you would like to give warm hats, scarves, and/or gloves (hand-knitted or purchased new) to the soup kitchen's guests, give the items to Dotty Bell on the 2nd floor of the Senior Center before the pick-up date of **Friday, December 13.**

Holiday time at the Senior Center is especially festive. Come and celebrate your favorite holiday activity. Our holiday events include concerts (see p. 3), the Annual Elks dinner (see p. 3), movies (see p. 9), book discussions (see p. 7), and the New Year's Open House (see p. 3). And there are other programs that are equally festive—the Gallery show (see p. 13), Theater Club (see p. 8) Brookline Recreation events (see p. 15), Easy Travel (see p. 14), and on and on. As you read through the pages in the *Senior News and Events,* you will find something for everyone.

The Council on Aging and the Senior Center is always working to promote a healthy, active, and enlightened agenda for the Brookline senior community. And we would like to thank you all—seniors and volunteers, contributors, and the community at large and to wish everyone a peaceful, healthy, and happy holiday season.

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

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DECEMBER HOLIDAYS

The Senior Center will be open every weekday in December except for Christmas Day, **Wednesday, December 25**. Christmas is an important religious holiday for Christians and a beautiful time of the year to connect with family and friends. We continue to celebrate Chanukah, the festival of freedom and light through Thursday, December 5. The Winter Solstice (the shortest day of the year) falls on Saturday, December 21, Festivus (for the rest of us) is on Monday December 23 and Kwanzaa begins on Thursday, December 26. We will be celebrating all month with something for everyone.

If you would like more celebrating you can celebrate National Bingo Month and some special days. Friday, December 6 National Put on Your Shoes Day, Tuesday, December 10 National Human Rights Day, and Sunday, December 15, Bill of Rights Day.

So enjoy the end of 2013 and prepare to bring in the New Year on **Monday December 30 from 2:00-4:00 pm.**

ELKS HOLIDAY DINNER

Come to the Senior Center on **Saturday, December 7, at 1:00 pm** for the annual holiday dinner presented by Brookline Elks Lodge 886. Call 617 -730-2770 to reserve your place so you can enjoy the turkey-with-all-the trimmings dinner.

In addition, the Elks give us a magnificent tree as a centerpiece for our holiday decorations. We want to take this opportunity to thank the lodge profusely for their thoughtful gifts to the Brookline senior community and to wish the members of the lodge the best and greatest for the new year!

NEW YEAR'S OPEN HOUSE

On **Monday, December 30 from 2:00 to 4:00 pm** John O'Neil will perform with Jim Rice as his accompanist. After the performance we will enjoy refreshments to celebrate the arrival of the New Year! Join John as he takes you on a sleigh ride of songs and memories of the holiday season from Thanksgiving through the New Year.

RUSSIAN TEA ROOM CONCERT

On **Thursday, December 12 at 2:00** pm talented duet Tanya Shrago on piano and Irina Fainkitchen on violin will perform music of great composers including Tchaikovsky, Rachmaninoff, Sarasate, Gershwin and more. This concert is free, and no reservations are required.

BROOKLINE MUSIC SCHOOL CONCERT

On **Thursday, December 4 at 1:00 pm**. Valerie Ross, pianist will perform in the Brookline Music School concert at the Senior Center. The performance is free and no reservations are required.

Valerie is a graduate of the Longy School of Music and she is on the faculty of the Brookline Music School. Everyone is invited to this free concert cosponsored by the Brookline Music School and the Senior Center.

Ask a Nurse Special time for December
The nurse from the Greater Medford Visiting Nurse Association will visit the Senior Center on **Thursday, December, 5 at 11:30 am** to do blood pressure screening and 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 **Fridays, December 6, and 20 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, December 18, at 1:00 pm**.

Blood Pressure Screening Barbara Westley, the nurse from the Brookline Public Health Department (BPHD), will provide blood pressure screening at the following locations:
Barbara will provide screenings at the Senior Center on **Thursday, December 19 from 9:00 to 10:00 am.**

- On **Wednesday, December 4, from 2:00 to 3:00 pm** at the BPHD building at the Pierce School

On **Wednesday, December 11 from 1:00 to 2:00** at Sussman House at 50 Pleasant Street
Note: There will not be a Blood Pressure screening at the O'Shea House at 61 Park Street due to Christmas.

Shingles is a painful skin condition. Immunization is highly recommended for those aged 60 or over especially if you ever had chicken pox. You can get the vaccination from your primary care physician and at many pharmacies. Call your primary care office or your pharmacist for more information.

Exercise Regularly Regular exercise is a basic tenet of good health and can help seniors feel better and enjoy life. Join the Fitness Center at the Senior Center or one of the many gyms in Brookline, or one 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.

Flu Shot You can still get flu shots from your health-care provider and at most pharmacies as well as from the BPHD (the latter by calling Public Health Nurse Barbara Westley at 617-730-2320 for an appointment).

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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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 mcosgrove-deery@brooklinema.gov or call at 617-730-2743. I will make sure that Dr. Salamon gets the questions and answers them in the Newsletter.*

Question: How can I stay safe during the cold weather of winter?

Answer: As we head into our cold season, there are several things to watch for as we impatiently wait for spring to arrive.

The first is to try to avoid hypothermia, which means internally, our bodies get too cold. Hypothermia is dangerous because as we get older, we may not be aware that it is happening. The outside temperature does not have to be that cold-even prolonged exposure to mild cold can cause it. The most vulnerable people are infants and older people who are sick, frail, live alone, can't afford enough heat or those who don't know how to keep warm when exposed to the cold. Some medicines may prevent the body from controlling our body temperature normally.

Between 3-4% of all hospital patients over 65 are hypothermic. It is estimated that hundreds of older adults die from hypothermia each year in the United States.

Here are some signs that a person may be becoming hypothermic:

-Muscles in neck, arms or legs get stiffer than normal with some mild shaking

- Shivering is a sign that the body is having trouble keeping warm. The shivering response is frequently diminished or absent in older adults, and the fact that an older person is not shivering in a cold environment does not GUARANTEE that the person is not cold.

-The face can become swollen.

- The person often has difficulty walking and has problems with balance.

-Breathing and heart rate get slower and may be very difficult to detect in severe be very difficult to detect in severe hypothermia. The skin is cool or cold. Pay special attention to the stomach, lower back, arms, legs, hands, and feet. The skin color is usually very pale, but it may also have large, irregular blue or pink spots.

- One can become confused and disoriented. Memory is affected and familiar things are often forgotten.

- Apathy is common. Often the person doesn't care what happens and will do nothing to help reduce the danger; he or she may become irritable, mean and aggressive.

To avoid being harmed by hypothermia, here are some things you can do:

•If you live alone, arrange for a daily check-in call with a friend, neighbor, relative, etc.

•Insulate your home properly.

•Wear warm clothing. Instead of tight clothing, wear several loose, warm layers. Wear a hat and scarf to avoid significant heat loss through your head and neck. Stay dry. Moisture from perspiration, rain, or melting snow can damage the insulating value of clothing .

•Use extra blankets at night.

•Eat healthy foods and exercise moderately; proper diet and physical conditioning help protect you against abnormal heat and cold.

•Get proper rest; fatigue makes you more vulnerable to subnormal heat and cold.

•Drink adequate amounts of liquids. Limit your alcohol intake because alcohol speeds up body heat loss.

If you believe someone may be a victim of hypothermia, call an ambulance or rescue squad immediately. Until help arrives, here are some things you can do:

-Cover the victim with available covering such as blankets, towels, pillows, scarves or newspapers.

-Do not attempt to rewarm the victim too fast.: hot baths, electric blankets, and hot water bottles can be dangerous.

-Do not give the victim any food or drink.

-If the victim is unconscious, do not raise the feet. This will cause blood from the legs to flow into the body "core" and further depress the body temperature.

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 on **Wednesday, December 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.

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, call 617-730-2767

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.

2014 SOCIAL SECURITY

Cost of Living Adjustment Based on the increase in the Consumer Price Index from the third quarter of 2012 through the third quarter of 2013, Social Security and Supplemental Security Income (SSI) beneficiaries will receive a 1.5 percent COLA increase for 2014.

TOY DRIVE

For the 18th year, the Town is sponsoring a collection of holiday gifts for disadvantaged Brookline children. If you would like to donate to this worthy undertaking, leave new toys unwrapped in the designated box under the holiday tree at the Senior Center by **Thursday, December 19**.

You can also leave gifts in the Mailroom/ Print Shop Hallway at Town Hall, on the first floor of the Brookline Public Health Department building, and on the first floor of the Public Safety Building (the Police Department).

For more information, call the Town Counsel's office at 617-730-2190 or Tim Sullivan at 617-730-2186.

FUEL ASSISTANCE

The **Recertification Fuel Program** process is underway. Last year's participants are currently being mailed their recertification application. And even those who were not eligible last year will receive an application in the mail.

The recertification package includes a preprinted application, instructions for completion and a prepaid reply envelope to use to return the application and the updated income documentation. For help filling out the applications call the Senior Center at **617-730-2777** for an appointment.

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PUBLIC ISSUES NONFICTION BOOK DISCUSSION GROUP

Tom Faulhaber is challenging your thinking every month with a nonfiction book discussion group centered on public issues, history, current events and other non-fiction topics.

The Coolidge Corner Branch Library will have copies of the books available several weeks ahead of each meeting. Suggestions for future titles are encouraged. Meeting time is **9:00 to 10:00 am on one Tuesday each month** (except December which will be the 3rd Tuesday.

December 17 *Making Our Democracy Work: A Judge's View* by Stephen G. Breyer (Alfred A. Knopf, Inc.).

January 28 *Wait Till Next Year*: *A Memoir* by Doris Kearns Goodwin (Simon & Schuster, Inc.)

February 25 *How Children Succeed: Grit, Curiosity, and the Hidden Power of Character* by Paul Tough (Houghton Mifflin Harcourt)

PUTTERHAM BOOK DISCUSSION GROUP

Jean Kramer and Charlotte Millman, discussion leaders for the Putterham Book Discussion group meet at the Putterham Branch Library on **Mondays from 2:00-3:00 pm.** Books are available at the Putterham Branch Library and new members are always welcome.

December 16, *Poetry Selctions Including works by Emily Dickenson, Billy Collins, and Mary Oliver.* In addition, copies of *Good Poems for Hard Times*, edited by Garrison Keillor, will be available.

January 27, *The Prime of Miss Jean Brodie* by Muriel Spark

February—No Meeting

March 17, *The Language of Flowers* by Vanessa Diffenbaugh

SENIOR CENTER THEATER CLUB

The Whipping Man **$39**

Sunday, January 26 at 2:00 pm *at The New Repertory Theatre in Watertown.*

As the Civil War ends, a Jewish Confederate soldier returns home to find that only his two former slaves, raised as Jews in his household, remain. As they cobble together a Passover Seder, they grapple with a changing social order, newfound freedom, and long-buried secrets that threaten them all. This story of self-definition, discrimination, and the pain of being an outsider forces all three men to ask what their futures hold in a new world of freedom. The Village Voice calls it "wonderfully satisfying."

Handel and Haydon Society: Vivaldi Gloria **$45**

Sunday, February 23 at 3:00 pm *at Symphony Hall*

Harry Christophers and the Period Instrument Orchestra and Chorus are joined by soprano Nathalie Paulin and members of H&H's Young Women's and Young Men's Choruses for Vivaldi's Gloria. The program closes with Handel's inspiring *Foundling Hospital Anthem*, which ends with the "Hallelujah" chorus from *Messiah*.

Witness Uganda **$39**

Sunday, March 9 at 2:00 pm *at ART, Cambridge.*

When Griffin, a young man from New York City volunteers for a project in Uganda, he finds himself on a journey that will change his life forever. Inspired by a true story, this rousing new musical staged by Tony-Award-winning director and A.R.T. Artistic Director Diane Paulus exposes the challenges confronted by American aid workers around the world and explores the question: "Is changing the world possible?"

The Seagull **$25**

Sunday, March 23 at 2:00 pm *at the Huntington Theater.*

A Midsummer's Night's Dream **$20**

Sunday, April 6 at 2:00 pm at the *Brookline Senior Center*– Discussion with the Cast and refreshments included.

The Shape She Makes–World Premier **$39**

Sunday, April 27 at 2:00 pm *at ART Cambridge***.**

On The Verge **$39**

Sunday, May 4 at 2:00 pm *at the New Repertory Theatre, Watertown.*

For more information and reservations, call Ted Shamitz 617-487-5573 or the Senior center 617-730-2770.

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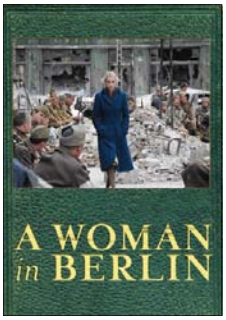
MOVIES FOR FILM LOVERS

Come to the Senior Center **Tuesdays in December at 1:00 pm** for a fine feature film. Make a reservation for lunch (see pp. 16-17) for menus and reservation instructions, and make an afternoon of it.
Due to a problem with our sound system we will be using the TV to show movies.



Tuesday, December 3
127 minutes
A Woman in Berlin 2008
Based on the best-selling diaries of an anonymous German woman who survived the Soviet invasion of Berlin at the end of World War II, this gripping drama tells the story of a photojournalist's (Nina Hoss) forbidden relationship with a Soviet officer (Yevgeni Sidikhin). After being sexually assaulted by members of the invading Red Army, she turns to the officer for support, but soon finds herself falling for him.

Tuesday, December 10
149 minutes
Guys and Dolls 1955
A singing Marlon Brando stars as Sky Masterson opposite Frank Sinatra in this musical take on Damon Runyon's Manhattan short stories. One of the richest scores to spring from Broadway to Hollywood includes such classic songs as "Luck Be a Lady."

Tuesday, December 17 no movie (Springwell Holiday Lunch)

Tuesday, December 24
119 minutes
Bright Star 2009
Critically acclaimed Australian filmmaker Jane Campion helms this drama detailing the passionate three-year romance between 19th-century Romantic poet John Keats who died tragically at age 25 and his great love and muse, Fanny Brawne. Much of the story was inspired by Keats's poetry and the actual love letters the pair exchanged.

Tuesday, December 31
137 minutes
J. Edgar 2011
Leonardo DiCaprio stars in this riveting biopic as J. Edgar Hoover, the longtime FBI director as notorious for his overzealous methods of law enforcement as for the rumors regarding his cross-dressing and close relationship with protégé Clyde Tolson.

Taken from Netflix

MEDITERRANEAN DIET

Recent research suggests that the Mediterranean way of eating is better for heart and healthier than a low fat diet.

Join Meghan Ostrander, Springwell's Registered Dietitian on **Thursday, December 12 at 1:00 p.m.** to learn ways to incorporate this diet into your lifestyle. There is no need to register for the talk, but if you would like to join us for lunch beforehand call 617-730-2770 to make a reservation by 11:00 a.m. on Wednesday, December 11.

LONG TERM CARE INSURANCE 101

On **Monday, December 2 at 1:00 pm** join us at the Senior Center to learn more about Long Term Care Insurance. In this workshop, we will learn how a modern Long Term Care Insurance Policy works and come away with an understanding of how benefits are paid. Questions that will be answered include; how your health effects eligibility, who the major Insurers are in Massachusetts, how to design a plan, and whether or not it is even something you should consider.

Hans Hug Jr. is the owner of the LTC Insurance Group, Exeter NH, an insurance brokerage that specializes in Long Term Care Insurance. Mr. Hug has presented more than 50 workshops and has trained more than 100 Massachusetts SHINE counselors. Mr. Hug is an independent broker who represents all major Long Term Care Insurers.

LET'S GO OUT TO LUNCH BUNCH

The Lunch Bunch will be on vacation during December but expect some interesting food experiences in the New Year! Beginning with Mandarin Gourmet on January 28 at 12:00 noon.

ESL CONVERSATION GROUP

If you want to practice your English, come to the English as a Second Language (ESL) Conversation Group that meets on **Wednesdays at 2:00 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.

THE SOLEMATES

Walking is a great way of keeping fit. It get you out in the fresh air and the opportunity to socialize with friends. And it doesn't cost a thing. The Solemates walking group meets on Friday mornings at the Senior Center. To register or for more information, call Julie Washburn at 617-730-2760. **We are looking for a co-leader for this group who drives.**

Sean P. Hogan
Financial Advisor

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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 will meet on **Friday, December 13**. Call group leader Elaine Yanowitz at 617-713-0420 for additional information and time.

The Evening group will meet on **Thursday, December 19** —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.

Susan Kanian-Andriole, program facilitator of the evening group is thankful for the donations from the 1st annual "Chocolate for Caregivers". The evening caregiver support group members took part in a much needed and much deserved ice cream social. The social was held during the group meeting on October 24th with smiles all around. Thanks to all who attended the event for their support! We hope to see you again next year!

ELF

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

To borrow or donate an item or even multiple items, call Shira Hermosa, staff social worker will help you. Because of space limitations and other guidelines, ELF is not able to accept all items you might want to donate, so please call 617-730-2753 before dropping items off.

SENIOR CENTER BOWLERS

The Senior Center Bowlers, led by Nancy Johnson meet on Wednesday mornings. They have two spots available so if anyone would like to join in on the fun, please call Julie Washburn at 617-730-2760 to register.

We offer a big thank you to the Brookline Teen Center that has been generously sharing their bowling lanes with the Senior Center Bowlers these last few weeks. The Teen Center is a beautiful new facility on Aspinwall Avenue and we appreciate their willingness to welcome us into their space while it is available.

ONE-ON-ONE COMPUTER SESSIONS

There will be one-on-one computer sessions for the computer phobic on **Tuesdays in December** call 617-730-2777 to 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.

Modern Dance and Movement

Join Lynn Modell at the Senior Center on **Fridays, December 6, 13, 20 and 27, at 2:00 pm** for some more wonderful workshops. This is a great way to exercise and have fun at the same time…and for only $2 per session.

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SAVE THE DATE

Climate Week Volunteer at the 3R Depot!

Brookline Climate Week 2014 the 3 R's are "Reduce, Reuse and Recycle". We are offering collections, exchanges and activities on **Saturday, January, 25 from 10:00 am to 2:00 pm** at Town Hall. Volunteers are welcome! Help out at one of our "stations", such as the recycled art corner, the worm composting demonstration, the Senior Center eyeglass and phone collection, or another activity of your choice. To volunteer or for more information contact Peggy Ueda at p.ueda@yahoo.com or call 617-645-9083.

PEN PALS WANTED

Do you enjoy writing and receiving letters?

The Heath School Pen Pal Project needs Seniors! In order to participate, you must be willing to write one letter a month (for four months) to your 1st Grade Pen Pal. Letters will be exchanged from January through April. We will have a special reception at the Heath School in May so that you can meet your Pen Pal in person! The program will begin in January, but please sign up as soon as possible. The children are very excited to receive your letters and to meet you at the end so we ask that you truly commit to the duration of the program. If you are interested in participating, please call Erica Sawyer at the Brookline Senior Center at 617-730-2772.

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or to Initial Conference

COUPON

ART GALLERY

Gwen Ossenfort has been the fabulous volunteer curator for the Gallery for the past two years. Sadly it is time to say good by and best wishes as Gwen embarks on a new career as the Director of Operations for the Brookline Teen Center.

While we say good bye to Gwen we say welcome to David Weinberg our new volunteer curator for the Gallery. After a nearly 30-year career as a pathologist in a Boston-area teaching hospital David became a full-time professional photographer. David has a studio in Allston, and has shown his work in a number of solo and group shows in the Boston area and elsewhere. Currently, his work is on exhibit at the Photographic Resource Center at BU.

COUNCIL ON AGING MEETING

Join us for our monthly Council on Aging Meeting on **Wednesday, December 11, at 1:00 pm** at the Senior Center.

As if life wasn't
tough enough,
My closets are
overrun with stuff.
Why do I need 10 pairs
of shoes?
Every morning I have
to choose
Which top, which bottom
goes with what,
As if I've never seen
what I got.
When will I learn not
to care?
I could go naked; No one
would stare.
So I'll make up my mind
and try to find
What it is I'm looking for.
Or I could always go to
another store.

-Lila Sesholtz October 2013

AT THE GALLERY

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

Through
Tuesday, December 31

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

EASY TRAVEL

Walking the Camino de Santiago

On **Thursday, December 5 at 1.30 pm** Chris McArdle will take us on a photo journey across Northern Spain. We will walk the well-worn path followed for more than a thousand years.

Chris and her husband took light backpacks after their son warned them how hot it was in May. On their way they ran in to snow, freezing rain . They stayed in hostels and met people from all over the world. Chris is a freelance travel writer and Brookline resident.

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

Do you know someone who does?

If so, please call us!

1-800-243-4636

(1-800-AGE-INFO)

FUEL ASSISTANCE

The **Recertification Fuel Program** process is underway. Last year's participants are currently being mailed their recertification application. And even those who were not eligible last year will receive an application in the mail.

The recertification package includes a preprinted application, instructions for completion and a prepaid reply envelope to use to return the application and the updated income documentation. For help filling out the applications call the Senior Center at **617-730-2777** for an appointment.

MEDICARE PATROL

The Massachusetts Senior Medicare Patrol (SMP) will be at the Senior Center monthly to help seniors with their Medicare statements on the **first Friday of every month beginning from 10:00 am to 12:00 noon** by appointment only. For an appointment, call 617-730-2777. Pat or Phyllis will show you how to read a Medicare statement and how to look for Medicare fraud.

Medicare fraud is estimated to be $60-$120 billion per year. Do your part to protect Medicare by verifying the accuracy of claims paid on your account.

If someone calls and suggests you purchase one of the new Medicare part "D" plans or Healthcare Market Place Plans it might be a ***Scam*!** Please take down the phone number and CALL SHINE at 1-800-243-4363. Be wary of giving any

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.

MEDICARE ENROLLMENT

Medicare "D" open Enrollment ends Saturday, December 7. Trained SHINE volunteer counselors offer free, confidential counseling, on all aspects of Medicare and related health insurance programs. There are no remaining SHINE appointments available at the Senior Center but you can still get help for Medicare Open Enrollment by call the following:

Metrowest SHINE (Callahan Center in Framingham) call 1-508-532-5980. When you hear the automated message enter extension 4120 and leave your name and phone number. Someone will return your call within a few days. It is important that you speak slowly and clearly so that your call can be returned.

MEDICARE customer service representatives are available 24 hours 7 days a week to help callers choose a drug plan. Call 1-800-633-2273.

MCPHS Pharmacy Outreach Program can be reach by calling 1-866-633-1617.

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BROOKLINE RECREATION ADULT EXCURSIONS

World War II Museum 55+
Wednesday, December 4 from 9:00 am to 2:30 pm. The Museum of World War II is located in Natick, MA and is a unique experience. In addition to being the most comprehensive collection of original World War II artifacts anywhere in the world, the exhibition- nearly 7,000 pieces- integrates the human, political and military stories. It is an intense experience made more so by the fact most artifacts are not behind or under glass.

Cost: Residents $10 nonresidents $14

21+ NYC Holiday Trip
Saturday, December 14 from 6:30 am to 11:00 pm The day will begin with you boarding a coach bus to New York City. Upon arrival in the city the bus will leave us off near Rockefeller Center. The rest of the day you are on your own to enjoy such sights as the Metropolitan Museum, Empire State Building, Times Square and Fifth Avenue and much more!

Cost: Residents $55 nonresidents $75

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.

Springwell Nutrition Program—Brookline Senior Center
93 Winchester Street, Brookline MA

DECEMBER

MONDAY	TUESDAY	WEDNESDAY
2 **HOT** Macaroni & Cheese (V), Collard Greens & Onions, Wheat Roll. **COLD** California Chicken Salad w/Lettuce, German Potato Salad, Beet Salad, Oat Bread Fresh Fruit	3 Italian Ditalini Soup **HOT** Chicken w/Creamy Italian Sauce, Roasted Potatoes , Red Peppers & Onion, Italian Blend Vegetables, Whole Wheat Bread. **COLD** Turkey w/Provolone Cheese, LT Mayo, Corn Salad, Clod Slaw, Multigrain Bread. Apple Bread Pudding	4 Cream of Carrot Soup **HOT** Ratatouille w/Beef, Rice and Orzo Pilaf, Oat Bread. **COLD** Mediterranean Tortellini Salad (V), Caesar Salad, Wheat roll. Mandarin Oranges
9 Clam Chowder **HOT** Sweet Potato crusted fish, Tartar Sauce, Cole Slaw, Chuck wagon Corn, Rye Bread. **COLD** Turkey w/Provolone Cheese, Lettuce, Summer Potato Salad, Tomato Red Pepper salad, Multigrain Bread. Pears	10 Minestrone Soup **HOT** Pot Roast w/Gravy, Boiled Parley new Potatoes, Ratatouille, Multigrain Bread. **COLD** Egg Salad, w/ Lettuce (V), Tossed Garden Salad, Lite Italian Dressing, Tri-Color Pasta Salad, Rye bread. Snack n Loaf	11 Tomato Florentine Soup **HOT** *** Hot Dog w/Ketchup, Mustard, relish on Hot Dog Roll, Baked Beans, Cold Slaw. **COLD** Grilled chicken Caesar Salad w/Bottled Caesar Dressing, croutons & Parmesan Cheese, Corn salad, Wheat Roll. Peaches
16 Vegetable Soup **HOT** Breaded Fish Sandwich, Tartar sauce, Whipped Sweet Potatoes, Wax Beans, hamburger Roll. **COLD** Roast Beef w/ American Cheese, Lite Mayo, Lettuce, Tomato Red Pepper Salad, Garden Shell Pasta Salad, Rye Bread. Chef's Choice	17 **Holiday Special** Almond Divine Chicken Garlic Mashed Potato Roasted Root vegetables Snowflake Dinner roll Chocolate Truffle And Birthday Month Lunch	18 Italian Garden Vegetable Soup **HOT** Tortellini w/ Marinara Sauce (V), Parmesan, Spinach & Mushrooms, Whole Wheat Garlic Roll. **COLD** BBQ Chicken w/Mozzarella Cheese & Red Onion, macaroni Salad, Carrot Pineapple, Scali Bread. Fresh Fruit
23 Oriental Vegetable Soup **HOT** Chicken Paprika, Garlic Mashed Potatoes, Broccoli & Cauliflower, Multigrain Bread. **COLD** *** Ham w/American Cheese, Mustard, Lettuce, Carrot Raisin Salad, Macaroni Salad, Oat bread. Peaches	24 Italian Garden Vegetable Soup **HOT** American Chop Suey, Spinach & Mushrooms, Oat bread. **COLD** Egg Salad w/lettuce (V), Corn Salad, Tomato Red Pepper Salad, Wheat Bread. Pears	25
30 **HOT** **Beef, Stroganoff, buttered Noodles, Carrots, Oat Nut Bread.** **COLD** **Breaded Chicken patty w/Mayo, lettuce, Orzo Vegetable salad, Cucumber Dill Salad, Hamburger Roll.** **Mandarin Oranges**	31 Beef & Bean Soup **HOT** Asian Tangerine Chicken, Brown Rice, Oriental Vegetable Blend, Dinner Roll, Fortune Cookie **COLD** Turkey w/provolone Cheese, lettuce, Lt. Mayo, Potato Salad, broccoli Tomato Salad, Wheat Bread. Pineapple	

THURSDAY	FRIDAY
5 Split Pea Soup **HOT** Salmon Boat w/Lemon Dill Sauce, Whipped Sweet Potatoes, Green Beans & Waxed Beans, Rye Bread. **COLD** Egg Salad w/Lettuce (V), Orzo Vegetable Salad, Summer Squash salad, Oat Bread. Pineapple	6 Cream of Pumpkin Soup **HOT** Broccoli Mushroom Quiche (V), Red Bliss Potatoes, Tossed Garden salad w/Lt Italian Dressing, Multigrain Bread. **COLD** Roast Beef w/Swiss Cheese & Mayo, Greek Pasta Salad, Carrot Pineapple Salad, Rye Bread. Chocolate Chop Cookie
12 Beef Consommé w/Vegetable Soup **HOT** Stuffed Shells w/Tomato Sauce & Meatball, Parmesan Cheese, spinach, Wheat bread. **COLD** Seafood salad on Lettuce leaf, English Pea Salad, Tomato Cucumber salad, Oat bread. Fruit Salad	**13** **HOT** Chicken Chili, Brown Rice, Fiesta Blend Vegetables, Apple Cinnamon Muffin. **COLD** ***Ham Salad w/ Lettuce, Macaroni Salad, Riviera Salad, Wheat Bread. Pistachio Pudding w/Topping
19 Cream of Tomato Soup **HOT** Meatloaf w/Beef gravy, red Bliss Potatoes, Carrots, Rye Bread. **COLD** Cranberry Juice , Cottage Cheese Fruit Plate (V), Summer Potato Salad, Apple Cinnamon Muffin. Mandarin Oranges	20 Potato Chowder Soup **HOT** Roast Turkey w/LS Chicken Gravy Butternut Squash, Cranberry Sauce, Green beans, Wheat dinner Roll. **COLD** Tuna Salad, English pea Salad, Roman Blend Salad, Oat Bread. Pineapple
26 Seafood Chowder **HOT** Fish Sticks w/Lemon Dill Sauce, Tartar Sauce, Roasted red Bliss Potato, peas, Oat Bread. **COLD** Roast Beef w/Swiss Cheese, Lettuce, Spinach Mandarin Salad, Tri Color Pasta salad, Multigrain Bread. Fresh Fruit	**27** **HOT** Lentil Stew (V), green beans, Whole Wheat Roll, Tossed Garden Salad, Lt Italian Dressing. **COLD** Chef Salad w/Turkey, Lite Italian Dressing, Balsamic Vinaigrette, Pasta Salad, Dinner Roll. Chocolate Cake w/ Chocolate Frosting

All meals include 8 oz. of 1% milk and margarine. All soups come with crackers. Low sugar desserts are available, and need to be ordered with the site manager.

***Higher Sodium Content Menu subject to change $1.75 suggested donation

For meal reservations on Monday, call the previous Friday by 11:00 am.
For meal reservations on Tuesday through Friday, call the previous day by 11:00 am.

Please note that the only foods that can be taken from the dining site are fresh fruit, unopened mikl, 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, contact Springwell at 617-826-4100.
(V) denotes vegetarian entries. Soups contain beef, chicken or shellfish base and are not vegetarian

LUNCHEON SPECIALS FOR

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 **Tuesday, December 17,** come to *the Senior Center Birthday Party lunch* for everyone born in December. The sponsor of this lunch has happily provided a complimentary lunch and a small gift to all December birthday celebrants so be sure to let us know if you or someone in your party has an December birthday when you make your reservations.

On **Saturday, December 7**, the Elks are having their annual holiday dinner. See p. 3 for details.

Let's Go Out to Lunch Bunch will be on vacation during December but expect some interesting food experiences in the New Year! (see p10)

DECEMBER AT A GLANCE*

Monday, December 2
1:00 pm Long Term Care Insurance 101
Tuesday, December 3
1:00 pm Movies for Movie Lovers *A Woman in Berlin*
Wednesday, December 4
9:00 am-12:00 noon BLAB
9:00 am 2:30 pm Brookline Excursions –World War II Museum ***
1:00 pm Brookline Music School Concert
2:00-3:00 pm Blood Pressure Screening at BPHD building at 11 Pierce School
6:30-8:00 pm Commonwealth Care Information Meeting at the Brookline Department of Public Health (Denny Room) 11 Pierce Street
Thursday, December 5
11:30 am Ask a Nurse
1:30 pm Easy Travel Walking the Camino de Santiago
Friday, December 6
9:00 am 12:00 pm Podiatry Clinic ***
10:00 am –12:00 pm Massachusetts Senior Medicare Patrol ***
Saturday, December 7
1:00 pm Elks Holiday Dinner***
MEDICARE OPEN ENROLLMENT PERIOD ENDS!
Monday, December 9
1:00-3:00 pm Senior Decorators
Tuesday, December 10
1:00 pm Movies for Movie Lovers *Guys and Dolls*
Wednesday, December 11
1:00 pm COA Meeting
1:00-2:00 pm Blood Pressure Screening Sussman House 50 Pleasant Street
Thursday, December 12
1:00 pm Springwell Mediterranean Diet Presentation
2:00 pm Russian Tea Room Concert
Friday, December 13
10:30 am Craft Fair Check Presentation Party and Senior Chorus Performance
Afternoon Alzheimer's Support Group
Clothing for the Food Pantry due
Saturday, December 14
6:30 am –11:00 pm Brookline Excursions to New York City ***
10:14-11:15 am MFA for people living with Alzheimer's and their caregivers
Monday, December 16
2:00-3:00 pm Putterham Book Discussion group Poetry at the Putterham Library
Tuesday, December 17
9:00-10:00 am Public Issues Nonfiction Discussion group *Making our Democracy* Work
12:00 Noon Springwell Birthday Lunch ***
Wednesday, December 18
1:00 pm Low Vision Support Group
1:30 pm Modern Beading
Thursday, December 19
9:00-10:00 am Blood Pressure Screening at the Senior Center
Toys for toy drive due
Evening Alzheimer's Support Group
Friday, December 20
9:00 am 12:00 pm Podiatry Clinic ***
Tuesday, December 24
Movies for Movie Lovers *Bright Star*
Monday, December 30
2:00-4:00 pm Senior Center New Year Open House **
Tuesday, December 31
Movies for Movie Lovers *J. Edgar*

ON GOING SENIOR CENTER EVENTS

Monday
8:45-10:15 am Strength Training for Seniors **
9:30-4:30 Fitness Center open ***
10:00 am Yuri's group
10:00-11:30 am Poetry Workshop ***
10:30-11:30 am Senior S-T-R-E-T-C-H **
12:00 noon Springwell Lunch ***
12:00-4:00 pm BETS
12:30-4:00 pm Bridge
1:00-3:00 pm Advanced Studies in the Book of Exodus**
1:00-3:30 Scrabble
2:00-4:00 pm Open Computer Lab
2:30 pm Chinese programs

Tuesday
One-to-One Computer Sessions ***
9:00-12:00 noon Reiki Therapy ***
9:30-4:30 Fitness Center open-membership required
10:00 am Flexibility, Resistance Training, and Balance Exercise
10:15 am Brookline Bees, Quilters

10:30 Literary Discussion Group
12:00 Springwell Lunch
12:00 noon French Conversation
12:00-4:00 pm BETS
12:30-3:30 pm Canasta Group
1:00 pm Bingo
1:00 pm Movies for Film Lovers
2:00-3:00 pm Exercise for Health and Rejuvenation
2:00-3:00 pm Yoga for Older Adults (Chair class)**
2:00-4:00 pm Food Distribution Site (hours approximate)

Wednesday
8:45-10:15 am Strength Training for Seniors **
9:00-10:00 am Living Our Values
9:30-4:30 Fitness Center Open ***
10:30-11:30 am Senior S-T-R-E-T-C-H
10:15-11:45 am Telling Your Story**
12:00 noon Springwell Lunch ***
12:30 pm Bridge2:00 pm ESL Conversation Group
12:30-3:00 pm Reiki Therapy***
2:00-4:00 pm Open Computer Lab
2-4 pm Open Computer Lab

Thursday
9:30 Drawing for Pleasure; Figure drawing ***
9:30-4:30 Fitness Center Open—membership required ***
10:30 am Arthritis Exercise ***
10:30 am and 1:30 pm Knit and Crochet
12:00 noon Springwell Lunch ***
12:00-1:00 pm Intermediate Spanish***
1:15-2:15 pm Beginning Spanish Class***
1:30 pm Russian Tea Room—For more information, call Rita Kropp at 617-730-2106
2:00-4:00 pm Open Computer Lab
2:30-3:30 pm Spanish Conversation Group ***

Friday
9 :00 am Bridge
10:00 am Solemates Walking Group ***
10:00 am-3 :00 pm Fitness Center open ***
10:00 am Project Volunteer
10:30 am Current Events Discussion Group
10:30 am Senior Chorus
12:00 noon Springwell Lunch ***
12:00-2:00 pm Basic Computer Class in Spanish ***
1:00-2:00 pm Meditation in Movement
2:00 pm Modern Dance***
2:00-3:30 pm Tai Chi for Seniors**
2:30-4:30 pm Drawing for Pleasure and Watercolor Class ***

**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 Required .*

ATTENTION COMMONWEALTH CARE ENROLLEES LIVING IN BROOKLINE.

Your health insurance will switch to the federal Affordable Care Act as of April 1, 2014. You must re-enroll in your health insurance, and pay for the premium for the month of April 2014, no later than Monday, March 24, 2014.

The Brookline Department of Public Health will host an information session on Wednesday, December 4 from 6:30-8:00 pm in the Denny Room, Brookline Department of Public Health, 11 Pierce Street, Brookline, to present the changes. Brookline Department of Public Health staff and a representative from Health Care For All (HCFA) will discuss the mandated health insurance changes, coverage transitions, and also answer any questions.

Francisco Ramos, HCFA, will be able to direct attendees to the Health Connector website, as well as other sites where assistance is available, and discuss the enrollment process. The information session is intended to make sure Brookline residents are aware of the changes and complete the necessary paperwork in time. The federal Affordable Care Act takes effect on January 1, 2014. **All Commonwealth Care members must re-enroll for qualified health plans and dental plans through the Massachusetts Health Connector by Monday, March 24,** For further information, contact Chris Chanyasulkit, cchanyasulkit@brooklinema.gov or call 617-730-2329.

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

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Physical Therapy
- Range of motion exercises
- Increasing overall stamina and endurance
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- 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

CHECK PRESENTATION PARTY AND SENIOR CHORUS CONCERT

The Brookline Senior Center will be receiving a $3400 donation at our annual Check Presentation Party on **Friday, December 13 at 10:30 am.** Following the check presentation, join us for a wonderful holiday concert by the Senior Chorus. This group is sure to get you in the holiday spirit!

Thank you to all the crafters and volunteers whose efforts made this event possible. And thank you to the individuals and the following businesses who made generous donations to this year's Fair: Albert's of Brookline, Beauty and Style, Brookline Booksmith, Coolidge Corner Theater, Courtyard by Marriott, Dok Bua, Dunkin Donuts (Allston), EUREKA Games, Fire Opal, The Fireplace, Hops N Scotch, JP Licks, Kabloom, Kolbo Fine Judaica, Lady Grace, Mattei Galleria, Mint Julep, O'Leary's Irish Pub and Restaurant, OSAKA Japanese Sushi & Steak House, Party Favors, The Pear Tree, Pomodoro, Sichuan Gourmet, The Studio, When Pigs Fly Bakery, Wild Goose Chase. And lastly, a special thank you to Howard Davis, owner of "The Phone Car" who added a little extra fun to Saturday's festivities!

RENOVATION UPDATE

Preparations have begun for our upcoming renovations. You may have noticed some temporary changes to our physical space. For example, we now have a small "Book Nook" in the coffee lounge while our library is in transition.

Please be aware that the location of some programs will be impacted by the renovation. We will be working with these groups to develop short term alternative spaces in the coming weeks. As always, we appreciate your patience as we strive to make the Senior Center even better!

SENIOR CENTER FOOD DISTRIBUTION SITE

There is free food distribution at the Senior Center every Tuesday from 2:00 to 4:00 pm. 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. Bring a bag to carry your choices home. Also bring a lot of patience and courtesy so everyone enjoys the process and conflicts are avoided.
In order for everyone to receive a fair allocation of the food, it is imperative that no one takes any food before it is inventoried by the workers at the Food Distribution program.
This not only helps assure a fair distribution and an orderly process, it also is in compliance with health code regulations. This program is very busy and depends on the generous donation of time by many volunteers. To volunteer to help, see Lydia Pearl at the Senior Center on Tuesday mornings. **Beginning on Tuesday, December 3 we will implement the following changes: Number distribution will begin at 11am and the first 50 numbers will be randomly drawn from a container.**

MODERN BEADING WORKSHOP

This workshop for beginners and experienced beaders will meet at the Senior Center on **Wednesday, December 18, 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. December is a wonderful opportunity to make 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.
Note: Class is weather permitting.

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, call Julie at 617-730-2760

SENIOR SCENE

Senior Scene host Betty Joel has taped a new interview about the new Retirement Engagement Alternatives Program (REAP) that was unveiled in July. 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**.

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Get in shape and have fun doing so in this dynamic and effective fitness program. Zumba® Gold at the Senior Center will resume on Thursday, January 9 at 1:30 pm. The first session is free and the subsequent 8 week session will run from Thursday, January 16 through Thursday, March 6 at 1:30pm. The cost for the 8 week session is $45 but still free for Brookline Housing Authority residents thanks to generous grant from Brookline Community Fund.

Brookline Community Foundation

Check the subscription date on the mailing label on your Senior News and Events. If it has been highlighted, your subscription has run out. Renew subscription so you don't miss out on news and events each month! Use the envelope enclosed in this copy of the newsletter. Do it today, and stay on top of everything!

REIKI THERAPY

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

Akemi Minami, certified Reiki therapist, offers individual, 25-minute appointments to Brookline seniors age 60 and older and Senior Center volunteers on **Tuesdays from 9:00 am to 12:00 noon** at a special, discounted rate—a donation of $7 per session. You can also buy a book of 5 treatments for $25 as a gift or for yourself.

If you are interested in Reiki treatment, be sure to consult with your physician before deciding if this or any treatment is right for you. For more information, call 617-730-2777.

Thrifty Threads

at United Parish Church,
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Open Friday and Saturday from 11:00 am to 4:00 pm

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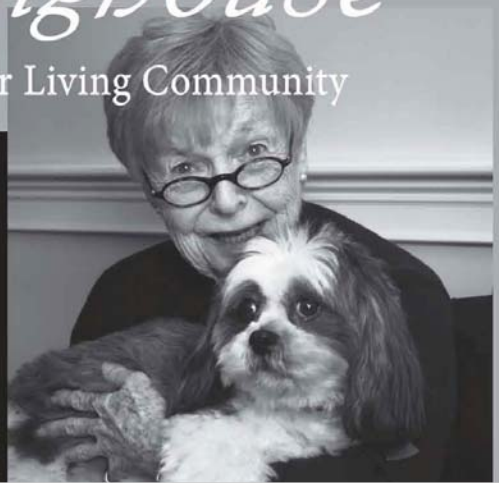
Senior Living Community



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springhouseboston.org

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•Assisted Living
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ENJOY THE MFA

For Individuals with Memory Loss and their Care Partners

On Saturday, December 14 from 10:15-11:15 am enjoy the tour of "Tales of the sea", Seascapes from the American Collection from 10:15 -11:15 a.m. Followed by time for community and companionship. This program is free for individuals with memory loss and their care partners and includes Museum admission, a guided tour, followed by time for refreshments or reflection, and a discount for parking. Attendance is limited and pre-registration is required by Friday, December 1. For more information or to pre-register, contact Valarie Burrows, Accessibility Coordinator, at 617-369-3302 or vburrows@mfa.org.

BROOKLINE WINTER FARMERS MARKET

The Brookline summer farmer's market has closed for the season, but a new winter indoor market has opened at the Arcade Building in Coolidge Corner. The Brookline Winter Farmer's Market is open on Sundays from 12:00 to 5:00 pm. Vendors will feature everything from gourds to fish. Eat Healthy and enjoy fresh locally grown produce.

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REAP NEWS

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

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, call Deidre Waxman at 617-730-2767.

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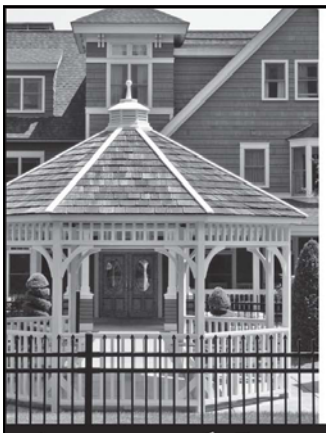

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MBTA SENIOR ACCESS PASS

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 CHORUS

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

THE PARC PROGRAM

If you are the caregiver of a senior or disabled person who lives in Brookline and need help navigating Brookline's parking restrictions, the Parking Access for Resident's Caregivers (PARC) program is here to help you. It is a service provided through the Brookline Council on Aging in cooperation with the Transportation Department to help obtain temporary parking permits for caregivers.

Eligibility criteria:

- You must be a Brookline resident, or a
- Caregiver for a Brookline resident and be/have a
- Caregiver who drives, whose working time exceeds 2 hours at a time or involves working overnight

For more information and help in navigating the PARC process, call 617-730-2752.

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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

Center Communities of Brookline
Hebrew SeniorLife

SPANISH IMMERSION

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

1. One-hour, one-on-one Spanish conversation sessions with native seniors from many Latin American countries.
2. 10-week Beginning Spanish classes run on **Thursday afternoons from 1:15 to 2:15 pm,** in small groups in a relaxed, friendly atmosphere.
3. 10-week Intermediate Spanish classes also **will run 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 **Friday afternoons from 2:00 to 3:15 pm**
6. Basic Computer Class in Spanish on **Fridays from 12:30 to 2:00 pm**.

For more information and to register for programs, contact 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 BROOKLINE SENIOR CENTER

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The Brookline Community Aging Network (BrooklineCAN) is a member-driven, all-volunteer organization that helps older residents—and everyone in town—maintain a high quality of life. Through its web site, publications, and educational programs, BrooklineCAN informs seniors about the many services and activities available to them. Recently, members have created online guides to apartment buildings and condominiums with elevators and to public restrooms in commercial areas. The organization also advocates for age-friendly changes and improvements. Annual membership is $25 per individual and $40 per household. Call 617-730-2777 or see http://www.brooklinecan.org/ to become a member.

SAVE THE DATE

Drinking, Drugs and Rock N Roll-Substance use by older adults and boomers in the new age.

On March 5, the Brookline Community Aging Network and Brookline Department of Public Health in partnership with Brookline Adult and Community Education, will sponsor this educational and informative event.

Carol Girard, M.A , project manager at the Mass Department of Public Health Bureau of Substance Abuse Services, will discuss the considerations of substance use and aging. Over 50% of a new generation of seniors have used recreational drugs and continue to use them.

Come and learn what the issues with combining recreational drugs and alcohol with prescription medications may mean. Watch the Brookline Tab and the News and Events Newsletter for more information.

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SUBSCRIBE or RENEW: *SENIOR NEWS & EVENTS*

Don't Miss Out! JUST $10 for 12 months

Be sure you receive every issue of *Senior News & Events* all year. Stay current on vital and timely information and happenings at the Brookline Senior Center, the town, and the metro area.

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Help BROOKLINE's SENIORS age with dignity and respect

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FROM THE DIRECTOR

"Not he who has much is rich, but he who gives much."

Erich Fromm Psychoanalyst and author (1900_1980)

Statistics show that more than half of all charitable giving takes place between Thanksgiving and the New Year. This holiday season, I am especially grateful for all your generosity. Our seniors give their time, energy and money to keep the Brookline Senior Center a welcoming haven for our community's elders.

I know that many of you share this vision and I hope that you will consider a holiday gift to the Senior Center. All donations are appreciated and will be well utilized. To make a donation using your credit card, go on line to www.brooklineseniorcenter.org.

I want to invite everyone to come celebrate the holidays at the Senior Center. There is an abundance of riches to be enjoyed. Hope to see you here and feel free to invite a friend.

In addition, my holiday wish to all is that no one ever goes to bed cold, hungry or lonely. I am convinced that with your help in this remarkable Town, we can ensure that all our seniors are warm, well fed and befriended. Peace to all.

Ruthann Dobek, Director

P.S. Please join me in welcoming our new editor Maureen Cosgrove-Deery. She is doing a fabulous job! I know that Maureen would welcome your comments and ideas. Feel free to email her at mcosgrove-deery@brooklinema.gov or drop by with a note for her mail box.

DECEMBER VAN SCHEDULE

Jason will be on vacation from **Monday, December 23 through Monday, December 30.** There will be no van service during this period of time. We wish Jason a wonderful Vacation.

FROM THE BOARD PRESIDENT

The holiday season is a special time of year. I hope everyone enjoys celebrating with family and friends. This is also the time of year when we think about giving to those less fortunate.

The Autumn Benefit celebration took place this year on Wednesday, October 23. It is my pleasure to offer thanks and acknowledgements. This year we successfully raised over $44,000, a new record for the gala. Harold Brown generously donated the funds to cover expanding Van service on Fridays. Also I offer a special thanks to our Platinum sponsors, **Beth Israel Deaconess Medical Center** and **Chou Chou and Michael Merrill**. Also, **Eastern Bank** became a gold sponsor after the event.

The money raised by our Autumn Benefit goes to support programs and services that help our most needy elders access benefits such as fuel assistance, SNAP program, and emergency resources.

As the holidays approach, I am reminded of how many people give their time, money or other resources to help Brookline's seniors live with dignity and respect. Thank you to all! And best wishes for a wonderful Holiday season.

Elizabeth (Betsy) Pollock
President, Brookline Senior Center Board

P.S. A thank you to Mimi Katz for taking the lovely photos that you can enjoy viewing in this issue. To see them in color or make an on line donation go to wwwbrooklineseniorcenter.org

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.

Thank You

STAFF AND VOLUNTEER NEWS

Fond farewell to Anne Spangler who has been a staff member for three years. Her expertise and thoughtful approach to the job search for seniors through the JOBS/REAP and Wisdom Works programs has been valuable to us all.

We look forward to a continued working and learning experience with Ann when her schedule permits; as she begins a full time job in Human Resources.

Welcome to Fran Pechenick, our editor of the Tab News and Events and to Maureen Deery, the new Editor of the Senior Center News and Events Newsletter.

Thank You

During this season of Thanksgiving, we would like to send a special thank you to Lisa Gaffney, coordinator of the SHOP program at Brookline High School and to all the students who so ably shop for seniors once a week.

Volunteer Opportunity of the Month

If you are an early risers and enjoy making coffee and visiting with others in the morning please call Maureen at 617-730-2743

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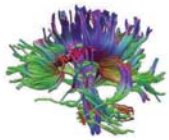
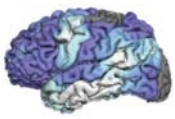


Have you, or spouse, or loved one been diagnosed with Alzheimer's disease, dementia, or cognitive impairment? If so, you may be interested in the MATCH observational research study, currently underway at the Massachusetts General Hospital.

Brain Imaging Research Study of Aging, Cognitive (Memory) Impairment, Alzheimer's Disease, and Dementia: Adults with Alzheimer's disease (ages 60 and older) are wanted for a research study examining characteristics of normal aging and examining changes in the brain and cognition (thinking) in individuals with Alzheimer's disease, cognitive impairment, and dementia. This study takes place at the Massachusetts General Hospital Martinos Center for Biomedical Imaging in the Charlestown Navy Yard. The study requires up to four visits in 1-2 months, and is comprised of a clinical evaluation, a blood draw, a neuropsychological examination, and two or more brain imaging sessions. Participants will be paid up to $425 for participation in the full study. For more information, please call MGH CENAGN at 617-643-7721 or email aegolblatt@partners.org.



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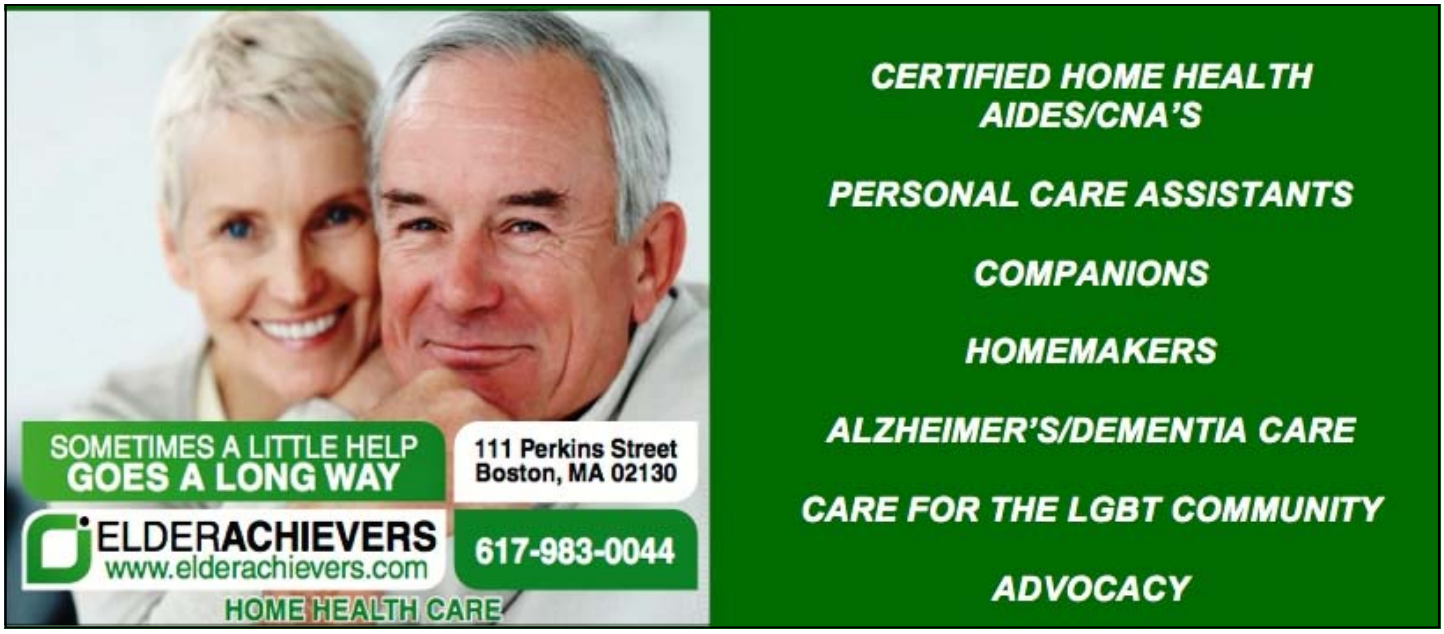

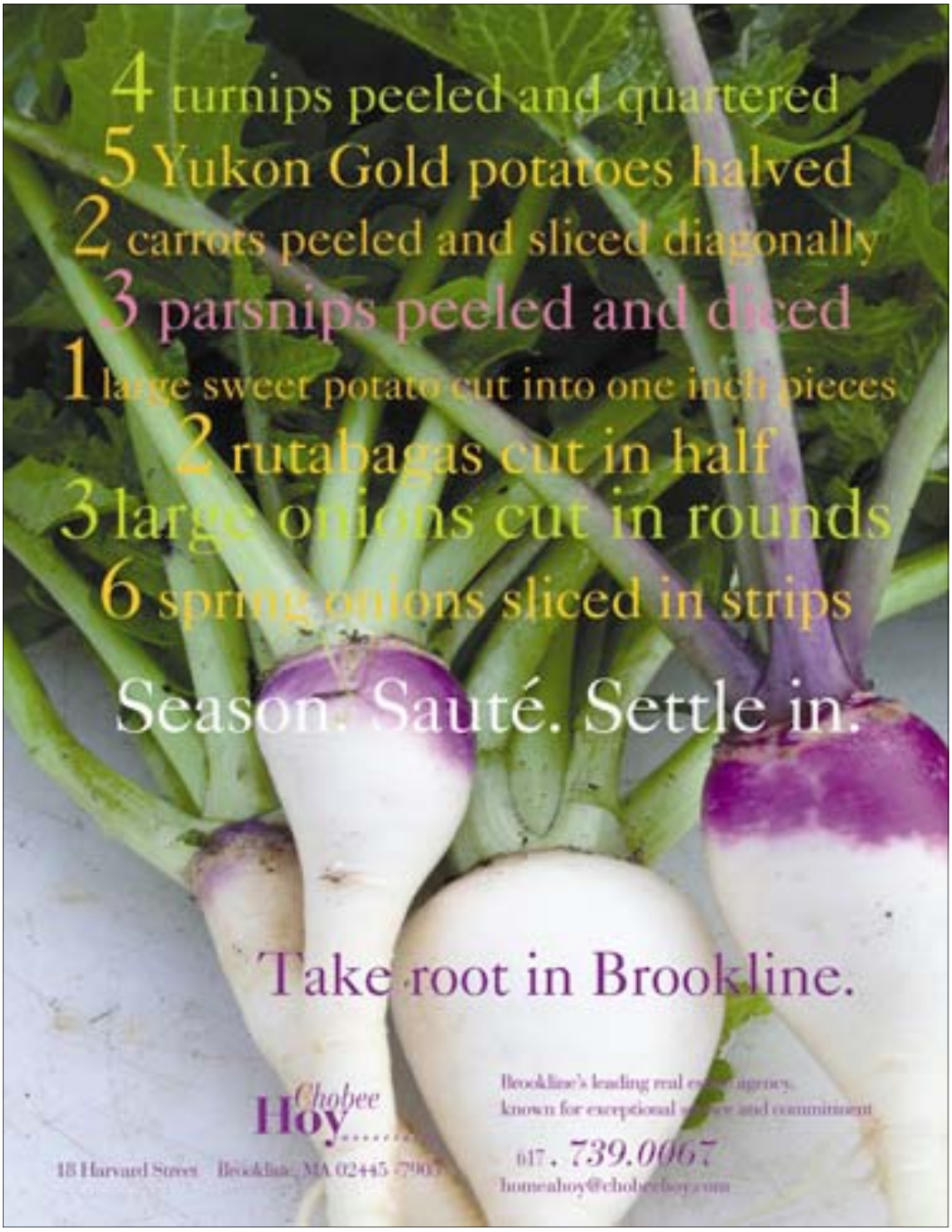

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