

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



FEBRUARY 2017



Council on Aging Information Hotline

617-730-2777 617-730-2778

Senior Center Van

617-730-2770 617-730-2750

Brookline Council on Aging

www.brooklinema.gov

www.brooklineseniorcenter.org

Brookline Community Aging Network

www.BrooklineCAN.org



HIGHLIGHTS

Wednesday, February 1 Brookline Music School Performance (See P. 9)

Thursday, February 9 Mass College of Pharmacy Presentation (See P. 17).

Thursday, February 9 Tips and Trends for your job search in 2017 (See P. 28).

Brookline HPAYT Important information (See P. 24).

Important Computer Lab Changes (See P. 15).

HIDDEN BROOKLINE



Join us on **Monday, February 6 at 1:00 pm** for an enlightening program honoring Black History month. Barbara Brown, Ph.D., chair of the Hidden Brookline Committee, will discuss the stories and history of slavery and freedom in Brookline from 1675 to the present. Dr. Brown will share stories and show images and documents from Brookline's past including an unusual map of town property

from 1744. Audience comments and questions will be encouraged.

The Hidden Brookline Committee a committee formed 11 years ago as part of the Town's Department of Diversity Inclusion and Community Relations. Their projects are public and varied. They including a stone memorial to the enslaved Brookliners who lie in the Old Burying Ground, walking tours, a teaching unit for Grade 3, dramas for the public, and, most recently, a tribute to Roland Hayes, a pioneer African-American tenor who lived in Brookline for 50 years.

I AM NOT YOUR NEGRO SCREENING

Watch the TAB for more information about a special field trip to be scheduled in **February** for a screening of "I Am Not Your Negro" at the Coolidge Corner Theatre.

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The Town of Brookline Senior News & Events BROOKLINE COUNCIL ON AGING (COA)
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Ruthann Dobek <i>Director, Council on Aging/Senior Center</i> Julie Washburn <i>Program Manager, Council on Aging/Senior Center</i> Maureen Cosgrove-Deery <i>Newsletter Editor</i>
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The Town of Brookline Senior News and Events is published monthly by the Brookline Council on Aging, 93 Winchester Street, Brookline, MA 02446.

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

FEBRUARY OBSERVANCES



The Senior Center will be closed on **Monday, February 20, for President's Day.** The day on which we remember the birthdays of Presidents George Washington and

Abraham Lincoln. **Tuesday, February 2** we celebrate groundhog day and **Valentine's Day is celebrated on Tuesday, February 14.** February is Black History Month, American Heart Month and National Library Lovers month. Some special days in February include National Freedom day on the 1st., World Cancer day on the 4th and national Bagel Day on the 9th.

NO COUNCIL ON AGING MEETING IN FEBRUARY



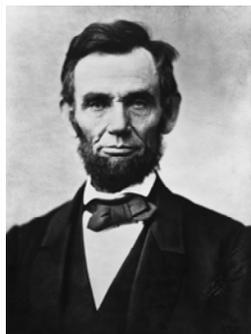
February is traditionally the winter vacation of the Council on Aging (COA) board meetings, and this February is no exception. The March meeting will be on **Wednesday March 8 at 1:00 pm.** Our guest will be the Park Ranger for the John F. Kennedy birth

place in recognition of his 100 Birthday on May 29, 2017.

COLDS

Researchers recently discovered that in cold weather, covering the nose with a scarf to keep your nose warmer may help prevent colds. They believe that breathing in cold air may lower the immune system, making it harder to fight off the virus that causes colds.

WITH MALICE TOWARD NONE ABRAHAM LINCOLN



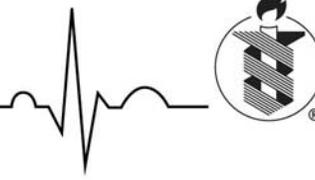
We celebrate Abraham Lincoln's birthday on February 12th. He was the president who, in his first inaugural, hoped that "the better angels of our nature" would prevail. And who, in his second inaugural, tried to set the tone for post-Civil War

America: "with malice toward none, with charity for all." As everyone knows he was assassinated not even two months into that second term.

Join us on **Monday, February 13 at 1:00 pm,** as John Dempsey does a dramatic retelling of the events around Lincoln's death from the point of view of a fictional member of his administration. John was a teacher, assistant principal, and principal at the Edward Devotion School over the course of twenty-seven years. Now, he is active on several civic committees in Brookline. To register, please call 617-730-2770.

HISTORICAL BROOKLINE AFGHAN

Brookline residents, Nancy Johnson and Jim Lawton, designed beautiful afghans several years ago that showcase many historic places in Brookline. A number of these afghans have been generously donated to the Senior Center and we will be selling them at the Gift Cart for \$25. Proceeds from the afghans will support the programs and services of the Brookline Senior Center. Be sure to stop by and take a look!



Ask a Nurse Lynn Schuster, a nurse from the Greater Medford Visiting Nurse Association will be at the Senior Center on **Thursday, February 2 at 11:00 am.**

Podiatry Clinic Routine foot care with Dr. John McLoughlin is available at the Health Clinic at the Senior Center. The **cost is \$40.** To inquire about appointments call 617-730-2777.

Low Vision Group This peer-led support group for individuals with limited eyesight **will not meet in February** but will **return on March 15.**



Blood Pressure Screening

Barbara Westley, the nurse from the Brookline Public Health Department (BPHD), will provide blood pressure screening at the following locations:

Thursday, February 16 from 9:00-10:00 am at The Senior Center

Wednesday, February 1 from 2:00-3:00 pm at BPHD building on Pierce Street.

Wednesday, February 8 from 1:00-2:00 pm at Sussman House

Wednesday, February 22 from 1:00-2:00 pm at 61 Park Street.

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

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

Brookline Hearing Services The staff from Brookline Hearing Services will be visiting the Brookline Senior Center on **Thursday, February 16 from 1:00-2:00 pm.** They will provide hearing aid cleanings, maintenance and patient counseling at no charge. They will also be selling all sizes of hearing aid batteries for \$5 per pack. All services will be provided on a first come, first served basis.

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

The Health Page is sponsored by
Beth Israel Deaconess Medical Center

Affiliated with  **Joslin Clinic**

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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 mdeery@brooklinema.gov or call at 617-730-2790. I will make sure that Dr. Salamon gets the questions and answers them in the Newsletter.*

QUESTION: Is Calcium important?

ANSWER:

We need Calcium throughout our lives, calcium is needed for muscles and bones to work properly. As **we** get older, low calcium intake over the years can lead to weak bones, called osteopenia and osteoporosis (the most severe form of weak bones). People with osteoporosis are much more likely to break bones.

The easiest way to make sure we get enough calcium is to drink milk and/or eat yogurt and cheese. However, many people don't like or can't digest dairy products. Over the years, this calcium deficit can lead to weak bones.

So how much calcium do we need? Generally women older than 50 and men older than 70 need about 1200 mg/day. Most foods have nutrition labels that state how much calcium is in each serving. BUT the labels tell you the calcium amount in percent, rather than mg. All you have to do is to add a zero to the % to get the number of mg. For example, if a glass of milk has calcium 35% in an 8 ounce glass, if you add a zero to the 35%, you get 350 mg! Other foods contain calcium, such as soymilk, sardines, some cereals, broccoli, collard greens. It is considered best to get your calcium from foods rather than supplements, however, If you don't get enough calcium from food, there are a lot of supplements to make up the difference and get you to 1200 mg/day, including TUMS, calcium gummy chews or delicious Adora chocolates (found at Whole Foods), which have 500 mg in each piece.

It is important not to overdo it with supplements. In general, calcium should be spread out throughout the day, as the body cannot absorb more than 500 mg of calcium at a time. Also, some supplements have side effects, such as constipation or gas. Also, there are 2 kinds of calcium in supplements:

-Calcium carbonate (such as TUMS) must be taken with food or after eating

-Calcium citrate (such as Citracal) can be taken with or without food.

In addition to calcium, our bones need a second mineral to be strong, and this is Vitamin D. The usual daily requirement for bone health is approximately 800-1000 IU every day. Vitamin D is called the Sunshine vitamin; however, it is difficult to get enough vitamin D from the sun, even in Florida. So the best is to take a Vitamin D supplement, since few foods carry adequate vitamin D. This can be done by over the counter Vitamin D 1000 IU pills, (1 every day), or getting calcium supplements which also contain Vitamin D.

If you are taking medicine for osteoporosis such as Fosamax, Boniva, Actonel etc, it is particularly important to get enough calcium and Vitamin D, as these medicines cannot do their job without . (See P. 17).

BLOOD SUGAR SCREENING

Olga Abamelik, RN, affiliated with Suburban Home Care, will return to the Center to do blood sugar screenings on **Thursday, February 16 from 11:00 am-12:00 noon.**

SENIOR SERVICES

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

BETS (Brookline Elder Taxi System), is the taxi discount program that allows income-eligible Brookline residents over 62 to buy up to five (5) coupon books a month at a 50% discount. \$25 a month yields \$50 worth of cab rides as each coupon book has 10 coupons each worth \$1 and a book costs \$5. BETS is sponsored by the Council on Aging, CDBG, and all licensed Brookline cab companies.

Bay State Taxi 617-566-5000

Brookline Town Taxi 617-232-2800

White Cab Taxi 508-718-8873

BETS coordinator Alicia Ebrat is at the Senior Center every **Monday through Wednesday from 12:00 noon to 4:00 pm** to take applications for and sell BETS coupon books. For more information, call Alicia at 617-730-2740.

If you are applying for the first time, or being recertified, bring your 2015 income tax returns when you meet with Alicia. If you do not have to file tax returns, check with Alicia before you come in about the necessary documentation. (All riders must be recertified every year in order to be able to buy BETS coupon books.) Eligibility requirements: An individual's maximum annual income cannot exceed \$48,000 and can purchase \$80 worth of rides for \$40 per month, a couple's annual income cannot exceed \$55,800 and are eligible to purchase \$100 worth of tickets for \$50.

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

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

BLAB A Brookline Legal Assistance Bureau volunteer lawyer will be at the Senior Center on **Wednesday, February 1 from 9:00am-12:00 noon** to consult on legal matters of law. **This service is offered for Brookline residents only, is free of charge, and no appointment is needed. Please pick up a number at the reception desk or the COA office on the second floor.**

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

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

SNAP The Supplemental Nutrition Assistance Program helps seniors stretch food dollars with food stamps. If you need assistance call The Council on Aging and ask to be put on the Food Stamp assistance return phone call list. Someone will return your call as soon as possible 617-730-2777.

ALZHEIMER'S CAREGIVERS SUPPORT GROUP



The Senior Center offers two ongoing support groups designed to help caregivers cope with the stress and demands of loved ones struggling with Alzheimer's.

Daytime Support Group

The daytime group meets on the 4th Tuesday of each month. If you are interested in this group, please call the facilitator Debby Rosenkrantz at 617-571-3741

Evening Support Group

The evening group is primarily composed of adult child caregivers and meets on the last Thursday of each month. If you are interested in this group, please call the facilitator Susan Kanian-Andriole at 617-730-2754. *Note: This group is currently full. Please call to add your name to the waiting list.

EASY TRAVEL



Join us on **Thursday, February 2 at 1:30 pm Julie Washburn**, our armchair travel host, shares adventures from her most recent Disney World trip. Temporarily escape the cold February weather as we "travel" with Julie to sunny Florida. We hope to see you there!

CALLING CHESS PLAYERS

of all abilities on **Thursday afternoons from 1:00-3:00 pm**. You can bring your own board or use one of ours.

BE A SAVVY CONSUMER

Are you having a dispute with a business regarding the purchase of goods or services for personal use? Do you have questions about your rights as a tenant? Do you have a concern about an offer that will provide you with a financial gain that sounds too good to be true? If so, assistance is available – quickly and easily – by calling **617-796-1292 from 9:30 am - 3:45 pm, Monday-Friday** to reach the Newton-Brookline Consumer Office, working in cooperation with the office of the Massachusetts Attorney General. Residents of Newton, Brookline, Belmont and Watertown are all in our area of jurisdiction. There is no need to visit our office. We're just a phone call away! Mimi Cole and Judy Zohn, Co-Directors.

UNDERGROUND RAILROAD: THE WILLIAM STILL STORY

Join us for a showing of this 60 minute PBS documentary on **Thursday, February 23 at 1:00 pm**. William Still was one of the most important, yet largely unheralded heroes of the Underground Railroad. Still was determined to get as many runaways as he could to "Freedom's Land," smuggling them across the US border to Canada. William Still kept meticulous records of the many escaped slaves who passed through the Philadelphia 'station' of the Underground Railroad. His notes provide some of the best evidence of the workings of the Underground Railroad, detailing the freedom seekers who used it, including where they came from, how they had escaped, and the families they left behind. Still's book, a compilation of the secret notes he kept during those years, is regarded as the most authentic account of some of America's most heroic stories. His compelling story is one of North America's greatest sagas. To register, please call 617-730-2770.



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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.

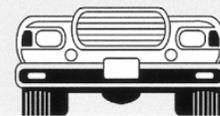
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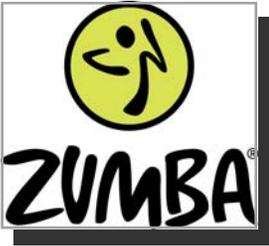
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ZUMBA GOLD



Get in shape and have fun with Zumba Gold at the Senior Center! Join Emily Brenner, our Zumba Gold instructor, on **Thursdays from 1:30-2:30 pm** through March

Cost for the winter session is \$45. Drop-ins are welcome at \$7 per session. Free for Brookline Housing Authority residents thanks to the Brookline Multiservice Senior Center Corp, a 501 (c)(3) corporation that supports Senior Center programming.

MISTRAL PRESENTS:

“LOVE IN THE BELLE EPOQUE”, VALENTINE CONCERT



Join us on **Saturday, February 11, 5:00 pm** at St. Paul's Church. When the calendar page turns to February, Mistral audiences have long come to anticipate a concert where, along with chocolate hearts, they are

treated to music that takes its inspiration from the endless facets of love. This year Mistral will present a program that traces the flowering of French culture during the turn of the century, La Belle Epoque, with passionate works by Duparc, Fauré, and Debussy. Tickets: \$30/\$25 Senior; Group rates are available. Buy securely online and print directly at www.Mistralmusic.org, or call 978-474-222 or e-mail sales@MistralMusic.org.

BROOKLINE MUSIC SCHOOL



Join us on **Wednesday, February 1 at 1:00 pm**. The Brookline Music School performance will be one of our favorites, Emilian! Be prepared to take a trip around the world with music from different countries. Emilian

will play songs we are familiar with, songs we enjoyed years ago that will bring back pleasant memories. Being a musicologist, Emilian likes to accompany his presentations with little musical stories, or fact from the lives of composers and performers.

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E.L.F. MONTHLY FEATURED ITEMS AND NEWS



ELF: The Equipment Loan Fund has a large amount of walker accessories available, including legs, wheels, skis, and studs. If you or anyone you know could use these, please call Jamie at 617-730-2753.



FLORENCE WARREN EXHIBIT

Florence Warren, one of our wonderful "Art for Pleasure" participants, is exhibiting her paintings and prints at the Coolidge Corner Library through the end of February and we hope you'll make time to stop by and see her work!

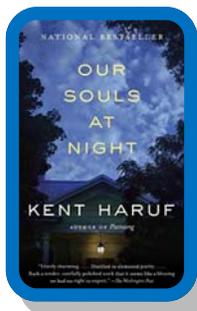
As a painter, teacher, and museum educator, Florence immersed herself in the world of art: its history, cultural influence and aesthetic richness. Her award-winning work blends linear and painterly elements with classical and popular symbols to explore politics, women's issues and the environment.

In a review by New York Times art critic, Phyllis Braff, Florence's work was recognized as among the best in show at the Firehouse Gallery in New York. She was also awarded first prize in graphics at the Commonwealth Museum (Boston) in 2016.

Florence was a docent at the Metropolitan Museum of Art in New York for over 20 years, lecturing on Chinese and Modern Art. She taught art at Freeport High School in New York. She received her BA in Art Education from Hofstra University and her MA in Art from Adelphi University. She now lives in Brookline, Massachusetts.

BOOK DISCUSSION GROUP AT THE PUTTERHAM LIBRARY

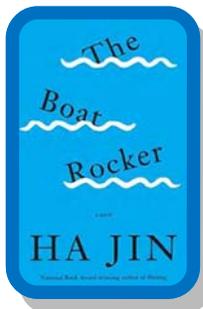
Meetings are in the community room at the Putterham Branch Library. New members are always welcome. Our monthly meetings are on **Mondays from 2:00–3:00 pm**. Books are available at the Putterham Branch Library. The discussion leaders for this Book Group are Charlotte Millman and Roberta Winitzer.



February 27

Our Souls at Night

by Kent Haruf

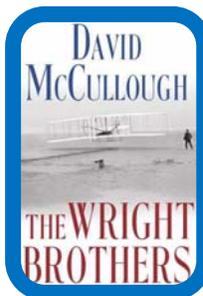


March 20

The Boat Rocker

by Ha Jin

April-Vacation month



May 15

The Wright Brothers

by David McCullough



MEMORY CONNECTIONS CAFÉ



Memory Connections Café will be held on **Wednesday, February 22 from 1:30-3:00 pm**, the Senior Center offers a free monthly Memory Connections Cafe for people with early memory challenges and their care-partners to connect with their peers. Both participate in socialization and can partake in refreshments and a variety of enjoyable programming in order to gain support and engage with others in a relaxing environment. Either party can attend by themselves, but a care-partner must accompany those who require any care assistance. Please call Jamie at 617-730-2753 for information and to RSVP. This program is supported by a grant from the Brookline Community Foundation. This month's guest artist is co-sponsored by Home Instead-Waltham office.



HISTORICAL BROOKLINE AFGHANS

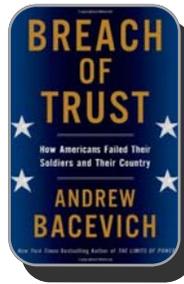
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PUBLIC ISSUES NONFICTION BOOK DISCUSSION GROUP

At the Senior Center

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

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

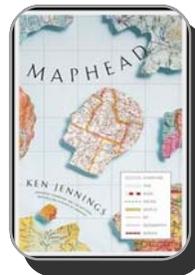


Tuesday February 28

Breach of Trust: How Americans Failed Their Soldiers and Their Country

By Andrew J. Bacevich

(Metropolitan Books/Henry Holt & Co.)



Tuesday March 28

Maphead: Charting the Wide, Weird World of Geography Wonks by Ken Jennings

(Scribners/Simon & Schuster Inc.)

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

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MAHJONG



Calling all Mahjong players on **Mondays and Thursdays from 12:30-3:30 pm** for a social game of Mahjong.

BRIDGE FOR EXPERIENCED PLAYERS



Jan Davidson, Bridge Coordinator, welcomes experienced players on **Friday mornings at 9:00 am sharp**. Give the re-

volving bridge game a try.

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)



Israel, Van Kooy & Days, LLC



Laurie Israel, Esq.

617-277-3774

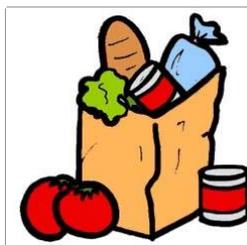
e-mail: lisrael@ivkdllaw.com

web: www.ivkdllaw.com

Coolidge Corner

Wills • Probate • Trusts • Estates

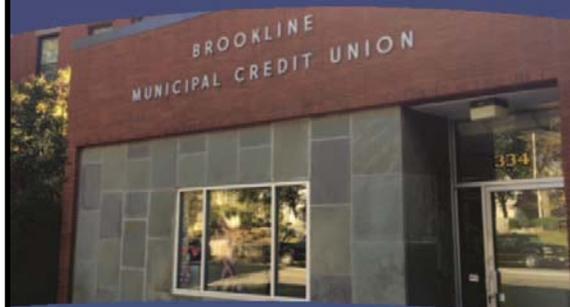
GREATER BOSTON FOOD BANK FOOD COMMODITY PROGRAM



The Greater Boston Food Bank Commodity Program provides shelf-stable food to low income seniors. Two shopping bags of food for each approved participant are delivered to the Brookline Senior

Center @ 93 Winchester Street, Sussman House @ 50 Pleasant Street and O'Shea House @ 61 Park Street on the 3rd Wednesday of each month. We are actively recruiting new applicants to participate in this program. If you or anyone you know are interested in applying for or finding out more about the program, please call Patricia @ 617 730 2743 to set up an appointment.

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E-Mail: (781) 398-1855





Brookline Community Aging Network – BrooklineCAN – is an all-volunteer organization that focuses on Brookline as a great place to live. It provides information for older residents that helps them remain engaged in the life of the community and advocates to make Brookline an even better place to live for seniors and everyone. For information and to join, visit BrooklineCAN.org

DON'T FORGET WE ARE ALWAYS COLLECTING



Recycled eyeglasses, cell phones and the soda can pull tabs. The eyeglasses go to the Lions Club the cell phones to the



NCOA cell phone collections and the soda can pull tabs are for Shriners Hospital. All three collection boxes will be located in the front reception area for folks to drop off during business hours



TRIPPS PROGRAM

Our Executive Committee has organized and executed over 50 outreach and educational events in the community. As we head into our second year, we continue to develop our understanding of the needs and resources within our local community and to refine our processes as a result of this learning. We are so grateful for the strong support you continue to give this important program. Looking back on our first year of operations, it is clear that we have already accomplished so much together. Our volunteers and staff have provided individual support and information to over 100 transportation consumers and caregivers. In October, we published a Senior Transportation Resource Guide containing 31 complete profiles of local senior transportation options.

Come join our team! We're always looking for enthusiastic people to support our seniors, research transportation options, and educate the public about car-free choices. For more information contact Kerri Ann Tester, LCSW, TRIPPS Program Director 617-730-2644 or email us at volunteer@trippsmass.org.

Brookline
Adult &
Community
Education

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& C**

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starting soon!*

www.brooklineadulted.org
617-730-2700

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.


Daniel M. Gorfinkle
CRS, ABR, CFA

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FROM THE DIRECTOR

What we do matters... Whether we are hosting someone's 100th birthday or helping someone find housing or receiving a gift from someone's estate we are proud to be a vital part of the community. We provide not only a safe haven for our elders but also a vibrant community center. I am taking a moment to recognize the importance of our work. I would like to thank this incredible community of people who enrich Brookline elder's lives each day. February brings some of the coldest weather and with it some winter blues. We at the Senior Center are here to help make the days go by in a warm and enjoyable way with lots of wonderful programs and activities. Please check our website or call our main number at 617-730-2770 for updates on cancellations due to snow.

I am inspired by our elders who bundle up and refuse to let the cold weather get them down. Your hearty disposition warms us all! So much is happening at the Senior Center that will keep your blood pumping. For example, check out the fitness center, Zumba, Modern Dance classes or Ping Pong.

I am concerned about the freezing temperatures of February, if you have turned down your thermostat to save money, make sure you wear some warm fleece. Please call our information and referral desk if you are having trouble with your heating bills to apply for fuel assistance. We are also helping with SNAP food stamp applications. Don't forget about our newest food program that delivers 35 pounds of non-perishable items monthly. In addition, for frugal living always, come to the Center for a nutritious hot meal and visit our food program on Tuesdays.

A wonderful reminder that the days are getting longer as the light returns this month. On January 1, the sunset was at 4:22 pm, on February 1, 5:12 pm and by February 28 the sunset will be at 5:44 pm giving us more sunshine each day even though we are still in the midst of winter.

Ruthann Dobek-Director

FROM THE BOARD PRESIDENT

Dear Friends,

It's hard to believe it's already February – a short month, but a significant one: Groundhog Day (I'm hoping that spring comes soon!) Presidents' Day and my favorite - Valentine's Day, I am a big fan of chocolates and flowers. **If there's someone in your life you'd like to remember, consider making a gift to the Brookline Senior Center in their honor.**

Valentine's Day also reminds me to take stock of whether I've honored the organizations I love as well. I care deeply about the future of the Brookline Senior Center and as a result, have included the Senior Center in my estate planning.

Perhaps you'd like to do that as well. It's relatively easy. See the box for suggested bequest language. Consider making the Brookline Senior Center a beneficiary of your Life Insurance Policy, IRA or 401K. **By planning ahead now, you can help insure a vital Senior Center for years to come.** Be sure to let us know that you've included the Brookline Senior Center in your will or trust so we can recognize your generosity and **include you in our Ambassador Club.**

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

COMPUTER ONE ON ONE

Does not meet during February, March and April but will return in May.

OPEN COMPUTER LAB

The open computer lab schedule is currently undergoing some restructuring. Please stay tuned for additional details during the month of February.

AARP TAX PREPARATION ASSISTANCE

Our wonderful AARP Tax Aide volunteers will once again return to the Senior Center on **Tuesdays between February 14 and April 11** to assist you with filing your returns. We have begun scheduling appointments. Please note that the Tax Aide program will be using new software this year and as a result, it is very important for you to bring copies of your 2015 returns to your appointment. The Tax Aide volunteers will also not be able to assist with any previous year or amended tax returns this year. For more information and to schedule an appointment, please call 617-730-2777.

ACUPUNCTURE CONSULTATION



Acupuncture is a safe and effective form of health care for many chronic conditions. On **Thursdays**, the Brookline Senior Center is pleased to offer a program for interested persons to

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

MOUNT PLEASANT HOME



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HAPPY home
for seniors
who need a little help

All-inclusive & affordable!

Near the Brookline Border



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

THE SENIOR CENTER VAN HOURS:



Monday-Thursday 9:00-4:00 and on the following **Fridays:**

February 10 and 17
March 3, 17, and 31
April 14 and 28
May 12 and 26
June 2 and 16

To schedule a ride call 617-730-2750.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>6. Vegetable Soup HOT: Lasagna w/Marinara Sauce & Meatball; Spinach & Chickpeas; Whole Wheat Bread. COLD: Seafood Salad on Rye Bread; Zucchini Salad; Orzo Vegetable Salad Orange</p>	<p>7. Mushrooms Barley Soup HOT: Roast Pork w/Raisin Pineapple Sauce; Mashed Potatoes; Peas & Mushrooms; Rye Bread. COLD: Cottage Cheese & Fruit Plate; Orange Juice; Garden Shell Pasta Salad; Wheat Dinner Roll. Unsweetened Applesauce</p>	<p>1. HOT: Beef Stew; Chuckwagon Corn; Tossed Salad w/Lite Italian Dressing; Wheat Dinner Roll. COLD: Egg Salad on Rye Bread; Spinach & Mandarin Salad w/Lite Italian Dressing; Potato Salad. Cake</p>	<p>2. Beef Vegetable Soup HOT: Stuffed Shells w/Tomato Sauce; Carrots; Scall Bread. COLD: Tuna Salad on Pumpnickel Bread; Broccoli Slaw; Pesto Pasta Salad. Tropical Mixed Fruit</p>	<p>3. HOT: Macaroni & Cheese*** (V); Broccoli; Wheat Bread. COLD: Roast Beef on Multigrain Bread w/Swiss Cheese & Mustard; German Potato Salad; Tomato Zucchini Salad Pears</p>
<p>6. Vegetable Soup HOT: Lasagna w/Marinara Sauce & Meatball; Spinach & Chickpeas; Whole Wheat Bread. COLD: Seafood Salad on Rye Bread; Zucchini Salad; Orzo Vegetable Salad Orange</p>	<p>7. Mushrooms Barley Soup HOT: Roast Pork w/Raisin Pineapple Sauce; Mashed Potatoes; Peas & Mushrooms; Rye Bread. COLD: Cottage Cheese & Fruit Plate; Orange Juice; Garden Shell Pasta Salad; Wheat Dinner Roll. Unsweetened Applesauce</p>	<p>8. Tomato Basil Soup HOT: Fish w/Broccoli Cheese Sauce; Herbed Brown Rice; Mixed Vegetables; Multigrain Bread. COLD: Vegetable Chef Salad; Multigrain Bread; Corn Salad. Mandarin Oranges</p>	<p>9. Chicken Orzo Soup HOT: Greek Chicken; Butternut Squash; Broccoli; Whole Wheat Dinner Roll. COLD: Roast Beef on Oat Bread w/American Cheese & Mustard; Summer Squash Salad; Potato Salad. Chocolate Pudding w/Topping</p>	<p>10. Minestrone Soup HOT: Spinach & Red Pepper Frittata (V); Red Bliss Potatoes; Green Beans; Garlic Dinner Roll. COLD: California Chicken Salad on Scall Bread; Macaroni Salad; Root Vegetable Salad. Chef's Choice Dessert</p>
<p>13. Chicken Vegetable Soup HOT: Turkey w/Gravy; Stuffing; Carrots; Oatmeal Bread. COLD: Roast Beef on Rye Bread w/Mustard & Swiss Cheese; Potato Salad; Cauliflower Carrot Mandarin Oranges</p>	<p>14. February Special Broccoli Cheese Soup Bruschetta Chicken w/Bruschetta Sauce Roasted Potatoes Italian Style Blend Vegetables Cinnamon Dinner Roll Chocolate Trifle Parfait</p>	<p>15. Cream of Butternut Squash Soup HOT: Broccoli & Mushroom Quiche (V); Red Bliss Potatoes; Stewed Tomatoes; Wheat Dinner Roll. COLD: Curry Chicken Salad on Oatmeal Bread; Spinach & Mandarin Salad w/Lite Italian Dressing; Garden Shell Pasta Salad Orange</p>	<p>16. Beef Barley Soup HOT: Fish Florentine; Sweet Potatoes; Tuscan Blend Vegetables; Wheat Bread. COLD: Turkey Chef Salad; Orzo Vegetable; Multigrain Bread. Oatmeal Raisin Cookie</p>	<p>17. Escarole & Bean Soup HOT: American Chop Suey; Broccoli; Scall Bread. COLD: Mediterranean Plate; Hummus; Pita Bread; Cucumber, Feta & Onion Salad; Israeli Couscous Tropical Fruit</p>
<p>20. President's Day Holiday Meal Site Closed</p>	<p>21. Minestrone Soup HOT: Baked Fish Filet w/Newburg Sauce; Roasted Red Bliss Potatoes; Spinach; Multigrain Bread. COLD: Roast Beef on Rye Bread w/Lite Mayo & Cheddar Cheese; Pesto Pasta Salad; Riviera Salad. February Birthday Lunch</p>	<p>22. Italian Garden Vegetable Soup HOT: Meatloaf w/Beef Gravy; Mashed Potatoes; Fiesta Blend Vegetables; Oat Grain Bread. COLD: Chicken Pesto Caesar Salad w/Caesar Dressing; Garlic Dinner Roll; Tri Color Pasta Salad. Unsweetened Applesauce</p>	<p>23. Cream of Mushroom Soup HOT: Ginger Chicken; Herbed Brown Rice; Oriental Blend Vegetable; Wheat Roll. COLD: Egg Salad on Multigrain Bread; Potato Salad; Roman Blend Salad Pears</p>	<p>24. HOT: Hot Dog*** on Hot Dog Roll w/Ketchup, Mustard & Relish; Baked Beans; Cole Slaw. COLD: Turkey on Oatmeal Bread w/Lite Mayo & Swiss Cheese; Orzo Vegetable Salad; Broccoli Slaw Fruited Yogurt</p>
<p>27. Tomato Basil Soup HOT: Cheese Omelette; Saute Vegetables; Home Fries; Wheat Bread. COLD: California Chicken on Oatmeal Bread; Macaroni Salad; Cole Slaw Mixed Fruit</p>	<p>28. HOT: Creole Chicken; Rice & Beans; Collard Greens & Onions; Mini Corn Bread. COLD: Vegetable Chef Salad; Potato Salad; Scall Bread. Mandarin Oranges</p>			



FEBRUARY LUNCHEON SPECIALS

Reservations for ALL Springwell lunches must be made by 10:30 am on the weekday preceding the day on which you want to have lunch. For reservations for Monday, call 617-730-2747 the previous Friday by 10:30 am. Lunch is served at 12:00 noon unless otherwise noted.

Please be aware that Springwell can only guarantee your lunch reservation until 12:15 pm each day. If you are going to be arriving late for lunch, please let Kristine know in advance. If you arrive after 12:15 pm with no advance notice, Springwell cannot guarantee that you will receive a meal for that day.

On Tuesday, February 21 we celebrate February birthdays at the monthly Birthday Lunch. The sponsor of this lunch has happily provided a complimentary lunch and a small gift to all January birthday celebrants. We also want to thank our friends at Wingate at Chestnut Hill for providing our monthly birthday cake. Now it is easier than ever to register for our monthly birthday celebrations! Just call 617-730-2747 to reserve a lunch on the business day prior before 10:30 am and you are all set. When you arrive for lunch on the day of the party, the leader of our birthday celebration will come around to all the tables to make sure that we don't miss any of our special attendees celebrating their birthdays that month.

LET'S GO OUT TO LUNCH BUNCH



Out to Lunch Bunch will dine at Mandarin Gourmet Restaurant, 1020 West Roxbury Parkway, Chestnut Hill on Tuesday, February 28. The van will leave the Senior Center at 11:30 am sharp! For reservations and transportation, call 617-730-2770.

MASS COLLEGE OF PHARMACY



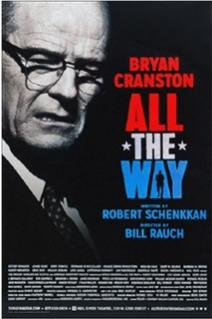
On Thursday, February 9 at 1:00 pm the Massachusetts College of Pharmacy students and faculty will be giving a presentation on osteoporosis. Students will be discussing the risk factors as well as how to prevent and treat Osteoporosis. We will be providing an Osteoporosis screening as well! Questions are always encouraged.

FOODS HIGH IN CALCIUM

- Milk - 1 Cup 300 MG
- Yogurt - 1 Cup 300 MG
- Orange Juice with Calcium - 300 MG
- Swiss Cheese - 1 Ounce 270 MG
- Cottage Cheese - 1 Cup 160 MG
- Parmesan Cheese - 2 Tablespoons 140 MG
- Frozen Yogurt - 1/2 Cup 200 MG
- Ice Cream - 1/2 Cup 200 MG
- Beans (Black or Navy) - 1 Cup 300 MG
- Cereal with Calcium - 1 Cup 400 MG
- Almonds - 2 Ounces 150 MG
- Spinach, Cooked - 1/2 Cup 130 MG

MOVIES FOR FILM LOVERS

Come to the Senior Center on **Tuesdays in February at 1:00 pm** for a fine feature film. Make a reservation for lunch (see p. 16 for menus and reservation instructions), and make an afternoon of it.



Tuesday February 7

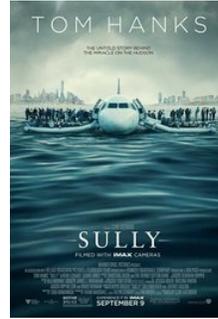
All the Way

(2016)

2hr. 12min.

Lyndon Johnson becomes the President of the United States in the chaotic aftermath of John F.

Kennedy's assassination and spends his first year in office fighting to pass the Civil Rights Act.



Tuesday February 28

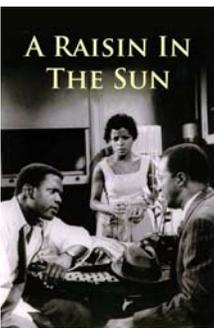
Sully

(2016)

1hr. 36min

The story of Chesley Sullenberger, an American pilot who became a hero after landing his damaged plane on the Hudson

River in order to save the flight's passengers and crew. Stars: Tom Hanks, Aaron Eckhart, Laura Linney



Tuesday, Feb 14

A Raisin in the Sun

(1961)

2hr. 8min.

(Note: **NO Closed Captioning**)

A substantial insurance payment could mean either financial salvation or personal ruin

for a poor black family.

Stars: Sidney Poitier, Claudia McNeil, Ruby Dee



Tuesday February 21

Pocketful of Miracles

(1961)

2hr. 16min.

A New York gangster and his girlfriend attempt to turn street beggar Apple Annie into a society lady when the peddler

learns her daughter is marrying royalty.

Stars: Glenn Ford, Bette Davis, Hope Lange

The Bette Davis Film Series: By request, we will be showing a series of Bette Davis films over the next few months. Please let us know if you have a favorite and we'll see if it is available for showing.

With BAYADA Home Health Care...

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— Mary Lou P., Client

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

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LGBT OUT 2 BRUNCH BUNCH!

Goddard House, in partnership with the Brookline Council on Aging, ETHOS, the LGBT Aging Project and the City of Boston Commission on the Affairs of the Elderly, supports the LGBT Older Adult Out 2 Brunch Bunch! The group will meet monthly for brunch on the third Saturday of every month. **In February we will meet on the 18th from 11:00 am-1:00 pm.** at Goddard House, 165 Chestnut Street, Brookline, MA 02445. To attend, RSVP to Zoraida at meals@ethocare.org or 617-522-6700 ext. 306

FILE OF LIFE UPDATE

FILE OF LIFE



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

**PROUD TO SUPPORT THE
BROOKLINE SENIOR CENTER**

BrooklineBank

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Needed for noninvasive study of
Emotion and Memory.

Research conducted at Boston College

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

Center Communities of Brookline

The Lifestyle you want, where you want it.



1550 Beacon Street



100 Centre Street



112 Centre Street

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



FEBRUARY AT A GLANCE

Wednesday, February 1

9:00am-12:00pm BLAB Lawyers
1:00pm Brookline Music School ***
1:00-2:00pm Blood Pressure Clinic BPHD *

Thursday, February 2

11:00am Ask a Nurse
1:30-2:30 Zumba Gold (\$7/session; free for BHA)
1:30pm Easy Travel-Disney World

Friday, February 3

Monday, February 6

1:00 pm Hidden Brookline Presentation ***

Tuesday, February 7

10:00am-12:00pm Real Estate Tax Exemption Information
1:00pm Movies for film lovers-*All the Way* ***

Wednesday, February 8

1:00-2:00pm Blood Pressure Clinic at Sussman House *
1:30pm HPAYT Information Session

Thursday, February 9

1:00pm Massachusetts College of Pharmacy-Osteoporosis Presentation ***
1:30-2:30 Zumba Gold (\$7/session; free for BHA)
3:00-4:00pm REAP-Tips and Trends for job search ***

Saturday, February 11

5:30 Mistral Performance *

Monday, February 13

1:00pm Lincoln Presentation ***
1:00-2:30 Ukulele

Tuesday, February 14

1:00pm Movies for film lovers-*A Raisin in the Sun* ***

Wednesday, February 15

10:00am-3:00pm Brookline Rec Trip to South Shore Plaza *

Thursday, February 16

9:00-10:00am Blood Pressure Clinic
11:00am-12:00pm Blood Sugar Screening
1:00-2:00pm Brookline Hearing Services
1:30-2:30 Zumba Gold (\$7/session; free for BHA)

Saturday, February 18

11:00am-1:00pm Out to Lunch Brunch *

Monday, February 20

Closed for Holiday

Tuesday, February 21

10:00am-12:00pm Real Estate Tax exemption Information
12:00noon February Birthday Celebration***
1:00pm Movies for film lovers-*Pocket full of Miracles* ***

Wednesday, February 22

1:00-2:00pm Blood Pressure Clinic Park Street *
1:30-3:00pm Memory Café ***

Thursday, February 23

1:00pm Underground Railroad-William Still Story for Black History Month ***
1:30-2:30 Zumba Gold (\$7/session; free for BHA)

Friday, February 24

Monday, February 27

1:00pm Balance Class with Steve Shain ***
2:00-3:00pm Putterham Book Group-Our Souls at Night *

Tuesday, February 28

9:00-10:00am Public Issues Book Group-Breach of Trust:
12:00 Out to Lunch Bunch at Mandarin Gourmet ***
1:00pm Movies for film lovers-*Sully* ***

ONGOING SENIOR CENTER EVENTS

Monday

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

Tuesday

8:30 am-4:30 pm Fitness Center Open—
membership required
9:00-12:00 noon Reiki Therapy ***
10:00 am Flexibility, Resistance Training, and
Balance
10:15 am Brookline Bees, Quilters
11:00-11:45 Tuesday Morning Dance Party
12:00 Springwell Lunch ***
12:00 noon French Conversation
12:00-4:00 pm BETS
12:30-3:30 pm Canasta Group***
1:00 pm BINGO
1:00 pm Movies for Movie Lovers
2:00-3:00 pm Exercise for Health &
Rejuvenation
2:00-3:00pm Yoga Chair Class **
2:00-4:00 pm Food Distribution Site (hours
approximate)
3:00-4:00 Yoga Mat Class**

Wednesday

8:30 am-4:30 pm Fitness Center Open Member-
ship required
8:45-10:15 Strength Training **
9:00-10:00 am Living Our Values
10:30am Senior STRETCH **
12:00 noon Springwell Lunch ***
1:00-2:00pm Yoga***
1:00-3:00pm Scrabble

Thursday

8:30 am-4:30 pm Fitness Center Open member-
ship required
9:30-11:45am Drawing for Pleasure Figure
Drawing***
9:30 Art for Pleasure Class ***
10:30 am Arthritis Exercise ***

Thursday continued

10:30 am and 1:30 pm Knit and Crochet
11:00-1:00pm TRIPPS office hours
12:00 noon Springwell Lunch ***
12:00-1:00 pm Intermediate Spanish***
12:30-3:30 Mah Jong
1:00-3:00 Chess
1:15-2:15 pm Beginning Spanish Class***
2:30 pm Spanish Immersion Conversation
Group***
2:00-4:00pm Open Computer Lab

Friday

8:30 am-4:30 pm Fitness Center Open-
Membership required
9 :00 am Bridge
10:30 am Current Events Discussion Group
10:30 am Senior Chorus
12:00 noon Springwell Lunch ***
12:30-2:00 pm Basic Computer Class in Spanish

1:00-2:00pm Bootcamp for Seniors **
1:00-5:00 pm Ping Pong
2:00-3:30pm Tai Chi **
3:15 pm Latino Instrumental and Vocal ***

*Not at the Senior Center

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

*** Registration Required

VIBRANT ASSISTIVE TECHNOLOGY PROGRAM

The Massachusetts Association for the Blind and Visually Impaired (MABVI) is proud to announce the VIBRANT program in partnership with the Centers on Aging and the Brookline Senior Center. What is VIBRANT? It is assistive technology, empowerment, and you. If you are losing your vision, we can help train you on technology that makes your life easier, and makes things accessible to you again. Assistive technology is any piece of hardware or software designed for use by a person with a disability who could not use the technology without adaptation or modification. Assistive technology can help with all kinds of tasks, from cooking and cleaning, to shopping, reading, watching TV, browsing the internet, creating documents, spreadsheets, banking and personal finance management, travel, health and fitness, independent living and so much more. Anyone with low vision, blindness or questions is welcome to reach out to us and find out about our program.

After an application and assessment, conducted by Sassy Outwater, the Brookline Senior Center Assistive Technology Coordinator, you will be matched with a volunteer for training sessions on the technology you need to help you accomplish your goals. We will work with you to help you learn the skills you find most useful in your life with the technology that best meets your disability and health needs. Whether you need screen magnification to read, or you need text spoken aloud by a text to speech screen reader, whether you just need labels enlarged to shop on your own, or you need to learn to shop online and have items read to you, whether you want to use a computer or an iPhone, your remote control for your TV or the coffee maker, we have an app for that. Even if you are just unsure or scared of technology and don't know if it would work for you, we invite you to contact Sassy and set up a demonstration and find out what assistive technology is, and what it can do for you. Sassy can be reached at: 617-780-9037, or send email to: soutwater@mabcommunity.org. Or stop by the Senior Center computer lab on Wednesday or Thursday afternoons and ask for Sassy. We look forward to working with you soon.

**Sheep
Specific
by
Carolyn
Letvin**

**Gallery 93
Hours:
Monday-
Friday**

**8:30-5:00
Through
March 30**



FOOD DISTRIBUTION SITE



There is free food distribution at the Senior Center every **Tuesday from approximately 2:00 to 4:00 pm. Get a number in the coffee lounge beginning at 11:00 am.**

Do not go down to the basement until your number is called.

A variety of foods are available at the site—many choices of breads and rolls and lots of produce. Bring a bag to carry your choices home. Also bring a lot of patience and courtesy so everyone enjoys the process and conflicts are avoided.

In order for everyone to receive a fair allocation of the food, it is imperative that no one takes any food before it is inventoried by the workers at the Food Distribution program. This not only helps assure a fair distribution and an orderly process, it also is in compliance with health code regulations. This program is very busy and depends on the generous donation of time by many volunteers. To volunteer please contact Patricia Burns our volunteer coordinator 617-730-2743.

ELKS THANK YOU



Thank you again this year to the Brookline ELKS for the generous donation of the Holiday Sharing Tree. We always know that it is time to gear up for the holiday season when your beautiful tree arrives. This year our tree was decorated

in honor of our Brookline's Veterans. We made a donation of four Stop and Shop gift cards for local Brookline Vets who are in need of a helping hand. We are especially grateful for the annual dinner that you sponsored in December 2016. Your wonderful meal was enjoyed by all.

SPANISH IMMERSION

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

1. One-hour, one-on-one Spanish conversation sessions with native seniors from many Latin American countries.
2. 10-week Beginning Spanish classes run on **Thursday afternoons from 1:15 to 2:15 pm**, in small groups in a relaxed, friendly atmosphere.
3. 10-week Intermediate Spanish classes **will run on Thursdays from 12:00 noon to 1:00 pm.**
4. Spanish conversation small group meetings on **Thursdays at 2:30 pm** with multifaceted conversations in Spanish designed to provide Spanish conversation on varied topics and to share Latin American topics with the other seniors who attend the meeting each week.
5. Latino instrumental and vocal music on **Fridays at 3:15 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 Giovanna Tapia, program coordinator at 617-953-7016.

LET'S PLAY SOME PING PONG!



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

HYBRID-PAY-AS-YOU-THROW (HPAYT) INFORMATION SESSION



Join us on Wednesday, **February 8 at 1:30 pm.** for a **very important** information session on the new refuse collection program in Brookline called Hybrid-Pay-As-You-Throw (HPAYT). HPAYT is a re-

fuse collection system where customers purchase a waste cart based on their household's refuse output. If a customer has more trash than their cart can hold, prepaid, plastic overflow bags, imprinted with the Town seal, will be available for purchase at local retail establishments. If your refuse is currently collected by the town then this MEETING is for YOU! Waste cart selection is due by March 10 and the collection system launches in May so it is important for you to attend this meeting. This program is cosponsored by the Council on Aging and BrooklineCAN.

NOTE: If your refuse is collected by a private company this change will not impact you!

MAPLE LEAF RAG QUILT RAFFLE



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

own Brookline Bees!

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

REAL ESTATE TAX EXEMPTION

Sandy Spector will have information for seniors on real estate tax exemptions and abatements in the gallery area of the Senior Center on **Tuesday, February 7 and Tuesday, February 21 from 10:00am-12:00 noon.** Feel free to drop by with your questions.



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TUESDAY MORNING DANCE PARTY

Modern Dance is now **Tuesday Morning Dance Party!** Join instructor, Lynn Modell every **Tuesday morning from 11:00-11:45 am** for the same great fun and dancing with a new and improved name. All for a suggested donation of \$2 per class.

Thrifty Threads

at United Parish Church,
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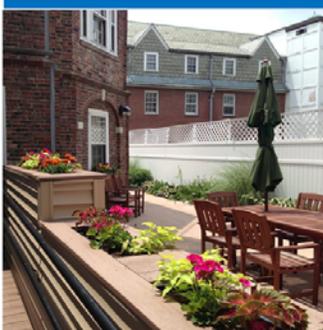
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UKULELE FUN

Ukulele fun will be held on **Monday, February 13 from 1:00 to 2:30 pm**. If you like singing and want to pick up the ukulele as well, this may be the group for you. We play and sing mostly oldies but also some modern songs. The more voices, the better. If you just want to sing along, that would work as well. Stop by and try it out. It is FUN!

BROOKLINE RECREATION TRIPS

South Shore Plaza – Braintree

Wednesday, February 15

10:00 am-3:00 pm

If you love shopping in a climate controlled mall, South Shore Plaza is the place for you! The Trip fee includes transportation. Fee: Residents \$16/Non-residents \$22



The Paint Bar – Newton

Thursday, March 16

8:30 am-1:30 pm

In a relaxed social setting with great music, a fabulous Paint Bar instructor will guide you step-by-step through your session's painting. The subject will be the iconic Red Barn in Rockport, Ma. No experience is necessary and at the end of the session you will be amazed at your creation. The trip fee includes transportation, the Paint Bar and lunch. Fee: residents \$55/Non-residents \$74

Register by calling 617-730-2069 online at www.brooklinerec.com Bus pick up/Drop off Locations Brookline Senior Center (93 Winchester Street) or Soule Recreation Center (652 Hammond Street Brookline).

HOW CAN SHINE HELP YOU?

Are you turning 65 in the next three months?
Are you over 65 and planning to retire soon?
Do you understand all your Medicare plan options?
Are you having trouble paying for medical expenses and prescription drugs?

If any of these apply to you, contact the SHINE (Serving Health Insurance Needs of Everyone...on Medicare) program for assistance. SHINE is not just here during Medicare Open Enrollment. Trained volunteers are available **all year** to help you! They offer free, confidential counseling on all aspects of health insurance to anyone on Medicare. To schedule a SHINE appointment, call your local Senior Center. For other SHINE related matters, call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Once you get the SHINE answering machine, leave your name and number. A volunteer will call you back, as soon as possible.

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.

BALANCE EXERCISE WORKSHOP

With the winter months approaching, we are all faced with an increased risk of falling. Improving your strength and balance can often help to minimize the risk of serious injury in the event of a fall. Join personal trainer, Steve Shain on **Monday, February 27 at 1:00 am** for a one hour workshop in which you'll learn valuable exercises to help improve your balance. Space is limited to first 30 registrants. Please call 617-730-2770 to register.



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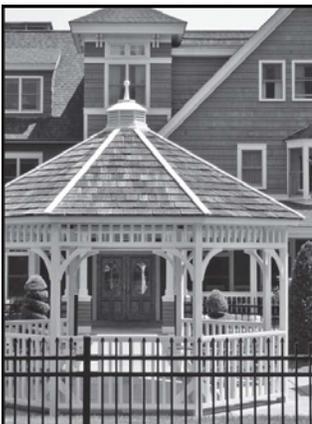
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REAP

TIPS AND TRENDS

The REAP program will have meeting on **Thursday, February 9 from 3:00-4:00 pm**. We will discuss Tips and Trends for your job search in 2017. Please RSVP to Deidre Waxman 617-730-2767 or Patricia Burns 617-730-2743

INDIVIDUAL JOB SEARCH SKILLS APPOINTMENTS

Patricia Burns, the REAP Program Job Skills Counselor is available for 1-on-1/individual appointments to assist with essential job search tools including resume writing or updating, job specific cover letters, LinkedIn profile development, interviewing by phone, skype, in-person or mock as well as identifying transferrable skills from past experience to use in your next job. Appointments are required. Contact Patricia at 617 730 2743 or e-mail her at pburns@brooklinema.gov for an appointment.

ANNUAL VOLUNTEER SURVEY & FILE AUDIT

Check your mail! We will be sending you two important mailings. The 1st will contain our annual volunteer survey The survey gives us valuable data for the Brookline Senior Center annual report so please fill it out and return it to Patricia. The 2nd will include any missing or very outdated forms from YOUR particular volunteer file. Both mailings will include a self-addressed envelope to either mail or drop off for Patricia, Volunteer Coordinator. Any questions, please contact her at 617-730- 2743 or pburns@brooklinema.gov

FEBRUARY SPOTLIGHTED VOLUNTEER OPPORTUNITIES

This month's spotlighted opportunities include: temporary assistance checking seniors in for lunch on Thursdays for the next 3 months, help distributing fliers advertising TRIPPS and other programs & activities, assistance for seniors with their Smartphones, help with the monthly Food Commodity program on the 3rd Wednesday morning of each month, as well as audio and video interviewing of seniors after they complete a TRIPPS Transportation Challenge.

If you would like to apply for these or other volunteer opportunities at the Brookline Senior Center, please call Patricia, the Volunteer Coordinator at 617-730-2743 or email her at pburns@brooklinema.gov to make an appointment to talk about things you like to do, your skills and opportunities to volunteer at the Brookline Senior Center.

SHOP

"Students Helping Older People"

The S.H.O.P. Program has been a community service program at Brookline High School for many years. It is a win-win volunteer opportunity where students grocery shop for an elder in Brookline and seniors share their actual history and experience with students. It is a weekly to biweekly commitment that is usually shared with a partner. It starts with visiting the elder's home to get a grocery list and money, then shopping, and returning with the groceries. Besides getting the groceries for the senior, the most important part of this program is developing *meaningful* multigenerational relationships. Some students have shopped for the same person throughout high school and consider their elder an important part of their life. And the feeling is always mutual.

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

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

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

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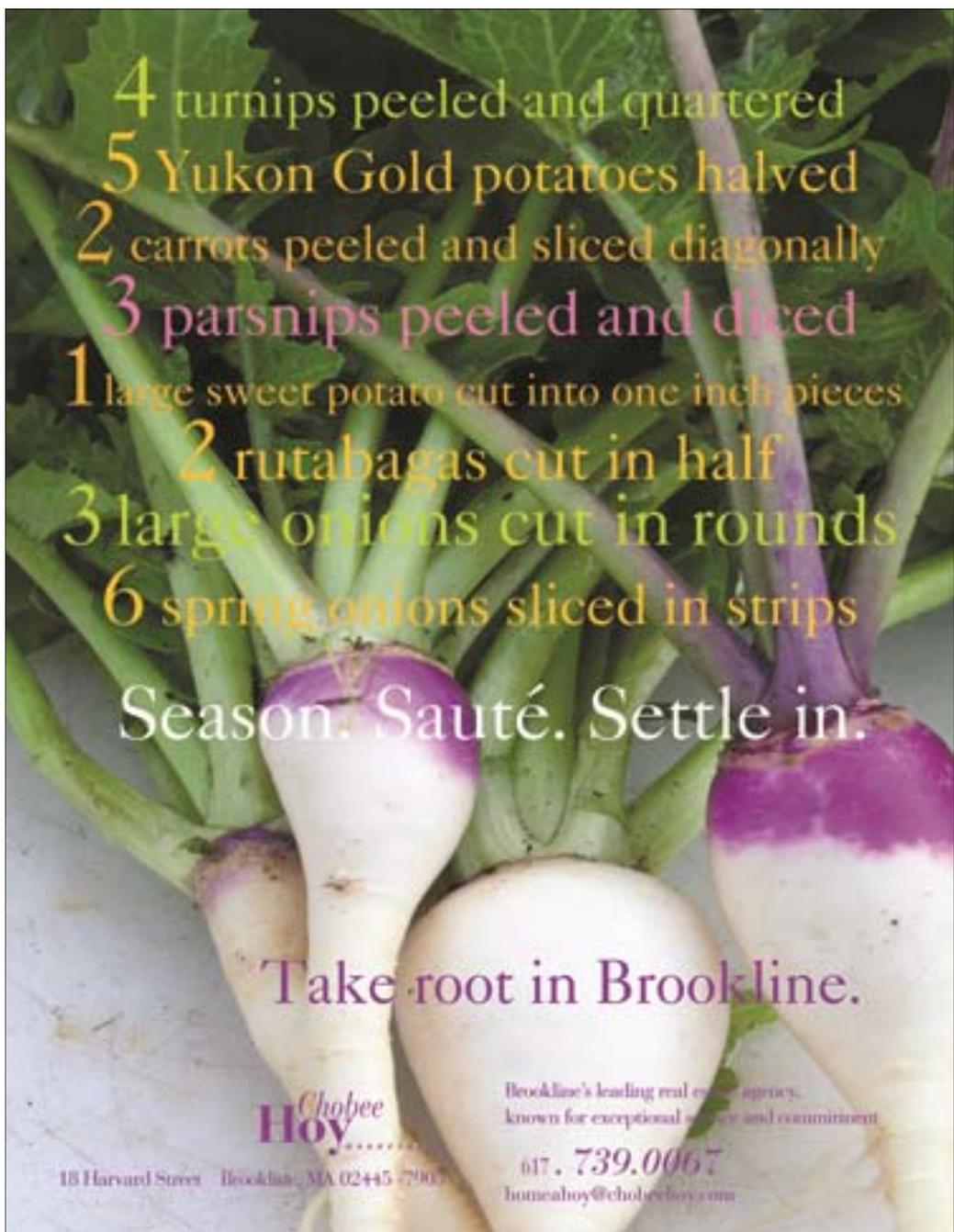
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