

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



MARCH 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

NOTE: All Programming is Weather Permitting. Please call 617-730-2770 for weather related updates.

March 13 Frank Sinatra-Life and Times (See P. 22).



BOSTON WOMEN'S HERITAGE TRAIL PRESENTATION



In honor of Women's History Month, Mary Howland Smoyer will join us at the Senior Center on **Monday, March 20 at 1:00 pm** to tell us more about the Boston's Women's Heritage Trail (bwht.org) and to present the stories of the six women honored with statues in Bos-

ton. Mary has been active in the Boston Women's Heritage Trail for over 25 years. The Trail was founded in 1989 to recover, document and disseminate Boston women's history. This is sure to be an interesting presentation so please call 617-730-2770 to reserve your place. As a fun extra, bring along the name of a woman whom you admire from history and we'll add it to our "Women's History Month Wall of Fame."

THE BROOKLINE SENIOR CENTER VAN HOURS OF OPERATION

Monday-Thursday from 9:00 am-3:00 pm and on the following **Fridays:** March 3, 17, 31, and April 14, 28 and May 12, 26 and June 2, 16. Please call 617-730-2750 to schedule a pick up. Suggested donation \$1.00 (each way).

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

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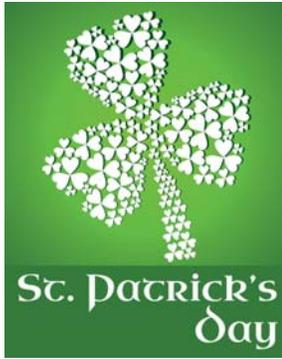
Maureen Cosgrove-Deery

Newsletter Editor

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.

MARCH OBSERVANCES



There are no holidays in March on which the Senior Center closes. Programs can be enjoyed Monday through Friday all month. In addition to Social Work Month, we celebrate Women's History, National Craft and Irish Heritage

month. We celebrate St. Patrick's Day and Evacuation Day on March 17, the first day of Spring on March 20, Purim on the Evening of March 11.

COUNCIL ON AGING MEETING



Join us 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 100th Birthday on May 29, 2017.

ART FOR PLEASURE BROOKLINE SENIORS CREATE

Art for Pleasure, the painting group led by Nancy Marks, has been invited to exhibit work at the Museum of Fine Arts' Hunt Memorial Library, **March 27 thorough May 19**.

Join us for the Opening Reception for the show, "Art for Pleasure: Brookline Seniors Create," will be held **Thursday, March 30 from 4:00-6:00 pm**. Friends of the artists and the community are invited.

"COMING TO AMERICA: AN EDUCATIONAL FORUM ON IMMIGRANTS' RIGHTS"



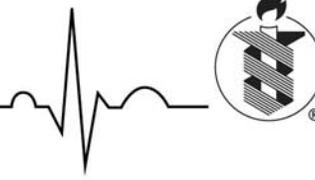
Join us on **Sunday, March 26 at 3:00 pm** at the Brookline Senior Center for this important event. The goal of this group is to build awareness

related to immigrants' rights, to learn more about the plans of the new administration and the impact on "dreamers" and others in our community and beyond, to address questions related to sanctuary status and implications for Brookline and other communities and to put a local face on the issues.

Sponsored by the Brookline-Quezalguaque Sister City Project, All Saints Parish, Boston Workmen's Circle, Brookline Adult & Community Education (BA&CE), Brookline Department of Health, Brookline League of Women Voters, Brookline Office of Diversity, Inclusion & Community Relations, Brookline PAX, Brookline Senior Center, Chobee Hoy Associates, St. Paul's Episcopal Church, St. Mary's of the Assumption Parish, Temple Ohabei Shalom, and Temple Sinai.

-SAVE THE DATE-

The 2017 Annual Volunteer Luncheon will be held on **Wednesday, April 5 at 12:30 pm**. Invitations will be coming in the mail soon. Once you receive your invitation, please RSVP by March 27 by calling 617-730-2777. Nominations for the Volunteer of the year can be emailed to Rdobek@brooklinema.gov or left in Ruthann's mail box.



Ask a Nurse Lynn Schuster, a nurse from the Greater Medford Visiting Nurse Association will be at the Senior Center on **Thursday, March 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 on **March 15 at 1:00pm.**

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



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

Center

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

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

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, March 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

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Boston Red Sox

ASK A GERIATRICIAN

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

Question: What can I do for my itchy dry skin and scalp?

Answer: Dry skin is common as we get older. There are many reasons for this: less protective fat in the skin, a thinner outer skin layer, less collagen, medications, more sensitivity to heat and air conditioning. Skin can become rough, flaky and cracked and more prone to damage such as skin tears. The skin produces less natural oil, so taking long hot baths or showers without immediately putting on moisturizer while the skin is still damp can lead to dryness. Alcohol based hand cleaners are very drying. Itchy skin can lead to scratching which in turn can lead to thickened skin which then becomes more itchy.

If the itching is sudden and new, it may be a sign that there is an underlying medical condition, such as gall bladder disease, thyroid problems, kidney disease, a fungal infection or very rarely cancer. You should check with your doctor to be sure your itchy skin is not part of a disease, but a part of normal aging. Emollients (moisturizers) are very helpful in combating dry skin. They come in lotions, creams, and ointments. Lotions have a high water content can actually make dry skin drier because they can cause excessive evaporation from the skin. In contrast, thick creams (eg, Eucerin, Cetaphil, Nutraderm), which have a low water content, or ointments (eg, petroleum jelly, Vaseline, Aquaphor), which contain no water better protect against dry skin. They should be applied twice a day, ideally after bathing or hand washing and can also be used on the scalp.

Some people may need steroid cream to help with itching, but this should only be started after seeing a doctor. The steroid cream, which can be over the counter or prescription strength, is applied first with the moisturizer applied on top. Usually steroid creams are only used for a short time (2-4 weeks) to avoid side effects.

For severe itching, antihistamines can help, but it is preferable to use non-sedating preparations such as Claritin or Allegra.

-SAVE THE DATE-

NEW REP COMES TO YOU!

Romeo and Juliet

The New Rep Theatre's CRC production of "ROMEO AND JULIET" will be presented at the Brookline Senior Center on **Sunday, April 2 at**

2:00pm. At a slumber party, a group of teenage girls struggle to prepare for an exam on Romeo and Juliet. When the boys show up, their dry recitations quickly evolve into play acting, and as they get all swept up into the story, their play takes flight into a full blown production. Using only the original text, this zany and youthful 90-minute adaptation breathes new life into one of the Bard's most well-loved plays. Cost is \$5. Free to BHA residents. Light refreshments and a chance to meet the cast will take place following the play. To register, please call 617-730-2777.

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 (8) coupon books a month at a 50% discount. \$40 a month at a 50% discount. \$40 a month yields \$80 worth of cab rides. Each \$40 coupon book has 80 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 617-314-6262

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, March 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

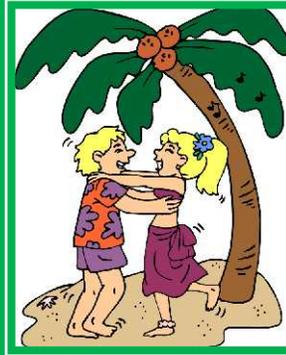


Join us on **Thursday, March 2 at 1:30 pm** **Chris Jensen**, our arm-chair travel host, shares adventures from her trip to Japan. We hope to see you there!

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.

CAN'T DO AN ISLAND GETAWAY?



Then Trader Joe's will bring the island getaway to you on **Wednesday, March 29 at 1:30 pm!** Join us for an always fun performance by our friend, Tommy Bahama and enjoy some light re-

freshments courtesy of Trader Joe's.

Put on your dancing shoes and get ready to dance the afternoon away! Space is limited so please register by calling 617-730-2770.

SOCIAL WORKER MONTH



Social workers stand up for millions of people every day. These include people who are

experiencing devastating illnesses and mental health crises, our veterans, children, families and communities. Yet many people still misunderstand who social workers are and the invaluable contributions they bring to society.

This year we will commemorate Social Work Month with a "Social Workers Stand Up!" campaign. This campaign will educate the public about the contributions of social workers and give social workers and their allies tools they can use to elevate the profession. So when you see one of our social work staff please thank that person.



Providence House

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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.

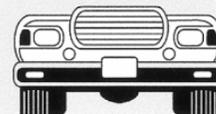
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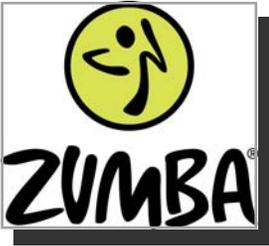
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ZUMBA GOLD



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**. Free for Brookline Housing Authority residents thanks to the Brookline Multi-service Senior Center Corp, a 501 (c)(3) corporation that supports Senior Center programming. **NOTE:** Watch the TAB for new Dates.



THE AMERICAN SONGBOOK REIMAGINED

Exploring Music from the Golden Age of Song to our Contemporary Composers

Come join Artists-in-Residence from the Metropolitan Chorale on **Wednesday, March 15 at 1:00 pm**



at the Senior Center as they celebrate the heritage of American music. Soprano Bethany Worrell,



mezzo-soprano Megan Roth, and pianist Julia Scott Carey will perform tunes from the Golden Age of Song by composers like Jerome Kern, Irving Berlin, and Cole Porter. Songs by contemporary American composers like Jake Heggie, Lori Laitman, and Daron Hagen will also be featured. We hope that you will join us for this program dedicated to remembering and discovering the best of American Song! To register, please call 617-730-2770.



BROOKLINE MUSIC SCHOOL CONCERT SERIES



On **Wednesday, March 1 at 1:00 pm** we welcome back Brian Friedland, jazz piano and Ben Whiting, jazz saxophone. They performed in December to rave reviews so we are happy to have them back.

FITNESS CENTER



If you enjoy exercise but don't want to go to a big gym, try the Senior Center. The gym is quiet, has wonderful equipment and supportive staff.

Open Monday-Friday from 8:30 am to 4:30 pm. For more information or to register call Sharon Devine at 617-730-2769.

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**-SAVE THE DATE-
ATTENTION, ADULTS WITH FOOT
PROBLEMS AND DIABETES!**



**I have a
prescription
from my
Doctor.**

We will be holding a shoe fitting clinic at the Brookline Senior Cen-

ter on **Thursday, April 20 from 9:00am-12:00 pm**. Is Medicare your Primary Insurance? If so, you are eligible to receive a pair of diabetic shoes and inserts at little or no cost to you if you are Diabetic! Private payment for Non Diabetics will also be accepted.

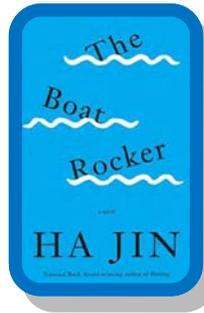
Please be sure to bring your Medicare card and any other supplemental insurance cards with you to the appointment. We also accept Tufts, Fallon, Blue Cross, EverCare, Senior Whole Health, United Health Care, and Neighborhood Health.

You must also pick up a physician's order form from the Senior Center in advance and then bring the COMPLETED form to your fitting appointment. Space is limited. Please call, 617-730-2777 to make your 10-minute fitting appointment and to obtain a copy of the physician's order form.

If you have any other questions, please call Amy Baxter, Pro Medical East 603-944-1311.

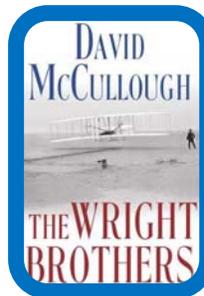
**BOOK DISCUSSION GROUP AT THE
PUTTERHAM LIBRARY**

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.



March 20
The Boat Rocker
by Ha Jin

April-Vacation month



May 15
The Wright Brothers
by David McCullough

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MEMORY CONNECTIONS CAFÉ



On Wednesday, March 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 event is sponsored by Presentation Rehab.

HISTORICAL BROOKLINE AFGHANS



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. We will be selling them at

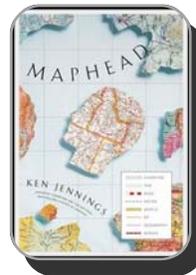
the Gift Cart for \$25. Proceeds from the afghans will support the programs and services of the Brookline Senior Center. Be sure to stop by and take a look!

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 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.

MODERN BEADING

This workshop is for beginners and experienced beaders. We will meet on **Wednesday, March 15 at 1:30 pm** at the Senior Center. 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. 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: Please watch the for your Spring Brookline recreation catalog for the dates of the Beading convention.**

MAHJONG



Calling all Mahjong players on **Mondays and Thursdays from 12:30-3:00 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

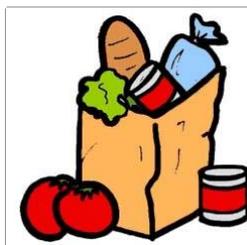
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Coolidge Corner

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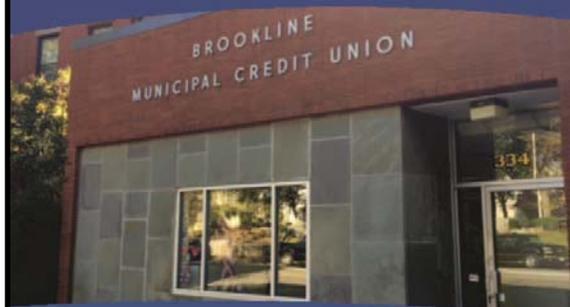
GREATER BOSTON FOOD BANK FOOD COMMODITY PROGRAM



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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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

-SAVE THE DATE-

**WISDOM AND MEMORIES
BROOKLINE SENIORS & THE REUNION
PROJECT**

The Brookline Senior Center and Goddard House are hosting the Reunion Project, a photography exhibit displaying photos by Lora Brody of approximately 50 women from age 65 to 100 as they appear now, along with photos of their younger selves, The exhibit may be viewed at both the Senior Center and Goddard House from April 3 to June 30. A reception will be held at the Senior Center on **Thursday, April 20 from 6:00-8:00 pm**. The project is sponsored by Brookline Senior Center, BrooklineCAN, Goddard House, and Center Communities.

**THE BROOKLINE SENIOR CENTER
VAN HOURS OF OPERATION**



Monday-Thursday from 9:00 am-3:00pm and on the following Fridays:
 March 3, 17, 31
 April 14, 28
 May 12, 26
 June 2, 16

Please call 617-730-2750 to schedule a pick up.

**BROOKLINECAN: WHO ARE WE?
WHAT DO WE DO?**

About 35 residents of 100 Centre Street listened to four active members of BrooklineCAN share the history of the organization and three current projects selected to suggest the depth and breadth of how we work. The panel presentation on Monday, January 30, was organized by membership Chair Molly Turlish, who also moderated.

Panelists, described projects they are involved with and why participating is meaningful to them. Susan Granoff (pedestrian safety), Kerri Ann Tester (TRIPPS), and Matt Weiss (Age-Friendly Cities TV). About half of the hour planned for the presentation was devoted to questions and interaction. All attendees were encouraged to join BrooklineCAN to support current projects and to have a voice in new areas where advocacy and education could make a difference. Contact us at BrooklineCAN.org for more information and to get involved.

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.

FROM THE DIRECTOR

The first day of spring is one thing, and the first spring day is another. The difference between them is sometimes as great as a month. Henry Van Dyke (1852–1933).

March, despite claiming to have the first day of spring, has some of the bleakest weather and with it some of us get the winter blues. At the Senior Center we are here to help make the days go by in a warm and enjoyable way with lots of wonderful programs and activities. Certainly, coming through our doors is the perfect antidote to mud, gray days and the wind. Stop by today.

I personally want to thank everyone who has responded to our Annual Appeal and generously sent in a check. Everyone needs to be aware that donations support the van, equipment and our food expenses. This year we also made a special appeal to expand our weekend and evening hours. I am proud to announce that due to your generosity, we have been able to schedule some exciting weekend and evening offers. Please keep sending in your donations. Be as generous as you possibly can.

In addition, remember no senior should be hungry in Brookline. We have SNAP (food stamps), hot lunches at the Senior Center, Brookline Co-op's weekly bread and produce programs, The Food Commodity Program and Brookline Food Pantry. Ample nourishment abounds ensuring sound nutrition.

March is Social Work Month and this year's theme is "Social Workers Stand Up". I want to acknowledge the important work of our social workers. We have our social work interns, professional staff, retired social worker volunteers and board members. Each contributes to Brookline's strong sense of community. When you see one of our social work staff please thank them.

Buy some daffodils or shamrocks, eat a slice of Irish bread, and take a walk when the sun shines. Please consider bringing a donation to the Food Pantry when you visit this month.

PS Mark your calendar and save April 5 for our Annual Volunteer Luncheon. Nomination for volunteer of the year are currently being accepted. Send recommendations to Ruthann at rdobek@brooklinema.gov or place it in her mailbox on the second floor.

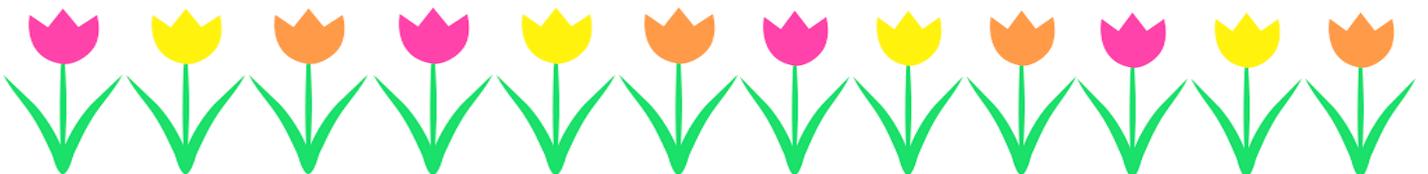
Ruthann Dobek-Director

FROM THE BOARD PRESIDENT

A special thank you to all of you who made an end of the year donation to the Senior Center. Due to the generosity of the community, we have continued to expand our state of the art fitness center, Zumba at the Senior Center, programs at Brookline Housing sites. This year we are focusing on improving transportation options.

Please keep sending your donations so we can continue to add programs for our seniors.

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



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.

AARP TAX PREPARATION

The annual April 15 tax deadline approaches, our wonderful AARP tax volunteers are booked solid! If you still require assistance with preparing your taxes and you were not able to secure an appointment here, you can contact the following resources for assistance.

ABCD (Boston, Brookline, Newton) 640

Washington Street Brighton, MA

617-903-3640 Provides free tax preparation assistance to low income individuals (earned less than \$54,000). Appointments are needed.

ALLSTON BRIGHTON APAC 617-783-1485

406 Cambridge Street Allston, MA Provides free tax preparation assistance to people who are of low to moderate income. **Walk in service:** Tues., and Thurs. 10am-4pm. And on Saturdays 10-3 at the BPL in Brighton on 40 Academy Hill Rd.

Bentley Volunteer Income Tax Assistance

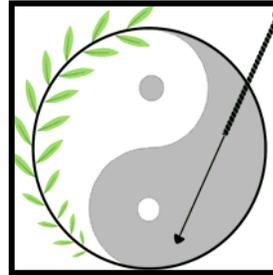
(VITA) Bentley University 781-891-2714 175

Forest Street Waltham, MA (bottom floor Morrison Hall 101) **Provides free IRS sponsored tax preparation assistance.** There are no income limits but they do not prepare taxes for individuals with business or rental income.

CEOC CAMBRIDGE 617-868-2900 You must call for an appointment.

H&R BLOCK 617-738-0209 247 Harvard Street, Brookline, MA Offer tax preparation services for a fee.

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



WORRIED ABOUT A SENIOR LIVING ALONE?

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



All-inclusive & affordable!

Near the Brookline Border



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
16				
<p>6. Vegetable Barley Soup HOT: Whole Grain Lasagna(V) w/ Meatball & Tomato Sauce; Spinach; Multigrain Bread. COLD: Ham Salad on Rye Bread; Roman Blend Salad; Lo Mein Pasta Salad. Orange</p>	<p>7. Split Pea Soup HOT: Fish Florentine; Orzo Rice w/Peas; Dill Carrots; Oatmeal Bread. COLD: Roast Beef w/Provolone Cheese & Lite Mayo on Multigrain Bread; Corn Salad; Cauliflower & Carrot Salad. Fruit Loaf</p>	<p>1. Cream of Mushroom Soup HOT: Stuffed Shells w/Tomato Sauce (V); Fresh Broccoli; Wheat Roll. COLD: Seafood Salad w/Rye Bread; Garden Shell Pasta Salad; Riviera Salad. Fruited Gelatin w/Topping</p>	<p>2. Hot Dog*** on Hot Dog Roll w/ Ketchup, Mustard & Relish; Cole Slaw; Baked Beans. COLD: Turkey, Cheese & Lite Mayo on Wheat Bread; Lo Mein Pasta Salad; Cucumber Tomato Salad. Orange</p>	<p>3. Lentil Spinach Soup HOT: Fish w/Broccoli Cheese Sauce; Red Bliss Potato; Green Beans w/Red Peppers; Multigrain Bread COLD: Egg Salad (V)on Pumpnickel Bread; Orzo Vegetable Salad; Tossed Garden Salad w/Lite Italian Dressing.</p>
<p>13. Mushroom Barley Soup HOT: Turkey Roasted w/Gravy; Cranberry Sauce; Whipped Sweet Potatoes; Green Beans; Wheat Roll. COLD: Roast Beef w/Provolone Cheese & Lite Mayo on Pumpnickel Bread; Riviera Salad; Summer Potato Salad. Banana</p>	<p>14. Vegetable Soup HOT: American Chop Suey; Fresh Cauliflower & Broccoli Blend; Scali Bread. COLD: BBQ Chicken w/ Mozzarella Cheese & Red Onion Sandwich on a Bulkie Roll; Garden Shell Pasta Salad; Root Vegetable Salad. Mixed Fruit</p>	<p>8. Chicken Noodle Soup HOT: Meatloaf w/Beef Gravy; Mashed Potatoes; Fresh Vegetable Ratatouille; Wheat Bread. COLD: California Chicken Salad on Wheat Bread; Macaroni Salad; Tomato Red Pepper Salad. Chocolate Pudding w/Topping</p>	<p>9. Broccoli Cheese Soup HOT: Chicken w/Gravy; Butternut Squash; Summer/Spring Blend; Wheat Dinner Roll. COLD: Turkey Chef Salad w/Lite Italian Dressing; Three Bean Salad; Scali Bread. Tropical Mixed Fruit</p>	<p>10. White Bean & Kale Stew (V); Herbed Brown Rice; Tossed Garden Salad w/Lite Italian Dressing; Pumpnickel Bread. COLD: Seafood Salad on Oatmeal Bread; Carrot Raisin Salad; Greek Pasta Salad. Pears</p>
<p>20. Escarole & Bean Soup HOT: Chicken Marsala; Buttered Ziti w/Parmesan Cheese; California Vegetable Blend; Multigrain Bread. COLD: Egg Salad (V)on Oatmeal Bread; Roman Blend Salad; Lo Mein Pasta Salad. Apple Raisin Compote w/Topping</p>	<p>21. Seafood Chowder HOT: Sweet Potato Pollack w/ Cream Sauce; Butternut Squash; Peas; Wheat Roll. COLD: Turkey w/Swiss Cheese & Lite Mayo on Wheat Bread; Potato Salad; Cucumber, Feta & Onion Salad Mixed Fruit BIRTHDAY LUNCH</p>	<p>15. Cold Lunch Box Day Only COLD: Garden Salad w/Egg Salad (V) & Lite Italian Dressing; Dinner Roll; Pesto Pasta Salad. Pears</p>	<p>16. March Special Corned Beef Stew HOT: Corned Beef w/Mustard Glaze*** Turnips, Cabbage & Carrots Boiled Potatoes w/Parsley Golden Biscuit COLD: Seafood Salad on Wheat Bread; German Potato Salad; Spinach & Mandarin Salad w/Lite Italian Dressing. Chocolate Chip Brownie</p>	<p>17. Broccoli Mushroom Quiche (V); Potatoes w/Cream Sauce; Spinach & Mandarin Salad w/Lite Italian Dressing; Rye Bread. COLD: Tuna Salad (V) on Oatmeal Bread; Beet Salad; English Pea Salad. Chocolate Mousse w/Topping</p>
<p>27. Mushroom Barley Soup HOT: Fish w/Lemon Dill Sauce; Mashed Potatoes; Fresh Broccoli; Multigrain Bread. COLD: Chicken Salad on Oatmeal Bread; Carrot Pineapple Salad; Southwest Bean Salad. Ambrosia w/Topping</p>	<p>28. Chicken Vegetable Soup HOT: Honey Mustard Chicken; Herbed Brown Rice; Spinach & Mushrooms; Oatmeal Bread. COLD: Chef Salad w/Turkey, Cheddar Cheese & Lite Italian Dressing; Garden Shell Pasta Salad; Dinner Roll. Orange</p>	<p>22. Potato Leek Soup HOT: Ground Beef Stuffed Pepper; Fresh Cauliflower; Creamy Parmesan Polenta; Oatmeal Bread. COLD: Ham Chef Salad w/Lite Italian Dressing; Balsamic Vinaigrette Pasta Salad; Scali Bread. Birthdays Cake</p>	<p>23. Minestrone Soup HOT: Roast Pork w/Apple Glaze Sauce; Mashed Sweet Potatoes; Kale; Scali Bread. COLD: Chicken Salad on Multigrain Bread; Tri Color Pasta Salad; Cauliflower Carrot Salad. Peaches</p>	<p>24. Lentil Stew (V); Italian Green Beans; Multigrain Bread; Brown Rice. COLD: Vegetable Chef Salad(V) w/Lite Italian Dressing; Wheat Dinner Roll; Orzo Vegetable Salad. Vanilla Pudding w/Topping</p>
<p>20. Escarole & Bean Soup HOT: Chicken Marsala; Buttered Ziti w/Parmesan Cheese; California Vegetable Blend; Multigrain Bread. COLD: Egg Salad (V)on Oatmeal Bread; Roman Blend Salad; Lo Mein Pasta Salad. Apple Raisin Compote w/Topping</p>	<p>29. Beef Stew; Chuckwagon Corn; Tossed Salad w/Lite Italian Dressing; Dinner Roll. COLD: Tuna Salad on Rye Bread; Tomato Red Pepper Salad; Potato Salad. Tapioca Pudding w/Topping</p>	<p>30. Cream of Butternut Squash Soup HOT: Spinach & Red Pepper Frittata (V); Red Bliss Potatoes; Green Beans; Garlic Dinner Roll. COLD: Roast Beef w/Swiss Cheese & Mustard on Multigrain Bread; English Pea Salad; Chickpeas, Cucumber & Tomato Salad. Chef's Choice Dessert</p>	<p>31. Macaroni & Cheese***; Fresh Baked Tomato Half; Wheat Bread. COLD: Egg Salad on Pumpnickel Bread; Broccoli Slaw; Italian Pasta Salad. Peaches</p>	<p>21. Mushroom Barley Soup HOT: Fish w/Lemon Dill Sauce; Mashed Potatoes; Fresh Broccoli; Multigrain Bread. COLD: Chicken Salad on Oatmeal Bread; Carrot Pineapple Salad; Southwest Bean Salad. Ambrosia w/Topping</p>



MARCH 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, March 21** we celebrate March birthdays at the monthly Birthday Lunch. The sponsor of this lunch has happily provided a complimentary lunch and a small gift to all March 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 Carlos Cucina Italian Restaurant, 131 Brighton Ave. Allston on **Tuesday, March 28**. The van will leave the Senior Center at **11:30 am sharp!** **Please note space is limited for this trip due to the size of the restaurant** For reservations and transportation, call 617-730-2770.

MASS COLLEGE OF PHARMACY



Join Mass College of Pharmacy and Health Sciences students on **Thursday, March 16 at 1:00 pm** as we discuss Osteoporosis. Students will be discussing what osteoporosis is, risk factors, potential complications and how to prevent and treat Osteoporosis. As always questions are encouraged! Please note that this workshop was rescheduled from February 9 due to the weather.

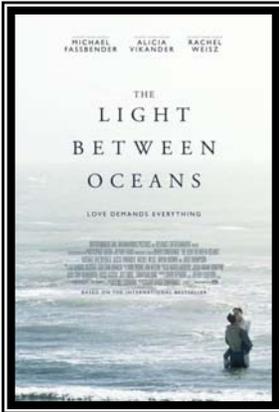
TRIPPS PROGRAM

Our volunteers and staff have provided individual support and information to over 100 transportation consumers and caregivers. 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.

MOVIES FOR FILM LOVERS

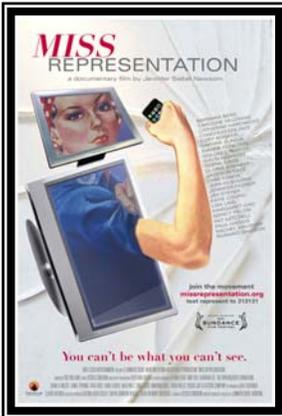
Come to the Senior Center on **Tuesdays in March at 1:00 pm** for a fine feature film. Make a reservation for lunch (see p. 16 for menus and reservation instructions), and make an afternoon of it.



Tuesday, March 7
"Light Between Oceans"
 (2016)
 2 hr. 13 min.
 A lighthouse keeper and his wife living off the coast of Western Australia raise a baby they rescue from a drifting rowing boat.



Tuesday, March 21
"All About Eve" - part of our Bette Davis tribute series (1950)
 2 hr. 18 min
 An ingénue insinuates herself into the company of an established but aging stage actress and her circle of theater friends. **Stars:** Bette Davis, Anne Baxter, George Sanders



Tuesday, March 14
"Miss Representation"
 (2011)
 1 hr. 25 min
 This movie explores the under-representation of women in positions of power and influence in America, and challenges the media's limited portrayal of what it means to be a powerful

woman.

Stars: Christina Aguilera, Michele Bachmann, Chris Baker



Tuesday, March 28
"Loving"
 (2016)
 2 hr. 3 min.
 The story of Richard and Mildred Loving, an interracial couple, whose challenge of their anti-miscegenation arrest for their marriage in Virginia led to a legal battle that would end at the US Supreme Court. **Stars:** Ruth Negga, Joel Edgerton, Will Dalton

FILE OF LIFE UPDATE

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
 BrooklineBank.com
 Member FDIC

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 March 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

-SAVE THE DATE -



In honor of JFK's Centennial Celebration, the National Park Service will present **"Out of the Attic: The Maids of 83 Beals Street"** at the Brookline Senior Center **on Monday, April 3 at 1:00 pm.** "The Maids" is a living history program featuring Alice Michein, the Kennedy

family nursemaid, and Mary O'Donahue, the maid of all work. The program reveals the once-hidden lives of the domestic servants.

Find out what life was like for servants in the Kennedy household and gain a greater appreciation for the lives of all residents at the Beals Street home. A National Park Ranger will also be available to tell you more about the JFK birthplace and to answer any questions that you may have so please plan to join us for this interesting event! To register, please call 617-730-2770.

Healthy adults, 18-85,

Needed for noninvasive study of Emotion and Memory.

Research conducted at Boston College

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

Center Communities of Brookline

The Lifestyle you want, where you want it.



1550 Beacon Street



100 Centre Street



112 Centre Street

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



MARCH AT A GLANCE

Wednesday, March 1

9:00am-12:00pm BLAB

1:00pm Brookline Music School Concert
(Brian Friedland)

2:00-3:00pm Blood Pressure Clinic*

Thursday, March 2

11:00am Ask A Nurse

12:00-1:30 pm Easy Travel (Japan)

Tuesday, March 7

10:00am-12:00pm Real Estate Tax Exemption

1:00pm Movies for film lovers-*Light Between Oceans*

2:00-3:30pm Networking Support Group***

Wednesday, March 8

1:00pm COA Meeting-Park Ranger for JFK Centennial

1:00-2:00pm Blood Pressure Clinic*

Thursday, March 9

1:00pm Mandatory Food Handling ***

Monday, March 13

1:00pm Bruce Hambro multimedia presentation
-"Sinatra"***

1:00-2:30pm Ukulele group

Tuesday, March 14

1:00pm Movies for film lovers-*Miss Representation*

2:00-3:30pm Networking Support Group***

Wednesday, March 15

1:00pm Met Chorale Artist in Residence Concert***

1:00pm Low Vision Support Group

1:30pm Modern Beading

Thursday, March 16

8:30am-1:30pm Recreation Trip to Newton paint bar.

9:00-10:00am Blood Pressure Clinic

1:00pm Mass College of Pharmacy Workshop on-Osteoporosis

1:00-2:00pm Brookline Hearing Services

Saturday, March 18

11:00am-1:00pm LGBT OUT 2 Brunch Bunch*

Monday, March 20

1:00pm American Woman's Heritage Trail*** Presentation

2:00-3:00pm Putterhan Book Discussion Group-*The Boat Rocker**

Tuesday, March 21

10:00am-12:00pm Real Estate Tax Exemption

12:00 noon March Birthday Lunch***

1:00pm Movies for film lovers-*All About Eve*

2:00-3:30pm Networking Support Group***

Wednesday, March 22

1:30-3:00pm Memory Café ***

Sunday, March 26

3:00-5:00pm Forum on Immigrant Rights

Monday, March 27

1:00pm Safe Food Handling Training

4:00-6:00pm Opening of Art for Pleasure Exhibit*

Tuesday, March 28

9:00-10:00am Public Issues Book Group-Maphead

1:00pm Movies for film lovers-Loving

2:00-3:30pm Networking Support Group***

Wednesday, March 29

1:30pm Island Getaway-Tommy Bahama***

Thursday, March 30

Mindful Aging with Bob Linscott at Goddard house***/*

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
10:30 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
10:00-12:00 TRIPPS office hours
10:30am Senior STRETCH **
12:00 noon Springwell Lunch ***
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***
12:30-3:00 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 ***
1:00-2:30 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 **
3:30 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.brooklineadulthood.org to register

*** Registration Required

Mount Auburn Lifeline -provider of the Philips Medication Dispenser

Taking your medication correctly is one of the keys to maintaining a healthy lifestyle.



- Reminds you when and how to take your medications, such as with food
- Press a button to dispense your medications from convenient pre-filled dosage cups
- Largest and most flexible dosing capacities available
- Professional installation and training
- Flexible for the most complex regimens

A program of
Mount Auburn Hospital
Member of
CAREGROUP™

Founding Hospitals:
Beth Israel Deaconess Medical Center
New England Baptist Hospital
Mount Auburn Hospital

For Personal Response or
Medication Dispensing Services
information please call:
617-499-5525

MANDATORY FOOD HANDLING TRAINING

ALL Brookline Senior Center (BSC) volunteers and staff who work in the following food-related programs: Tuesday Food Distribution/Pantry, Daily Springwell Lunch Program, Once Monthly Food Commodity Program, Coffee Lounge or Events with Refreshments will need to attend this Food Handling training. The GBFB requires Food Commodity volunteers to complete annual training in food handling. While many of you have had this training in the past (now a few years ago) for other food programs at BSC, it is time for refresher training for volunteers who have had training in the past and training for new volunteers.

The training will be given on three different days of the week and three dates. While volunteers should attend the one most relevant to the program where they work, if there is a conflict, you may attend one of the alternate trainings. **Wednesday, February 22 at 1:00pm (Monthly Food Commodity Program) Thursday, March 9 at 1:00pm (Daily Springwell Lunch Program and Coffee lounge) Monday, March 27 at 1:00pm (Food Distribution/Pantry & Events Including Staff)**. If you have a conflict for your group, please let Patricia know which alternate training you will attend. ALL food handling volunteers must complete the training to continue to participate as a food handling volunteer.

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.



Sheep Specific by Carolyn Letvin
Gallery 93 Hours: Monday-Friday 8:30-5:00
Through March 30

THE LIFE AND TIMES OF FRANK SINATRA

SINATRA
BEST OF THE BEST



Bruce Hambro will return to the Senior Center on **Monday, March 13 at 1:00pm** to present his multimedia presentation on Frank Sinatra. You may remember Bruce from his 2016 presenta-

tion on "The Genius of Gershwin." This time around, his PowerPoint lecture on Sinatra will include a treasure-trove of music and images from the vast catalogue of the career of Ol' Blue Eyes. Beginning with the start of Sinatra's singing career in the 1930s, this presentation follows Frank's meteoric rise to fame in the early 1940s...his fall from grace later in that decade...and his historic comeback in the 1950s. Finally, the program demonstrates how The Chairman of the Board solidified his hold on the show business world in the 1960s, '70s and '80s. Additionally, the lecture touches on Frank's personal life--a topic with which countless Americans have always been fascinated. During the program, the audience will hear many classic Sinatra recordings such as I'll Never Smile Again, Young at Heart, I've Got You Under My Skin, New York, New York and My Way. The audience members are encouraged to sing along with each song, as the lyrics are projected on the TV or movie screen! Registration is required please call 617-730-2770.

Thrifty Threads

at United Parish Church,
210 Harvard Street, Brookline

Open Friday 1-4 and Saturday from 11:00 am to 4:00 pm

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

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.

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.

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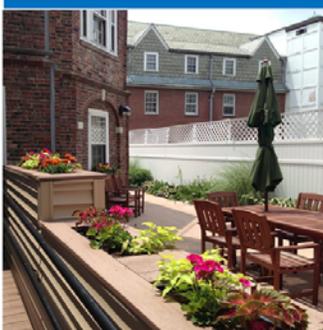
Modern Dance is now **Tuesday Morning Dance Party!** Join instructor, Lynn Modell every **Tuesday morning from 11:00-11:45 am** for the same great fun and dancing with a new and improved name. All for a suggested donation of \$2 per class.

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, March 7 and Tuesday, March 21 from 10:00am-12:00 noon.** Feel free to drop by with your questions.

UKULELE FUN

Ukulele fun will be held on **Monday, March 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!



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BROOKLINE RECREATION

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).

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.

Mindful Aging with Bob Linscott

An evening talk on the positive impact of mindfulness practices on the aging process.

Thursday, March 30th, 2017

6:00pm — Reception with Light Fare

6:30-7:30pm — Lecture

Goddard House Assisted Living

165 Chestnut Street | Brookline, MA 02445



In the past ten years there has been a growing body of research that supports the success of mindfulness practices on increasing longevity and even altering the course of cellular aging. At the center of the work is an eight-week stress reduction program, Mindfulness Based Stress Reduction, developed by Jon Kabat-Zin at The University of Massachusetts Medical School in 1979.

Join Bob Linscott from The Fenway Institute at Fenway Health for an engaging and interactive talk on developing a mindful practice to support healthy aging of the body and mind. The talk will also give an introduction to the eight-week stress reduction program that will be offered at Goddard House later in the spring.

Linscott has been teaching the MBSR course for older adults since 2013 and was trained at the Center for Mindfulness at The University of Massachusetts Medical School.



RSVP to Jenna Henning by calling (617) 731- 8500 x152 or emailing jhenning@goddardhouse.org



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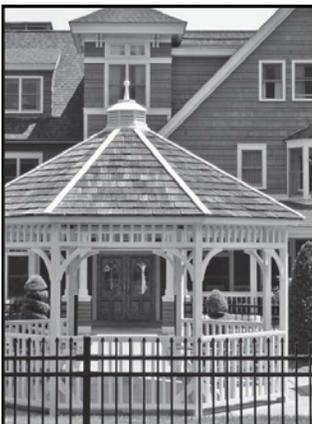
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REAP

Our small but energetic annual REAP party took place on January 26th. Six REAP participants joined us to discuss their job efforts and successes in 2016. The group shared helpful information with each other about volunteer work in Brookline at the Library as well as possibilities that exist for substitute Brookline School Teachers. If you are looking for work or would like learn more about the job search and our programs please contact 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 first 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 second 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

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.

The Brookline High School will start recruiting students to shop. If you are a senior who would like to have a student shop for you, please call Patricia, the Volunteer Coordinator at 617 730 2743 or email her at pburns@brooklinema.gov.



NETWORKING/JOB SEARCH SUPPORT GROUP

This group will meet from **2:00-3:30** on the following **Tuesdays: March 7, 14, 21 and 28**. Please join us to get support and resources and share what has worked for you. Registration is required. Contact Patricia Burns who will facilitate the group at 617-730-2743 or pburns@brooklinema.gov

MARCH SPOTLIGHTED VOLUNTEER OPPORTUNITIES

This month's spotlighted opportunities include: Food Commodity program on 3rd Wednesday of each month. We have opportunities for Russian interpreters in the afternoon and people able to help lift 30-35 lbs. in the morning. Volunteers are also needed to assist seniors with their Smartphones on Wednesday afternoons from 3:00-5:00pm, 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 @ 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 BSC.

REIKI THERAPY

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

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



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- We always strive to improve.
- We believe an educated consumer is an empowered consumer.
- We believe education leads to personal and professional growth.
- We treat our clients like our family.
- We believe stable homes support strong family bonds and strengthen communities.
- We believe everyone deserves respect.

What do our recent clients say?

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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*Thank
you* 

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.

E.L.F. MONTHLY FEATURED ITEMS AND NEWS

ELF: The Equipment Loan Fund has a variety of miscellaneous items available, including air mattresses, blood pressure cuffs, and knee and leg exercise tools. If you or anyone you know could use these, please call Jamie at 617-730-

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

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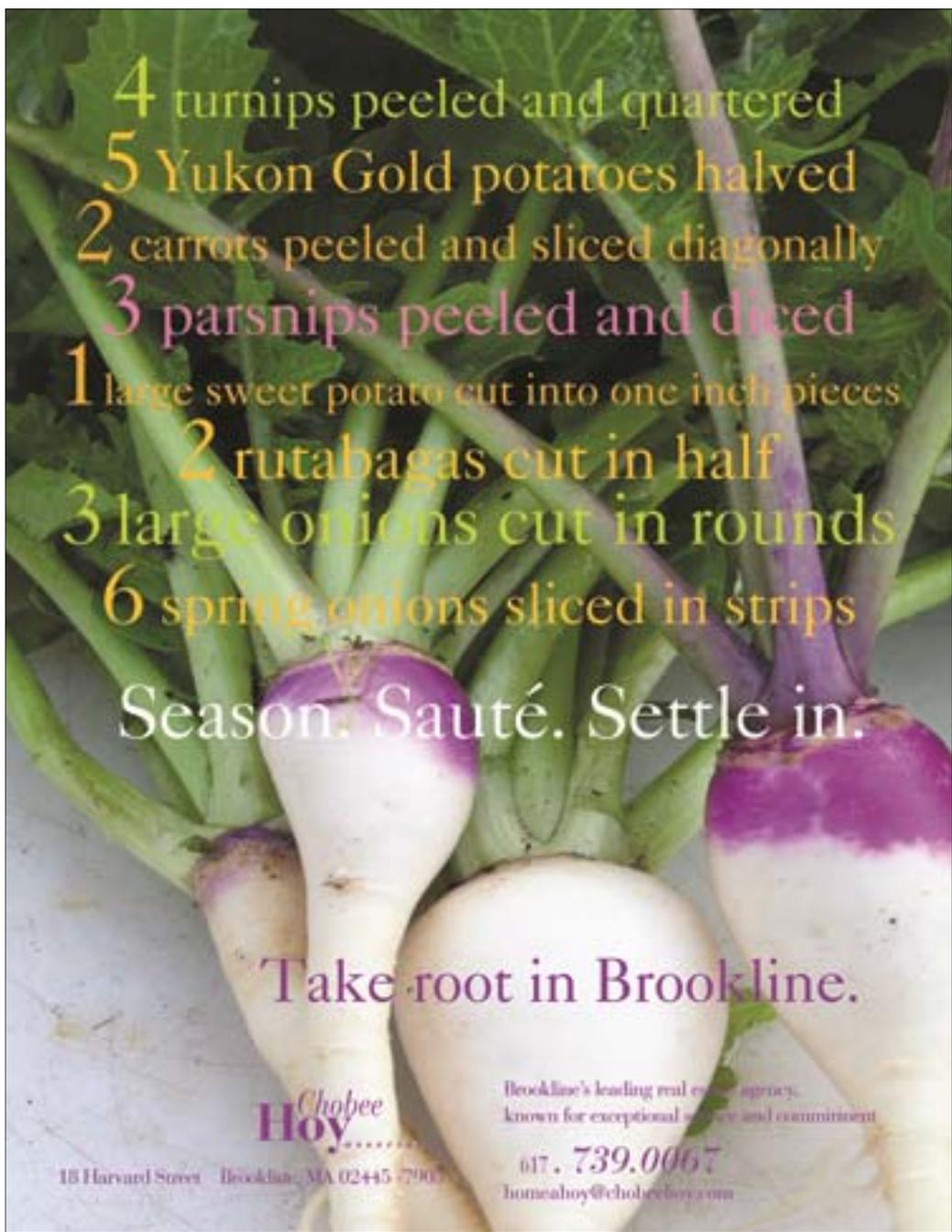
After an application and assessment, conducted by Sassy Outwater, the Brookline Senior Center Assistive Technology Coordinator, you will be matched with a volunteer for training sessions on the technology you need to help you accomplish your goals.

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.

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