TOWN OF BROOKLINE
SENIOR NEWS AND EVENTS

Council on Aging

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

Brookline Senior Center
93 Winchester Street
Brookline, Massachusetts 02446

Council on Aging 617 730 2777
Information Hotline 617 730 2778
Senior Center 617 730 2770
Van 617 730 2750

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

Brookline Community Aging Network
www.BrooklineCAN.org

HIGHLIGHTS

Learn about the Senior Elite Program on June 10. See p, 27.

Stuff yourself with goodies at the Elks BBQ on June 15. See p. 10.

Come to the Senior Medical Patrol workshop on June 17. See p. 27.

Find a treasure at the Sidewalk Sale on June 20. See p. 7.

Participate in the Jan Marble Memorial Walk on June 21. See p. 25.

Enjoy the Longwood Symphony Orchestra concert on June 23. see p. 10.

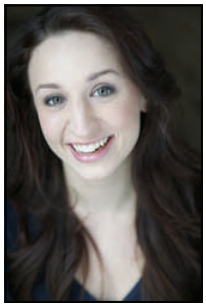
Don't miss the 18th Annual Public Health Policy Forum on June 26. See p. 3.

Sign up for the Stephen Collins seminar on Robert Frost on July 9, 16, 23, and 30. See p. 25.

JUNE 2013

MARIE LAVINE MEMORIAL CONCERT

Come to the 10th annual Marie Lavine Memorial Concert on **Thursday, June 6, at 2:00 pm** featuring musical theater actress-singer Lauren Paris.



Lauren graduated with degrees in theatre and communication studies from Loyola University Chicago in 2011. She is the recipient of the 2010 J. Pat Miller Scholarship at Loyola University Chicago, awarded yearly to the junior theatre major who shows the highest acting potential. While still at Loyola, Lauren played Jo March in "Little Women the Musical", Truvy in "Steel Magnolias", and Isabel in "The Pirates of Penzance." She spent her first year out of college in the first Chicago productions of "Spring Awakening" (directed by Jonathan Berry, Griffin Theatre Company) and "Rent" and was most recently seen as Mary Magdalene in "Jesus Christ Superstar." The concert is a tribute to the memory of Marie Lavine, a beloved Senior Center volunteer who loved concerts and theater. It is lovingly underwritten every year by Marie Lavine's daughters, Eileen Solomon and Kathy Sue Lavine.

JOIN SENIOR CENTER'S AMBASSADOR CLUB and leave a lasting impression!

Have you updated your will or trust recently? Legal advisors recommend reviewing and updating your legal documents regularly. When you do, be sure to include the Brookline Senior Center in your will. And let us know that you have done this, so we can include you in our **Ambassador Club**, which gives special recognition to legacy donors.

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Happy Fathers Day

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

Ruthann Dobek
Director, Council on Aging/Senior Center

Julie Washburn
Program Manager, Council on Aging/Senior Center

Judith Gimple
Newsletter Editor and Publisher

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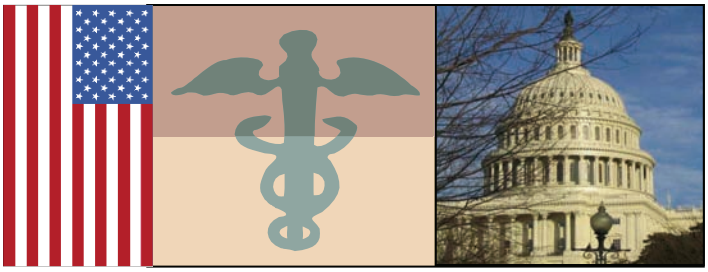
THE 18TH ANNUAL PUBLIC HEALTH POLICY FORUM:
Implementing Health Care Reform: Challenges and Opportunities



On **Wednesday, June 26, from 7:00 to 9:00 pm**, former Massachusetts Governor (and lifelong Brookline resident) ***Michael Dukakis***, will **moderate** the 18th annual Public Health Policy Forum at the Senior Center. This forum is presented by the Friends of Brookline Public Health and Brookline Adult & Community Education, and is cosponsored by the Brookline Department of Public Health, the Brookline Council on Aging, Brookline Community Mental Health Center, the Brookline Human Relations Youth Resources Commission, the League of Women Voters of Brookline, Brookline Commission for Women, and the Brookline Department of Veterans Services.

The program: Now that the Affordable Care Act (ACA) is law and is being implemented around the country, there are still many questions left unanswered. The focus of the law is to provide better and more affordable health insurance coverage for all. This includes expanding access to health insurance to over 30 million Americans and lowering Medicare spending. What challenges and opportunities does health-care reform provide? How will the ACA affect health care services, financing, and access in Massachusetts and nationally? How does the law affect and relate to payment reform in Massachusetts? Does the law improve access to mental health services? What is the future of national and local health-care reform? Join us for a discussion of the latest issues.

The panelists:

Marylou Sudders, MSW, Associate Professor at Boston College Graduate School of Social Work and former Commissioner of Mental Health for the Commonwealth of Massachusetts

Nancy Turnbull, MBA, Associate Dean for Educational Programs and Senior Lecturer in Health Policy at the Harvard School of Public Health

Jean Yang, MBA, Executive Director of the Commonwealth Health Insurance Connector Authority

This forum is free and open to the public. Registration is not required. Call the Brookline Department of Public Health at 617-730-2300 or visit www.brooklineadulted.org if you have any questions.

Light refreshments will be served from 6:00 to 7:00 pm. The panel discussion will run from 7:00 to 9:00 pm.

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

Ask a Nurse A nurse from the Greater Medford Visiting Nurse Association will visit the Senior Center **on Thursday, June 6—from 11:00 am to 12:00 noon** to help you with your health questions. For more information, call 781-396-2633.

Podiatry Clinic Routine foot care with Dr. John McLaughlin is available at the Health Clinic at the Senior Center on **Mondays, June 3 and 17 and July 1 and 15, from 9:00 am to 12:00 noon**. Sessions, which last 15 minutes each, cost $30. Appointments are required. Call 617-730-2777.

Low Vision Group This peer-led support group for individuals with limited eyesight will not meet at the Senior Center in June as the annual State meeting will replace it.

Blood Pressure Screening
Barbara Westley, the nurse from the Brookline Public Health Department (BPHD), will be at the Senior Center on **Thursday, June 20, from 9:00 to10:00 am**. She will also provide blood pressure screenings:

- On **Wednesday, June 5, from 2:00 to 3:00 pm** at the BPHD building at 11 Pierce Street
- On **Wednesday, June 12, from 1:00 to 2:00 pm**, at Sussman House, 50 Pleasant Street
- On **Wednesday, June 26, from 1:00 to 2:00 pm**, at O'Shea House, 61 Park St.

And Jinghong Yang, nurse from the Greater Boston Chinese Golden Age Center will do blood pressure screenings at the Senior Center **on Monday, June 24**, during the Chinese programs—**from 2:30 to 3:30 pm**.

Fitness The ***Keep Moving*** program helps to improve the lives of people over age 50 by promoting physical activity to help prevent and postpone chronic disease, build healthy bodies, and minds, and maintain social contacts. The program issues a newsletter called *Footnotes* to keep you posted about program news, fellow clubs, and tips on physical activity, nutrition, and healthy living. Keep Moving walking clubs continue to grow.

The newsletter of Keep Moving—*Footnotes*—is published by the Massachusetts Department of Public Health, Office of Healthy Aging, and is full of really useful information about the member clubs, nutrition, and other tips for healthy and fit living. To get *Footnotes,* access Mass.gov and search for "Keep Moving newsletter" in the Search box to the left of the Mass.gov logo. Then click on "2. Keep Moving Program" and then "Newsletters" and you will find *Footnotes.*

Our own ***Solemates*** walking group is a member of the Keep Moving program. The Solemates are an intrepid group of walkers who meet outside the Senior Center (at the bench) on Fridays between 9:30 and 9:45 am to begin the walk. For more information or to join the group on any Friday, call Sharon at 617-730-2769. (See also the Jan Marble Memorial Walk on p. 25.)

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

The Health Page is sponsored by Beth Israel Deaconess Medical Center

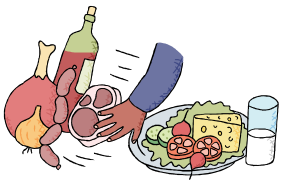
Affiliated with Joslin Clinic

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

Official hospital of the 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 jgimple@brooklinema.gov or call at 617-730-2790. I will make sure that Dr. Salamon gets the questions and answers them in the* Senior News and Events.*)*



Question: Please discuss daily protein needs as well as up-to-date information about what is now recommended for good nutrition.

Answer: We are all encouraged to try to eat a healthy diet in order to prevent heart disease, cancer, and arthritis; to keep active; and to maintain a good weight. This doesn't have to be boring—it takes concentrating on healthy foods that pay real dividends and eating sweets in small portions.

The basics of a good diet are:

1. Eat 2 cups of fruits and 2 cups of vegetables every day. Choose different colors (red, green, yellow, purple) as each color works differently.
2. Limit carbohydrates. White foods such as bread, rice, pasta, and potatoes are *empty* calories that add weight but do not add health benefits.
3. Eat *good* protein. Adult men need about 56 grams a day; adult women, about 46 grams a day. Eating more protein and less fat and carbs helps weight loss. The best sources of protein are fish, chicken and lean meat (about 7 gms/ounce), milk (8 gms/cup), yogurt (10 gms/cup), egg (6 gms/egg), beans, and nuts. The nutritional labels on food will help guide you. Although nuts have been considered *fattening*, eating (salt-free) walnuts and almonds can actually help you lose weight if you eat them instead of pastries.
4. Eat *good* fats, such as olive oil and canola oil (You can bake with these instead of butter—no one will taste the difference!).
5. Get 20 to 25 grams of fiber every day to help decrease absorption of sugar and cholesterol and prevent constipation. Good sources are the fruits, vegetables, nuts, and seeds, the same foods as mentioned above!

If your diet is far from ideal, try to make one big change every week, such as having a piece of fruit (or cooking a yummy fruit compote or making a fruit salad) for dessert instead of that beckoning cookie, cake, or ice cream. Your body will thank you.

BROOKLINE FARMERS' MARKET

Photos by Mimi Katz

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

The Farmers' Market will be open on **Thursdays from 1:30 pm until dusk**, rain or shine, **from June 13 to October 31** at the Centre Street West Parking Lot. Don't miss it. It is always a treat to the tummy and the eye—and it's local!

GARDENING GROUP

Lettuce have some fun!

The Senior Center garden on the patio in back of the building is once again in full swing. Help tend the plants and watch our garden grow. Lend a helping hand **on Wednesday afternoons in June from 3:30 to 4:30 pm**. Gardening supplies (shovels, gloves, and so forth) will be provided. Bring your own green or brown thumb!

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

FRENCH CONVERSATION

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

SENIOR CENTER FOOD DISTRIBUTION SITE

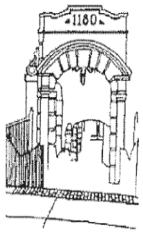
There is free food distribution at the Senior Center **every Tuesday from 1:00 to 3:30 pm**. Hours vary slightly depending on when the food arrives and when it has all been distributed. Get a number in the coffee lounge. ***Do not*** go down to the basement until your number is called.

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

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

We want everyone to be able to receive a fair allocation of the food available every week. Therefore, it is imperative that no one takes any food before it is inventoried by the workers at the Food Distribution program. This not only helps assure a fair distribution and an orderly process, it also is in compliance with health code regulations

This program is very busy and depends on the generous donation of time by many volunteers. To volunteer to help, see Lydia Pearl at the Senior Center on Tuesday mornings.



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EXERCISES FOR HEALTH AND REJUVENATION

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

MEDITATION IN MOVEMENT

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

ESL CONVERSATION GROUP

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

JUNE HOLIDAYS

There are no holidays in June for which the Senior Center is closed. So you can plan on enjoying the many and varied facilities and programs every weekday in June from 8:30 am to 5:00 pm. There are only a couple of holidays of note that actually fall in June—Father's Day and Flag Day.

Father's Day, which traditionally falls on the third Sunday in June in the United States, was created to complement Mother's Day. Verrrry interesting, no?

Flag Day, celebrated on June 14, commemorates the adoption of the flag of the United States, which happened that day by resolution of the Second Continental Congress in 1777. In 1916, President Woodrow Wilson issued a proclamation that officially established June 14 as Flag Day; in August 1949, National Flag Day was established by an Act of Congress. (*from Wikipedia*) It is not an official federal holiday.

SIDEWALK SALE

We have all been cleaning our closets and cupboards and have amassed amazing treasures. There are so many treasures accumulated that the Senior Center is inviting everyone to a "white elephant" sidewalk sale on **Thursday, June 20, from 10:00 am to 2:00 pm**—rain or shine. Come and take your pick among the goodies available. All proceeds of the sale will benefit the programs and services of the Senior Center. There are many bargains to be had. So come and buy!

SENIOR CHORUS

The Senior Chorus always welcomes new members to add to its already enthusiastic roster of singers. So come one and all on **Friday mornings at 10:30 am** at the Senior Center. No auditions are necessary. The group and the chorus director—Zora Shaw—will welcome you. For more information, 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), the taxi discount program that allows income-eligible Brookline residents over 62 [note age change] to buy up to five (5) coupon books a month at a 50% discount ($25 a month yields $50 worth of cab rides as each coupon book has 10 coupons each worth $1 and a book costs $5.). Sponsored by the Council on Aging, CDBG, and all licensed Brookline cab companies.

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

If you are applying for the first time, or being recertified, bring your 2012 income tax returns when you meet with Alicia. If you do not have to file tax returns, check with Alicia before you come in about the necessary documentation. (All riders must be recertified every year in order to be able to buy BETS coupon books.) Eligibility requirements: An individual's maximum annual income cannot exceed $47,150; a couple's, $53,900. (Note that these income limits have changed for 2013.)

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

BLAB A Brookline Legal Assistance Bureau volunteer lawyer will be at the Senior Center to consult with legal expertise on matters of law as well as information and referrals on **Wednesday, June 5, from 9:00 am to 12:00 noon.** This service is offered free of charge, and no appointment is needed.

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

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

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

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

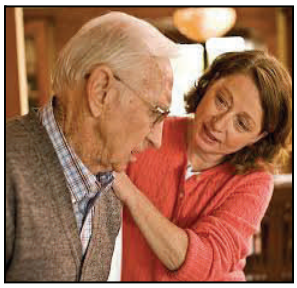
SHINE counselors Sonia Wong, Ed Levin, and Sybil Levisohn are on hand at the Senior Center to help individuals explore their health-insurance options. For an appointment with a SHINE counselor, call 617-730-2777. (See p. 5 for more Medicare and SHINE information.)

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

COA MEETING

The Council on Aging (COA) will meet on **Wednesday, June 12, at 1:00 pm** at the Senior Center. The guest speaker will be from Jewish Family & Children's Services (JF&CS) Visiting Nurse Association.

The topic to be discussed is Reassurance Respite Care, which is provided under a grant from the Massachusetts Lifespan Respite Coalition. JF&CS Home Care, in collaboration with the Brookline Council on Aging and Springwell, will provide up to 18 hours of in-home respite care for 25 caregivers/ families at no charge with the goal of increasing the knowledge and experience of the value of respite care in giving caregivers an opportunity to address their own needs and to develop a plan to continue informal and/or formal respite care beyond what this small grant allows.



Come to the meeting to learn more about this highly significant project. The meeting is free and open to the public.

ALZHEIMER'S CAREGIVERS SUPPORT GROUP

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

The Afternoon group will meet on **Friday, June 14**. Call group leader Elaine Yanowitz at 617-730-2751 for additional information.

The evening group will meet on **Thursday, June 27**—call Susan Kanian-Andriole at 617-730-2754 for time and for other information. This group is full at the moment. However, Susan will be happy to put you on the waiting list or give you a referral to another local group.

PARKINSON SUPPORT GROUP

Our Parkinson Support Group will meet on **Friday, June 7, from 1:00 to 2:30 pm** at the Senior Center. This month guest speakers from the Massachusetts College of Pharmacy and Health Sciences (MCPHS) will discuss a variety of programs that are available for Massachusetts residents. These include Prescription Advantage, the MCPHS Pharmacy Outreach Program, the Home Modification Loan Program, and the SHINE Program.

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

Note: The Brookline Parkinson Support Group will not meet in July or August. It will resume meetings in September,

Sean P. Hogan
Financial Advisor

Edward Jones
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ELKS BARBECUE

On **Saturday, June 15,** come to the Senior Center **at 1:00 pm** for a very special event—a BBQ—prepared and sponsored by Brookline Elks Lodge #866. The Brookline Elks always do a thoroughly splendid job of their special meals—whether it be a holiday feast or a summer BBQ—so be sure not to miss this treat. However, since the event is so popular, you need to make reservations. For more information and to make reservations, call 617-730-2770.

MODERN BEADING WORKSHOP

This workshop for beginners and experienced beaders will meet at the Senior Center on **Wednesday, June 19, at 1:30 pm**.

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

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

JOB SEARCH SKILLS

If you want one-on-one help with your résumé, interview skills, or networking resources, bring your personal job search questions to Anne Spangler, Wisdom Works Facilitator and Human Resource (HR) consultant, for a half-hour individual session at the Senior Center on **Wednesday, June 5, from 1:00 to 4:00 pm**. Appointments are available to Brookline residents age 60 or older. Preregistration is required; e-mail Anne at aspangler@brooklinema.gov to request an appointment.

ONE-ON-ON-ONE COMPUTER SESSIONS

There will be ***no*** sessions to aid the computer phobic in June. Stay tuned to the TAB and the July *Senior News and Events* for breaking news.

EVERYTHING BLUEBERRIES —TASTE OF BOYLSTON PLACE—

Join the folks from Boylston Place at the Senior Center on **Wednesday, June 19, at 2:00 pm** and sample some of their favorite and delectable treats—all blueberry-inspired—just in time for summer. Taste blueberries dipped in chocolate and blueberry soup, and more...just a few of the samples Boylston Place will present at this fun-filled event. RSVP to 617-730-2770 by June 14 to reserve a spot for yourself.

LONGWOOD SYMPHONY ORCHESTRA CONCERT

On **Sunday, June 23, at 2:00 pm**, don't miss this concert at the Senior Center. Established in 1982, the Longwood Symphony Orchestra is a distinctive organization in Boston's cultural landscape, recognized for its musical quality, innovative programming, and unique business model of community engagement. The orchestra's membership is composed mainly of health-care professionals, including doctors, medical students, research scientists, nurses, therapists, and other caregivers. Learn more at www.longwoodsymphony.org.

There will be refreshments after the performance. This concert is sponsored by the Senior Center and the Brookline Community Foundation.

AT THE GALLERY

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

Drawing for Pleasure

Monday, June 10 through Friday, September 6

At the Senior Center Gallery

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

Reception Thursday, June 27 from 4:00 to 6:00 pm

BASIC DRAWING

This course in learning to draw is offered for beginner's **on Thursdays, June 13, 20, and 27 and July 11, 18, and 25, from 9:30 to 11:30 am** at the Senior Center. It is for people with little or no drawing experience and others who may not have drawn for a while and want to refresh their skills.

Instructor Louise Weinberg developed the course on the premise that drawing can be learned and that learning to observe accurately enables one to draw. Working from still life objects, learn to look at things as an artist does.

In order to get the most out of this course, we encourage you to attend all sessions as each class builds on the previous one.

All materials are provided. A small materials fee of $15 (max.) is due on the first day of class. Space is limited so preregistration is required. Call 617-730-2770 to register today!

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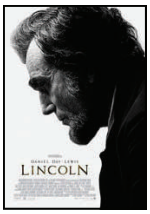
www.corehealthacupuncture.com

MOVIES FOR FILM LOVERS

Come to the Senior Center **every Tuesday in June at 1:00 pm** for a fine feature film. Make a reservation for lunch (see pp. 15-16 for menus and reservation instructions), and make an afternoon of it in the air conditioned comfort of the Center.

June 4 93 minutes
Beasts of the Southern Wild (2012)
This fantastical drama follows a little girl named Hushpuppy who lives in a dilapidated pocket of homes in the Mississippi Delta. When her father falls ill and natural disasters strike, Hushpuppy sets off to find her long-lost mother. With Quvenzhané Wallis, Dwight Henry, and Levy Easterly.



June 11 150 minutes
Lincoln (2012)
Director Steven Spielberg takes on the towering legacy of Abraham Lincoln, focusing on his stewardship of the Union during the Civil War years. The biographical saga also reveals the conflicts within Lincoln's cabinet regarding the war and abolition. With Daniel Day Lewis, Sally Field, and David Stratham.

June 18 137 minutes
A Royal Affair (2012)
In Danish with English subtitles
In 18th-century Denmark, the unstable King Christian VII neglects his young queen, Mathilde, who falls in love with his German physician, Struensee, an intellectual whose avocation of reform transforms the country but brings about his own downfall. With Mads Mikkelsen, Alicia Vikander, and Mikkel Boe Følsgaard.

June 25 101 minutes
Widow's Peak (1994)
When attractive British widow Edwina (Natasha Richardson) moves to a quiet Irish community, the local ladies are immediately suspicious of the sultry outsider, so much so that they spearhead an elaborate investigation to prove she's up to no good. But that doesn't stop Edwina from charming Mrs. Counihan's (Joan Plowright) son, Godfrey (Adrian Dunbar), and fighting with Miss O'Hare (Mia Farrow). Jim Broadbent co-stars in this comedic mystery.

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

Center Communities of Brookline
Hebrew SeniorLife

FROM THE DIRECTOR

Carson Beach is truly a Boston treasure. Where else can you find a beautiful ocean view and throngs of diverse people enjoying fresh air and great walking paths? Of course, my favorite is the yummy ice cream and fried clams! Join us, as walkers from all around the state will stroll at Carson Beach on Friday, June 21. Our van will be taking a group. I will see you there. (See p. 25 for more details.)

One of our special programs of the year will be held on Thursday, June 6. The 10th annual concert in memory of Marie Lavine will begin at 2:00 pm with the fabulous talent of Lauren Paris. She will be singing some of your favorite Broadway show tunes. Her performances have been given rave reviews. Afterward, join your friends at the delectable dessert buffet including homemade chocolate chip cookies, Marie's favorite. This is one concert not to be missed, and we appreciate Marie's daughters Eileen and Kathy who lovingly sponsor this annual event in memory of their mother. (See also p. 1.)

In addition, on Wednesday, June 26 at 6:00 pm, we are pleased to host the 18th Annual Public Health Policy Forum, the report card on health care. Brookline's own Michael Dukakis will moderate the forum. This is a topic for all ages—encourage a younger friend to attend. (See p. 3 for details.)

Again I thank you for your letters. As always I enjoy reading and sharing your thoughts. A letter last month included the following excerpt: "Mary O'Brien really loved her many friends at the Senior Center. She looked forward to participating in the exercise classes. We want to thank you all for the many kind things you had to say about our mother, grandmother, and great grandmother."

Senior Pride Event 10th annual Pride Dance Party for LGBT Seniors and their friends is scheduled for Sunday, June 2, from 3:30 to 7:00 pm at the Holiday Inn in Brookline (see p. 29). We will have a couple of free tickets. See me if you want to attend.

Finally, Happy Father's Day to all you fathers, grandfathers, and great-grandfathers. My own father was a very special man. He was a teacher and humanitarian who instilled in me the importance of finding the good in all people. Indeed, every day his spirit is here in the Senior Center as his lesson to me was to always be warm and welcoming and open to all types of people striving to make the world a better place one act at a time. Please join me in doing something extra kind this month for someone—in his memory.

—Ruthann Dobek, Director

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SENIOR CENTER THEATER CLUB

Fiddler on the Roof **$38**
Saturday, July 13 (2:00 pm)
at the Reagle Music Theatre in Waltham

This winner of nine Tony Awards deals with the universal theme—tradition. It leaves the audience crying and laughing, joyous and sad. This timeless classic musical warms our hearts with songs like "Tradition," "Matchmaker," "Do You Love Me?," "If I Were a Rich Man," and "Sunrise, Sunset."

Les Miserables $38
Saturday, August 10 (2:00 pm)
At the Reagle Music Theatre in Waltham

This celebrated Tony- and Oscar-winning musical in Reagle's sumptuous and exciting new production features such unforgettable songs as "I Dreamed a Dream," "On My Own," "Stars," "Bring Him Home," and "One Day More."

And more and more and more, including an exciting presentation of ***Great Expectations*** to be performed at the Senior Center on September 29 at 1:30 pm. Tickets will be only $20, and refreshments will be served.

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!

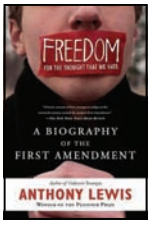
1-800-243-4636

(1-800-AGE-INFO)

Don't forget to vote in the Special Senatorial Election on Tuesday, June 25.

PUBLIC ISSUES NONFICTION BOOK DISCUSSION GROUP

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

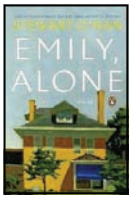


June 25
Freedom for the Thought That We Hate: A Biography of the First Amendment by Anthony Lewis (Basic Books/Perseus Book Group)

July 23
Blink: The Power of Thinking without Thinking by Malcolm Gladwell (Little Brown and Company/Hachette Book Group)

PUTTERHAM BOOK DISCUSSION GROUP

This group meets on **Monday, June 17, from 2:00 to 3:00 pm,** at the Putterham Branch Library. The discussion leaders are Jean Kramer and Charlotte Millman. This month the book under discussion is *Emily Alone* by Stewart O'Nan.



Stewart O'Nan once again confirms his position as an American master with *Emily, Alone*. A sequel to the best-selling *Wish You Were Here*, O'Nan's novel follows Emily Maxwell, a widow whose grown children have long departed. She dreams of visits from her grandchildren while mourning the turnover of her quiet Pittsburgh neighborhood. When her sister-in-law and sole companion, Arlene, faints , Emily's life changes in unexpected ways. As she grapples with her new independence, she discovers a hidden strength and realizes that life always offers new possibilities.

BROOKLINE CAN NEWS

The ***Age Friendly Brookline Committee*** has been designated as a Selectmen's Committee. The Committee will coordinate Brookline's participation in the World Health Organization Global Network of Age-Friendly Cities and Communities, advise the Board of Selectmen in communicating with the Network, report to the Network on the Town's plans and accomplishments, and prepare applications for renewal of the Town's participation in the Network for review and action by the Board of Selectmen.

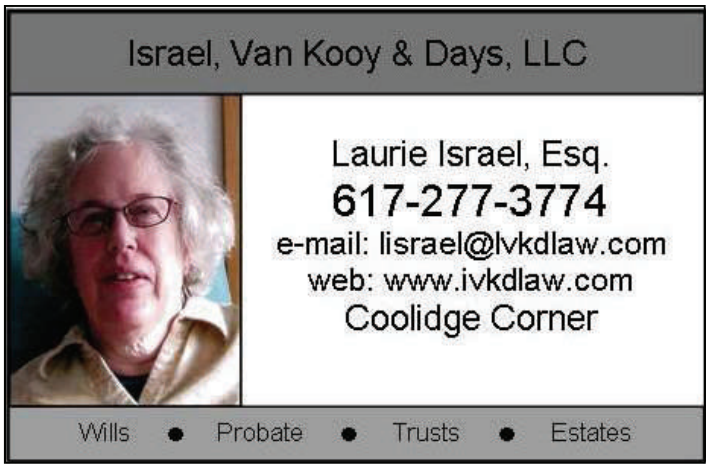
The Committee will refine and coordinate implementation of the Town's action plan, monitor the progress of the initiative, and keep the Board of Selectmen informed about the progress, making recommendations to the Board on policy issues that arise.

Subcommittees will be concerned with specific aspects of the initiative, such as health and human services, transportation, housing, library, and social participation. The Committee will also seek cooperation of various Town departments, boards, and commissions with specific aspects of the initiative; inform Town departments, boards, commissions, and the general public about the initiative's activities and accomplishments; encourage more effective communication among Town departments on matters involving older residents; and be available to assist Town departments, boards, and commissions in communicating with residents on matters involving older residents.

BrooklineCAN Service Referral Update!
The April BrooklineCAN workshop, *Contracting with Confidence* was a huge success. The panel was energetic and informative, and the discussion between the panel and attendees was vibrant. We learned during the workshop:

- All renovation work valued over $1000 must have a contract in the Commonwealth of Massachusetts.
- It is important for the home contractor to pull the permit from the Town. The home contractor is then responsible for making sure the work is done properly, not you.
- Verify that your contractor has the appropriate licensing and insurance for the job.
- Gary Morrison's *Rule #1*: You need to feel comfortable with the contractor you are hiring.

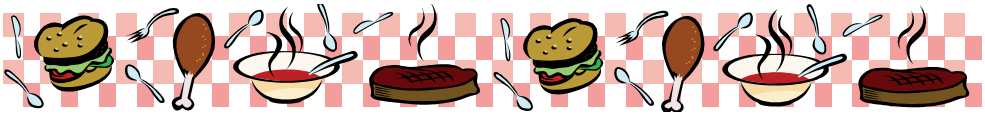
Interested to learn more? Visit the *Repairs, etc.* link on the BrooklineCAN website for more information. The listing continues to be updated—your suggestions of electricians, plumbers, handymen, and contractors are needed to keep this valuable service current. Please send your suggestions to kwannmaker@brooklinema.gov.



Springwell Nutrition Program June 2013

617-730-2770

MONDAY	TUESDAY	WEDNESDAY
• ***Higher Sodium Content • MENU SUBJECT TO CHANGE • $1.75 suggested donation	**ALL MEALS INCLUDE 8 OZ. OF 1% MILK AND MARGARINE, ALL SOUPS COME WITH CRACKERS;** **Please Note: Soups may contain chicken, beef, fish, or shellfish bases** **Low sugar desserts are available, and need to be ordered with the site manager**	
3) **HOT** Beef Stroganoff, Egg Noodles, Brussels Sprouts, Multigrain Bread **COLD** Turkey w/Provolone Cheese, Lite Mayo, Potato Salad, Cole Slaw, Oat Bread Fresh Fruit	4) Florentine Soup **HOT** Chicken w/Creamy Italian Sauce, Red Bliss Potatoes, Italian Blend Vegetables, Whole Wheat Bread **COLD** Egg Salad, Lettuce Leaf, Orzo Vegetable Salad, Tossed Garden Salad, Lite Dressing, Multigrain Bread Raspberry Mousse	5) **HOT** Vegetable Cheese Quiche, Lyonnais Potatoes, Stewed Tomatoes, Muffin **COLD** Roast Beef w/American Cheese, Lite Mayo, Lettuce Leaf, German Potato Salad, Beet Salad, Oat Bread Pineapple
10) **HOT** ***Reduced Sodium Hot Dog, Baked Beans , Cole Slaw, Ketchup, Mustard, Relish, Hot Dog Roll **COLD** Egg Salad, Lettuce Leaf, English Pea Salad, Tomato Cucumber Salad, Oat Bread Tapioca Pudding	11) Garden Vegetable Soup **HOT** Honey Mustard Chicken, Mashed Potatoes, Carrots, Multigrain Bread **COLD** Turkey w/Swiss Cheese, Mustard, Lettuce, Potato Salad, Riviera Salad, Wheat Bread Mandarin Oranges	12) Tomato Rice Soup **HOT** Potato Crunch Fish w/Lemon Sauce, Mashed Sweet Potatoes , Diced Beets, Oat Bread **COLD** Chicken Caesar Salad, Croutons, Parmesan Cheese, Creamy Lite Italian Dressing, Macaroni Salad, Garlic Dinner Roll Fresh Fruit
17) **HOT** Chicken Parmesan, Pasta w/ Tomato Sauce, Zucchini & Summer Squash, Oat Bread **COLD** Tuna Salad, Lettuce Leaf, Tomato & Red Pepper Salad, Garden Shell Pasta Salad, Multigrain Bread Pistachio Pudding	18) **Birthday Lunch** Cream of Tomato Soup **HOT** Meatloaf w/Gravy, Mashed Potatoes, Mixed Vegetables, Corn Bread **COLD** Chicken Salad, Lettuce Leaf, Macaroni Salad, Broccoli Tomato Salad, Wheat Bread Fresh Fruit	19) **HOT** ***Baked Macaroni & Cheese, Tossed Salad, Lite Italian Dressing, Whole Wheat Bread **COLD** Turkey w/Swiss Cheese, Lite Mayo, Lettuce Leaf, Carrot Pineapple Salad, Three Bean Salad, Rye Bread Mixed Fruit
24) **HOT** Fish Sticks w/Lemon Butter Sauce, Tartar Sauce, Potato Steak Fries, Cole Slaw, Multigrain Bread **COLD** ***Ham w/American Cheese, Mustard, Lettuce Leaf, Carrot Raisin Salad, Macaroni Salad, Pumpernickel Bread Peaches	25) Italian Garden Vegetable Soup **HOT** American Chop Suey, Green Beans, Oat Bread **COLD** Seafood Salad, Lettuce Leaf, Corn Salad, Tossed Salad, Lite Italian Dressing, Wheat Bread Pears	26) **HOT** BBQ Beef Rib, Mashed Sweet Potatoes, Collard Greens & Onions, Hamburger Roll **COLD** Egg Salad, Lettuce Leaf, Beet Salad, English Pea Salad, Rye Bread Butterscotch Pudding



THURSDAY	FRIDAY
Reservations must be made by 11:00 am on the weekday before the day on which you want to eat. **Note that the only foods that can be taken from the dining site are fresh fruit, unopened milk, wrapped bread, and baked desserts. There rules, which come from the Massachusetts Executive Office of Elder Affairs, are for your safety and well-being. If you have questions, call Springwell at 617-826-4100.**	
6) Seafood Chowder **HOT** Salmon Boat w/Lemon Dill Sauce, Whipped Potatoes, Green Beans & Carrots, Pumpernickel Bread **COLD** Mediterranean Tortellini Salad, Caesar Salad, Lite Italian Dressing, Wheat Roll Carnival Cookie	7) Vegetable Ditalini Soup **HOT** Meatball Sub w/Tomato Sauce & Parmesan Cheese, Tossed Salad, Lite Italian Dressing, Soft Sub Roll **COLD** Seafood Salad, Lettuce Leaf, Greek Pasta Salad, Carrot Pineapple Salad, Rye Bread Mixed Fruit
13) **Fathers' Day Special** Grilled Hamburger w/Swiss Cheese Roasted Peppers, Onions, Mushrooms Ketchup, Mustard Summer Potato Salad Hamburger Roll Watermelon	14) Minestrone Soup **HOT** Cheese, Bean & Rice Sandwich Stuffer, Tossed Garden Salad, Lite Italian Dressing **COLD** Roast Beef w/Swiss Cheese, Lite Mayo, Lettuce, Potato Salad, Spinach Mandarin Orange Salad, Lite Italian Dressing, Rye Bread Chef's Choice Dessert
20) Seafood Chowder **HOT** Breaded Fish Sandwich, Tartar Sauce, Whipped Sweet Potato, Green & Wax Beans, Hamburger Roll **COLD** Roast Beef w/American Cheese, Lite Mayo, Potato Salad, Roman Blend Salad, Oat Bread Oatmeal Raisin Cookie	21) Potato Chowder **HOT** Roast Turkey w/Gravy, Butternut Squash, Peas, Cranberry Sauce, Wheat Roll **COLD** Seafood Salad w/Lettuce Leaf, Tri Color Pasta Salad, Riviera Salad, Multigrain Bread Mandarin Oranges
27) Cream of Butternut Squash Soup **HOT** Roast Pork w/Cinnamon Apple Glaze, Baked Potato , Country Blend Vegetables, Whole Wheat Bread **COLD** Chicken Caesar Salad, Croutons, Parmesan Cheese, Creamy Lite Italian Dressing, Summer Potato Salad, Whole Wheat Roll Fresh Fruit	28) Creamy Tomato Soup **HOT** Lemon Dijon Chicken, Rice Pilaf, Brussels Sprouts, Whole Wheat Roll **COLD** TUNA SALAD, LETTUCE LEAF, GREEK PASTA SALAD, BROCCOLI &, TOMATO SALAD, MULTIGRAIN BREAD Vanilla Cake w/Chocolate Frosting

LUNCHEON SPECIALS FOR JUNE

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

On **Thursday, June 13**, celebrate ***Father's Day*** at a special lunch—with hamburgers and watermelon!

On **Saturday, June 15**, enjoy the annual ***Elks BBQ*** at the Senior Center. See p. 10 for details.

On **Tuesday, June 18**, come to the ***June Birthday Lunch***. The sponsor of this lunch has happily provided a complimentary lunch and a small gift to all June birthday celebrants so let us know if you or someone in your party has a birthday when you call to make your reservations.

And on **Tuesday, June 25,** join the ***Let's Go Out to Lunch*** bunch when they dine at the Vine Ripe Grill at the Robert T. Lynch Municipal Golf Course at 1281 W. Roxbury Parkway in Chestnut Hill. Don't forget to tell us that you need transportation when you make your reservations.

JUNE AT A GLANCE*

Sunday, June 2
3 pm 10th annual Pan-decade Pride Dance Party at the Holiday Inn
Monday, June 3
9 am-12 noon Podiatry Clinic***
Tuesday, June 4
1 pm Movie for Film Lovers—"Beasts of the Southern Wild"
Wednesday, June 5
9 am-12 noon BLAB lawyer
1-4 pm Job Search Skills***
2-3 pm Blood pressure screening with Barbara Westley from the Brookline Public Health Department (BPHD) at the BPHD building
Thursday, June 6
10:30-11:30 am Arthritis Exercise Class***
11 am-12 noon Ask a Nurse
2 pm Marie Lavine Memorial Concert
Friday, June 7
8 am-5 pm Brookline Recreation excursion to the Newport Mansions***
1-2:30 pm Parkinson Support Group—Mass College of Pharmacy and Health Sciences speaking on programs available for Mass residents
3;30 pm Modern Dance and Movement
Monday, June 10
8:30 am-5 pm Exhibit of drawings by Louise Weinberg's Drawing for Pleasure class starts at the Gallery
10 am-12 noon Getting to Know Your Digital Camera**
1 pm Senior Elite Care Management Program talk
Tuesday, June 11
8:30-9:30 am Zumba® Gold-Toning**
9:30-11:30 am iPad for Seniors**
10 am-12:30 pm Introduction to Waterolor**
10:30 am-12:30 pm Literary Discussion Group: Summer**
1 pm Movie for Film Lovers—"Lincoln"
2-3 pm Yoga for Older Adults (Chair class)**
3-4 pm Yoga for Older Adults (Mat class)**
Wednesday, June 12
9:30-11:30 am Facebook for Seniors**
9:30-11:30 am "The Fixer" by Bernard Malamud**
11:45 am-1:45 pm Introduction to Computer Basics for Seniors**
1 pm COA Meeting—Jewish Family and Children's Services (JF&CS) VNA speaking on their Reassurance Respite Care project
1-2 Blood pressure screening with Barbara Westley from the BPHD at Sussman House
Thursday, June 13
9:30-11:30 am Pinterest for Seniors**
9:30-11:30 am Basic Drawing***
10:30-11:30 am Arthritis Exercise Class***
12 noon Springwell Fathers' Day Special lunch
1:30 pm Free introductory Zumba Gold class
1:30 pm-dusk Brookline Farmers' Market at Centre Street West Parking Lot
2:30 pm Easy Travel to Antarctica with Lauren Carroll
Friday, June 14
1-2 pm Balance and Strength for Seniors**
3:30 pm Modern Dance and Movement
Afternoon Alzheimer's Caregivers Support Group—call for time
Saturday, June 15
1 pm Elks BBQ***
Monday, June 17
9 am-12 noon Podiatry Clinic***
10 am-12 noon Getting to Know Your Digital Camera**
10 am-12:30 pm Introduction to Waterolor**
1-2 pm Senior Medical Patrol (SMP) talk
2-3 pm Putterham Book Discussion Group—"Emily Alone" by Stewart O'Nan
Tuesday, June 18
8:30-9:30 am Zumba® Gold-Toning**
9:30-11:30 am iPad for Seniors**
10:30 am-12:30 pm Literary Discussion Group: Summer**
12 noon June Birthday Lunch
1-3 pm Brookline Recreation walking tour of Hall's Pond***
1 pm Movie for Film Lovers—"A Royal Affair"
2-3 pm Yoga for Older Adults (Chair class)**
3-4 pm Yoga for Older Adults (Mat class)**
Wednesday, June 19
9:30-11:30 am Facebook for Seniors**
9:30-11:30 am "The Fixer" by Bernard Malamud**
11:45 am-1:45 pm Introduction to Computer Basics for Seniors**
1:30 pm Modern Beading Workshop
2 pm Everything Blueberry—Taste of Boylston Place
Thursday, June 20
9-10 am Blood pressure screening with Barbara Westley from the BPHD
9:30-11:30 am Pinterest for Seniors**
9:30-11:30 am Basic Drawing
10 am-2 pm Sidewalk Sale
1:30 Zumba Gold class
1:30 pm-dusk Brookline Farmers' Market at Centre Street West Parking Lot
Friday, June 21
9:30 am-midafternoon Jan Marble Memorial Walk at Carson Beach
1-2 pm Balance and Strength for Seniors**
3:30 pm Modern Dance and Movement
Sunday, June 23
2 pm Longwood Symphony Orchestra concert

Monday, June 24
10 am-12 noon Getting to Know Your Digital Camera**
10 am-12:30 pm Introduction to Waterolor**
2:30-3:30 pm Blood pressure screening with Jinghong Yang from the Greater Boston Chinese Golden Age Center
Tuesday, June 25
8:30-9:30 am Zumba® Gold-Toning**
9-10 am Public Issues Nonfiction Book Discussion Group—"Freedom for the Thought That We Hate" by Anthony Lewis
10:30 am-12:30 pm Literary Discussion Group: Summer**
12 noon Let's Go Out to Lunch bunch dines at the Vine Ripe Grill***
1 pm Movie for Film Lovers—"Widow's Peak"
2-3 pm Yoga for Older Adults (Chair class)**
3-4 pm Yoga for Older Adults (Mat class)**
Wednesday, June 26
9:30-11:30 am Facebook for Seniors**
9:30-11:30 am "The Fixer" by Bernard Malamud**
11:45 am-1:45 pm Introduction to Computer Basics for Seniors**
1-2 pm Blood pressure screening with Barbara Westley from the BPHD at O'Shea House
6-9 pm 18th Annual Public Health Policy Forum
Thursday, June 27
9:30-11:30 am Basic Drawing
10:30-11:30 am Arthritis Exercise Class***
1:30 pm Zumba Gold class
1:30 pm-dusk Brookline Farmers' Market at Centre Street West Parking Lot
4-6 pm Reception for the Drawing for Pleasure exhibit
Evening Alzheimer's Caregivers Support Group—call for time
Friday, June 28
1-2 pm Balance and Strength for Seniors**

ONGOING SENIOR CENTER EVENTS*

Monday
8:45-10:15 am Head-to-Toe Fitness for Seniors (90 minutes)**
9:30 am-4:30 pm Fitness Center open***
10:30-11:30 am Head-to-Toe Fitness for Seniors (60 minutes)**
12 noon-4 pm BETS
1 pm Mah Jongg/Scrabble
2-4 pm Open computer lab
2:30 pm Chinese programs

Tuesday
9:30 am-4:30 pm Fitness Center open***
10 am Flexibility, Resistance Training, and Balance Exercise
10:15 am Brookline Bees, Quilters
12 noon French Conversation
12 noon-4 pm BETS
1 pm Movies for Film Lovers
1 pm Bingo
1-3:30 pm Senior Center Food Distribution Site (hours are approximate)
2-3 pm Exercises for Health and Rejuvenation
2-3 pm ESL Conversation Group
3-4:45 pm Latino instrumental and vocal music sessions***
Wednesday
8:45-10:15 am Head-to-Toe Fitness for Seniors (90 minutes)**
9-10 am Living Our Values
9:30 am Bowling at Ron's 20th Century Bowling Alley in Hyde Park
9:30 am-4:30 pm Fitness Center open***
10:30 am Retired Men's Club
10:30-11:30 am Head-to-Toe Fitness for Seniors (60 minutes)**
12 noon-4 pm BETS
12:30 pm Bridge
12:30-3 pm Reiki Therapy***
2-4 pm Open Computer Lab
3:30-4:30 pm Gardening Group
Newcomers Group—times vary
Thursday
9:30 am-4:30 pm Fitness Center open***
10:30 am and 1:30 pm Knit and Crochet
12 noon-1 pm Intermediate Spanish class***
1:15-2:15 pm Beginning Spanish class***
1:30 pm Russian Tea Room—For more information, call rita Kropp at 617-730-2106
2:30-3:30 pm Spanish Conversation group***
Friday
9 am Bridge
9:30 am Solemates Walking Group
10 am-3 pm Fitness Center open***
10:30 am Current Events Discussion Group
10:30 am Senior Chorus
2:30-2 pm Basic Computer Class in Spanish***
1-2 pm Meditation in Movement
2-3 pm Tai Chi for Seniors**

** All events are at the Senior Center unless otherwise noted above.*
*** This is a Brookline Adult and Community Education (BA&CE) course so registration with them is required. Call 617-730-2700 or go to www.brooklineadulted.org to register.*
****Registration, appointments, or reservations required.*

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

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

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

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

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

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

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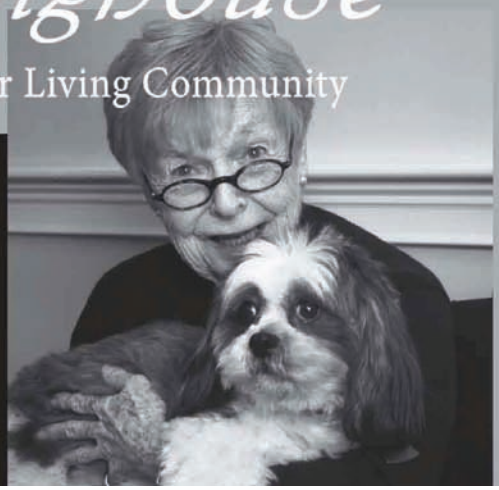
Senior Living Community



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COUPON

BROOKLINE ADULT & COMMUNITY EDUCATION JUNE OFFERINGS

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

SPECIAL EVENT

The 18th Annual Public Health Policy Forum:
Implementing Health Care Reform: Challenges and Opportunities
Course code: **X276** Free, no registration required
Wednesday, June 26 from 6-7 pm (light hors d'oeuvres) and 7-9 pm (moderated panel discussion)—See p. 3 for details.

HUMANITIES

Literary Discussion Group: Summer
Susan Gorman, Instructor
Course code: **HU99** $124
8 Tuesdays, 10:30 am-12:30 pm, begins June 11

The Fixer ***by Bernard Malamud***
Amos Lassen, English Professor
Course code: **H094** $113
6 Wednesdays, 9:30-11:30 am, beginning June 12

COMPUTERS FOR SENIORS

These courses are designed specifically for seniors ages 60 and older. Students interested in taking any of them but unsure of which class to take should contact Michael Toon at 617-730-2782. Since these courses are designed specifically for seniors, there is no senior discount.

Introduction to Computer Basics for Seniors
Michael Toon, Instructor
Course code: **C116** $72
4 Wednesdays, 11:45 am-1:45 pm, begins June 12

Getting to Know Your Digital Camera
Elias Polcheira, Instructor
Coarse Code: **C174** $72
4 Mondays, 10-12, begins June 10

NEW TECHNOLOGIES FOR SENIORS

Designed for seniors aged 60 or older who want to dive into the myriad of new technologies emerging in contemporary culture that affect how we live, interact, and communicate.

Facebook for Seniors
Michael Toon, Instructor
Course code: **C267** $72
4 Wednesdays, 9:30-11:30, begins June 12

Pinterest for Seniors
Sarah Georgakopoulos, Instructor
Course Code: **C285** $41
2 Thursdays, 9:30-11:30 am, begins June 13

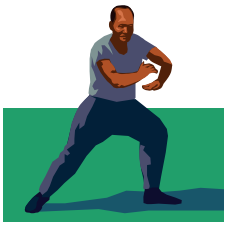
iPad Tutorial for Seniors
Marjorie Wein, Instructor
Course code: **C279** $41
Sec. 01: 2 Tuesdays, 9:30-11:30, begins June 11

HEALTH AND YOGA

Yoga for Older Adults
Steffi Shapiro, Instructor
Course code: **W044** $66
Chair class **Sec. 01**: 8 Tuesdays, 2:00-3:00 pm, begins June 11

Mat class
Sec. 02: 9 Tuesdays, 3:00-4:00 pm, begins June 11

Tai Chi for Seniors
Vincent Chu, Instructor
Course code: **W219** $68
7 Fridays, 2:00-3:30 pm, begins June 7



DANCE AND FITNESS

Zumba® Gold-Toning
Mary Stevenson, Instructor
Course code: **D223** $62
6 Tuesdays, 8:30-9:30 am, begins June 11

Balance and Strength for Seniors
Nancy Murphy, Instructor
Course code: **D208** $62
Section 01: 6 Fridays, 1:00-2:00 pm, begins June 14

Head-to-Toe Fitness for Seniors (90 minutes)
Sue Katz, Instructor
Course code: **D225** $87
Mondays and Wednesdays (2 times a week for 8 weeks), 8:45-10:15 am, begins June 5

Head-to-Toe Fitness for Seniors (60 minutes)
Sue Katz, Instructor
Course code: **D226** $78
Mondays and Wednesdays (2 times a week for 8 weeks), 10:30-11:30 am, beginning June 5

ARTS

Introduction to Watercolor
Anthony Riccardi, Instructor
Course code: **A002** $125
6 Mondays, 10 am-12:30 pm, begins June 10

Boston University - Charles River Campus
Institutional Review Board
Approved: [illegible]

BOSTON UNIVERSITY

DO YOU WANT TO PARTICIPATE IN RESEARCH?

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

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

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

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

MOUNT PLEASANT HOME

Announces the Grand Opening of our New Addition!

- 24-hour personal care assistance
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CARE FOR THE LGBT COMMUNITY

ADVOCACY

ZUMBA GOLD

Get in shape and have fun doing so in this dynamic and effective fitness program. The summer season of Zumba Gold at the Senior Center will start with a **free introductory class on Thursday, June 13, at 1:30 pm**. **The full seven-week series will run on Thursdays from June 20 through August 1 (exception: no class on July 4), from 1:30 to 2:30 pm**. The cost for the full series of sessions is $35, but drop-ins are always welcome at $7 per session.

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

TOUR THE SENIOR CENTER

The Senior Center is offering weekly, escorted tours of the Center on Mondays, Tuesdays, Thursdays, and Fridays. You need to sign up for the tours ahead of time. To sign up for a tour, call 617-730-2770.

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

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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.

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.

JAN MARBLE MEMORIAL WALK

Solemates will certainly be among the participants in the annual Jan Marble Memorial Walk at Carson Beach on **Friday, June 21**. This walk is exciting and worthwhile with the bonus of providing and promoting healthy and friendly activity.

This year the walk is at a new location—Carson Beach/Harbor Walk in Dorchester.

The walkers will meet at Mother's Rest at Carson Beach at 10:30 am with registration and warm-up. Bring a picnic lunch or plan on picking up something. Van transportation will leave the Senior Center at 9:30 am and return in the afternoon. Space is limited so call 617-7300-2770 as soon as possible to register and reserve transportation. If you plan on driving, park at the UMass Boston Bayside lot, but call us to register so that we'll know that you are coming.

This walk is sponsored by the Commonwealth of Massachusetts's *Keep Moving Program* from the Executive Office of Elder Affairs, the Massachusetts Department of Public Health, and the Massachusetts Councils on Aging and Senior Center Directors—with the support of the Massachusetts Department of Public Health and BlueCross/Blue Shield of Massachusetts.

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THE PARC PROGRAM

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

Eligibility criteria:

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

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

STEPHEN COLLINS ON ROBERT FROST

Stephen Collins's "An Afternoon of Frost" was such a success that he is coming back to the Senior Center with more Robert Frost—this time as a four-session seminar—**July 9, 16, 23, and 30—from 1:00 to 2:00 pm**. The seminar will cost $27, payable on registration. Mr. Collins needs a minimum of 10 people in order to do the series so sign up now for this July series. And, since space is limited, sign up as soon as possible by calling 617-730-2770.

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

Lance Chapman
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www.goddardhouse.org

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BROOKLINE RECREATION ADULT EXCURSIONS

Newport Mansions
Friday, June 7, 8:00 am to 5:00 pm
Journey to some of America's most historic houses. You will experience beautiful architecture, art, and interior design. *Cost: Residents $18, nonresidents $25.*

Hall's Pond Walking Tour
Tuesday, June 18, 1:00 to 3:00 pm
You don't have to waste gas or travel far to experience the natural beauty of the wilderness. Did you know that there are three wildlife sanctuaries in Brookline? Spend an afternoon visiting one of them, Lost Pond, with our Environmental Educator. The walk will focus on the natural history of the sanctuary as well as the plants and animals found there. Please wear sturdy walking shoes. *Cost: Residents-$5, nonresidents-$7.*

Arnold Arboretum
Friday, July 12, 11:00 am to 1:00 pm
Explore the Arnold Arboretum. It occupies 265 acres filled with a living collection of trees, shrubs, and woody vines recognized as one of the most comprehensive and best-documented of its kind in the world. As a university-based living collection, the Arnold Arboretum can share a wealth of knowledge with the public in a way that is engaging, substantive, and long lasting. *Cost: Residents-$8, nonresidents $11.*

Castle Island
Friday, July 26, 11:00 am to 3:00 pm
A wonderful place to spend a summer afternoon whether you take a leisurely stroll, purchase lunch from Sully's, or just sit and enjoy the breeze. *Cost: Residents-$8, nonresidents $11.*

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

MEDICARE FRAUD AND ABUSE

While most Medicare payment errors are simple billing mistakes, Medicare fraud and abuse does exist.

Fraud occurs when someone *intentionally* falsifies information or deceives the Medicare Program. A common example of this is knowingly billing Medicare for services or equipment that were never provided or received.

Abuse occurs when doctors or suppliers do not follow good medical practices, which may result in unnecessary costs to the Medicare program for services that are not medically necessary.

You can help stop fraud by reviewing your Medicare statement (Medicare Summary Notice – MSN) to make sure Medicare is not charged for items or services you did not receive. The MSN shows what Medicare was billed, what Medicare paid, and what you may owe. If you have a question or concern regarding a Medicare claim, discuss it directly with your physician, provider, or the supplier that provided the service.

Assistance is also available through the Massachusetts Senior Medicare Patrol (SMP) which will be at the Senior Center in June (see p. 27).

For further assistance with any Medicare issue, make a SHINE appointment at the Senior Center by calling 617-730-2777, or call 1-800-243-4636, then press or say 3. Once you get the SHINE answering machine, leave your name and phone number, and a SHINE counselor will call you back as soon as possible.

DON'T BE A VICTIM OF MEDICARE FRAUD!

Meet Patricia Park and Phyllis Conlon, representatives of the Massachusetts Senior Medicare Patrol (SMP) Program, on **Monday, June 17, from 1:00 pm to 2:00 pm** at the Senior Center and hear how to protect yourself from Medicare fraud.

This free workshop will provide you with the tools to become a better, more engaged health-care consumer. The SMP is a national program, funded by the federal government, that was commissioned to reduce the amount of Medicare fraud by helping beneficiaries and their caregivers become more engaged health-care consumers. The annual estimate of Medicare fraud is between $60 to $120 billion!

You can help protect Medicare and make sure benefits are available when you need them by making sure the claims paid on your account are accurate.

If you have questions about this workshop, call 617-730-2770. If you cannot attend this workshop but would like help with your Medicare Summary Statements, call the Massachusetts Senior Medicare Patrol office toll-free at 800-892-0890, ext. 1337.

MODERN DANCE AND MOVEMENT

Dance with instructor Lynn Modell **on Fridays, June 7, 14, and 21, at 3:30 pm**. This is an excellent way to exercise and have fun at the same time. And for only $2 per session.

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SENIOR ELITE CARE MANAGEMENT PROGRAM

Please join us for an informational session with Lynn Schuster RN, BSN, from the Greater Medford VNA at the Senior Center on **Monday, June 10 at 1:00 pm**. Learn about a care management program that is available to you at no cost that will help you navigate all your health-care questions and needs.

For more information about the workshop and about the program, call 855-464-6862. Light refreshments and a raffle prize will be provided.

ELF MEDICAL EQUIPMENT OF THE MONTH

The Equipment Loan Fund (ELF) has one Aladdin Low Vision Viewer available for loan, You may find this piece of equipment helpful if you ever have difficulty reading the newspaper, a recipe, a note from a loved one, or those hard-to-read medication labels. Be the first one to call about this. This item is free for you to borrow today! Just call Karin at 617-730-2753.

The ELF Program is coordinated by the Brookline Council on Aging. This service provides the exchange, donation, and loan of gently used durable medical equipment. Because of space limitations and other guidelines ELF will not be able to accept all items. *Please be sure to call ahead and speak to program coordinator, Karin Wannamaker, before dropping items off.*

Thrifty Threads

at United Parish Church,
210 Harvard Street, Brookline

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

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

STAFF AND VOLUNTEER NEWS

Tax workoff program Brookline has approved an increase in the number of participants in the tax abatement program for the fiscal year beginning July 1, 2013. We have several slots available for income-eligible, 60 plus residents who own their own single family home or condo. Eligible seniors will need to provide their current 2012 income tax forms showing an adjusted gross income of $40.000 or less as well as proof of residence.

Program participants will receive $1000 off of their property tax bill by volunteering 125 hours for Town of Brookline agencies. Those interested in participating should contact Deidre Waxman at 617-730-2767 for an application.

There are no guarantees of available positions. Residents who qualify must possess the skills requested by a Town department before they can be accepted into the program and matched with a particular agency.

There are some ***staff changes*** in the offing this summer. Retiring this summer are:

- ***Elaine Yanowitz***, one of our Clinical Social Workers—at the end of June.
- ***Vivian Freeman***, our Volunteer Coordinator—in the middle of June when she goes on vacation for the summer.
- ***Ron Gallagher***, our Van driver—as of July 1

We will miss them all sorely, but we wish them a healthy and happy retirement.

And ***Karin Wannamaker***, Social Worker with the HELP program, ELF, and the BrooklineCAN referral program, will be leaving us in July as well.

On a happy note, Vivian will be coming back in the fall as a volunteer, and ***Kerri Hamberg***, one of the interns for the academic year that has just passed, will join the social work staff to fill in where needed while we fill the social work positions that will open up.

On July 1 the Brookline Senior Center will offer a newly revised JOBS program for Brookline residents 60 and older. We are calling this program **the *Retirement Engagement Alternatives Program* (REAP)**. We recognize that adults 60 and over, whether working part-time or in full retirement, want to remain engaged in the world around them and the community in which they live. The **REAP** program attempts to address the needs of a broader group of people including the newly retired looking to increase their income with a part-time job; those thinking about and planning for a fulfilling retirement; those wishing to volunteer and stay active in the community post-retirement; and those needing to do stipend volunteer work close to home to support and enhance income from pensions and Social Security.

We are introducing the **REAP** program at a community-wide kickoff event on **Wednesday, July 24, from 1:00 to 3:00 pm** at the Senior Center. The afternoon will feature a panel of speakers including a presentation called "Boomers Shifting Gears" for those motivated and enthusiastic about exploring possibilities that would bring meaning and satisfaction to themselves and others as they approach retirement.

Carol Lieberman, from the Cambridge Senior Volunteer Clearing House, will be a featured panelist, addressing the possibilities and promise of volunteering.

Our other panelists will include people who have successfully transitioned from full-time jobs to fulfilling part-time and volunteer work.

We will also give a presentation and list of current volunteer opportunities in and around Brookline.

This event is free and open to all. However, registration is required. For more information or to register, contact Deidre Waxman at 617-730-2767 or dwaxman@brooklinema.gov.

There is a volunteer position that needs filling. Paula Horowitz, who has been faithfully making coffee and greeting people at the Senior Center for many years, is cutting back on her time so that we need someone to fill the days that Paula will no longer service.

The time slot we need to fill is Tuesday, Wednesday, and Friday, from 7:30 to 9:30 am. If you have a sunny disposition and don't mind the early hours, apply to Ruthann at 617-730-2756 or e-mail rdobek@brooklinema.gov.

SPANISH IMMERSION

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

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

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

LGBT

Pride Week is being celebrated this year from May 31 to June 9 with a flurry of activity. See the web site bostonpride.org/prideweek/ for full details and a calendar of events.

Among the many events is the 10th ***annual Pan-decade Pride Dance Party*** that is being presented by the LGBT Senior Pride Coalition on **Sunday, June 2, at 3:00 pm** at the Holiday Inn in Brookline. Admission is $12 (no advance purchase necessary) which includes food and nonalcoholic beverages. There will also be a cash bar.

And there will be a costume contest (celebrate disco in style?), a Who Is This? photo game (bring an image of you from the 70s), and the Boston Sisters of Perpetual Indulgence who will perform 10-minute makeovers live on stage.

This event is being sponsored by the LGBT Aging Project, the Massachusetts Association of Older Americans, Inc., and a host of other groups.

The **LGBT Aging Project**, New England's premier organization for cultural competency training, programs and advocacy for LGBT (lesbian, gay, bisexual and transgender) older adults, will become an affiliate of Fenway Health effective July 1. The LGBT Aging Project will become part of Fenway's research, education and policy division, The Fenway Institute. This new affiliation will reinforce the commitment of both the LGBT Aging Project and Fenway Health to the growing LGBT older adult community.

EASY TRAVEL

Travel to Antarctica with Lauren Carroll **at 2:30 pm on Thursday, June 13**. Please note that the date has been changed because of a conflict with the Marie Lavine concert and that the time has also changed.

THANK YOU

To Annual Appeal Donors Marilyn & Ronald Aaron, Ken & Marthajoy Aft, Mary Ames, Nancy Blanchard, Margaret Ann Bush, Brenda Caplan, Michael Chambers, Ingrid M. Christiansen, Virginia Davis, Robert DeSimone, Daniel Ferguson, Ellen Gabriel, Jean Gold, Pam Goodman & Michael Shwartz, Susan Guiraudet, Daniel Jacobs, Mary A. Johnston, Leon Kamin, Betsy & Milton Klein, Nettie Lesser, Judith Mason, Margaret H. McKinney, Doris Oser, Marian Parker, Mary R. Regan, Jeannine & Martin Schetzen, Esther & Allan Seroll, JoDvorah Smith, Joan Stratton-Mamber, Allan & Ann Sutherland, Gloria Tofias, Waneta Louise West, and Dr. Norman Wilson

To BrooklineCAN Donors Patricia M. Ahlin, Laura Baber, Anne Marie Barletta, Dorothy & Gaston Blom, Janet L. Brown, Robert M. Goisman & Jeanne M. Traxler, Marie Hoguet, Jewish Family & Children's Service, Mary A. Litterst, Margaret H. McKinney, Peter Miller, Eric Sandrich, and Margaret A. Williams

To Anonymous ***for the gift in honor of*** Vera Sharma for nomination as "volunteer of 2013 award, her melodious voice and solo singer of Brookline Senior Chorus"

To Anonymous (supporting the coffee stand), Pauline Katz, Edith Richman, Arnold Schaffer, and Maria Winograd ***for their gifts in honor of*** Mother's Day

To Laura Baber and Betty Rhodes Latner ***for their gifts in honor of*** all mothers

To M.J Curtis ***for the gift in honor of*** Mary Christensen Curtis

To Paula & Norman Menyuk ***for their gift in honor of*** the seniors

To Marena Morrison ***for her gift in honor of*** the wonderful people at the Senior Center

To Mildred Siegel and Muriel Stark ***for their gifts in honor of*** Ruthann Dobek

To Tobey Taylor ***for her gift in honor of*** Ava & George for tax preparation

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

To Ellen Zellner ***for her gift in honor of*** Anna Higgins

To Miriam Alpert ***for her gift in memory of*** Florence Scheinfeldt

To Lillian Aronson ***for her gifts in memory of*** Ida Aronson and Diana Kaplan

To Patricia H. Dobek (supporting the Van Fund) ***for her gift in memory of*** Andrea Canzonetti Griffen

To Walter Guralnick ***for his gift in memory of*** Betty Guralnick

To Eleanor Jamieson ***for her gift in memory of*** John Walsh

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

To Prof. Julius Levine ***for his gift in memory of*** Dr. Irwin Bob Roll

To Phyllis Stock ***for her gift in memory of*** Irvin Stock

FROM THE BOARD PRESIDENT

The Brookline Senior Center gratefully accepts donations to its nonprofit arm. These donations are completely tax-deductible to the giver. We use your gifts to keep the van running as well as to fund furnishings, improvements, and innovative programs for the Senior Center.

Help us cover the added expense of substitute drivers for the summer by giving an extra gift in support of our van. Hundreds of seniors will thank you as the van and its driver can get them out of the isolation of their homes and to the Senior Center.

We are proud of our strong community and need your help to sustain it. Please be as generous as you can be.

Elizabeth (Betsy) Pollock
President, Brookline Senior Center Board

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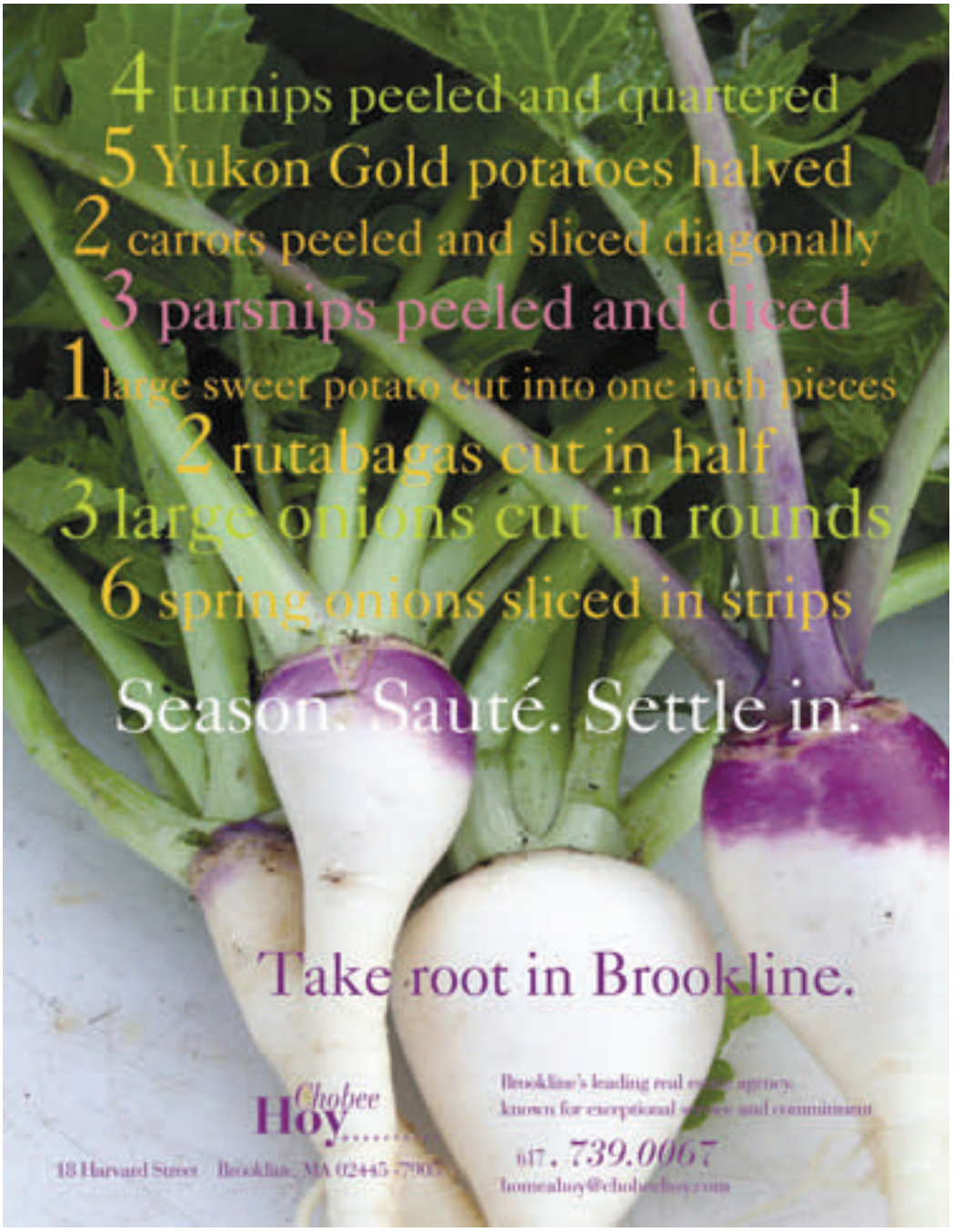

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