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 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

AUGUST 2017

BOSTON HIDDEN SACRED SPACES

In addition to the historic churches, temples and mosques that dot the Boston skyline, sacred spaces are hidden around the edges of the city, just out of view. These chapels, meditation spaces and prayer rooms serve a spiritual mission within otherwise secular institutions. Some were designed by well-known architects while others were created informally by people desiring a small retreat. They may be familiar and accessible or truly hidden from public view, but they all invite passers-by to pause, sit for a moment, and reflect.

Sociologist Wendy Cadge (Brandeis University), architectural historian Alice Friedman (Wellesley College), and photographer Randall Armor have identified and documented more than 50 sacred spaces in and around Greater Boston. Sites include municipal buildings, shopping malls, military installations, schools and universities, health care organizations, prisons, mental health centers, cemeteries, senior living communities and rehabilitation centers.

Join us on **Wednesday, August 9 at 1:00 pm at the Senior Center** to learn more about this remarkable project that provides a glimpse into the life and history of the city from a sacred edge and an appreciation for what these spaces offer, both literally and symbolically, to residents and visitors alike. To register, please call 617-730-2770.

CAMP MEMORY CONNECTIONS

On **Wednesday, August 23 from 11:00 am-2:00 pm** at Larz Anderson Park picnic shelter, the Senior Center, Goddard House Assisted Living, and Brookline Recreation will be co-sponsoring "**Camp Memory Connections,**" a pilot day camp experience for people with memory loss and their care partners.

This free outdoor event (rain or shine) will include conversations with peers over camp-themed lunch & snacks, music, art, exercise, and haiku. Either party can attend by themselves, but a care partner must accompany those who require any care assistance. (Continued on P. 3).

INDEX

Adult Excursions, Brookline……..15
Alzheimer's Caregivers Support Group…….……...7
Alzheimer's Walk……24
Ask A Nurse……...4
Assistive Technology……...23
At a Glance, August...…....……..……..20
Benefit, Autumn Annual……14
Board President,……...…25
Book Discussion Group, Public Issues ……11
Book Discussion Group, Putterham……..11
Bridge...……..12
BrooklineCan……13
Chess……...……5
COA Meeting…….……8
Computer Lab……...25
Dance, Tuesday Morning……26
Director, from the……10
ELF……...9
Exercise after Knee and Hip replacement……..7
Farmers Market, Brookline……12
Fitness Center……9
Food Distribution Site, Senior Center……...23
Gallery 93..……22
Gallery Talk, Evelyn Berde……22
Geriatrician, Ask a.....5
Handicapped Access……...31
Health Page, (Ask a Nurse, Podiatry Clinic, Low Vision Group, Blood Pressure Screening, Clinic, Health Coach)…….....4
Hearing Services, Brookline ……....4
Holiday Craft Fair Meeting……19
ICRE Ride for Eye Care……9
LGBT Brunch……19
Let's Go Out To Lunch Bunch……17
Life Saver, Be……13
Living Our Values ……...……17
Luncheon Specials for August...…...…....……17
Mahjongg……..12
Medical Marijuana for Seniors……...15
Memory Café/Camp Memory Connections…....1&3
Mind Trial……26
Movies for Film Lovers……...18
Movie (Free Friday Flick)……...……18
Observances, August...…...…….……...3
Ongoing Senior Center Events……...21
Ping Pong……...……...31
Poets of Tin Pan Alley……...3
REAP...……...28
Reiki Therapy……...29
Sacred Spaces…..……1
Services, Senior (BETS, BLAB, File of Life, HELP, REAP, SNAP, SHINE, Social Security)..….....6
SHINE…….……...10
Taxi Rides to Medical Appointments……...14
Thank You……30
Theatre Cub……7
Tour, Norfolk Superior Courthouse……22
Travel, Easy……...……19
Tribute to Tolerance ……..……...13
TRIPPS ……...……7
Ukulele……..……..9
Volunteer Spotlight……..26
Volunteer Audit……...26
Walking Club……31
Walk With Easy Program……...13
Zumba Gold……....9

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

Ruthann Dobek
Director, Council on Aging/Senior Center

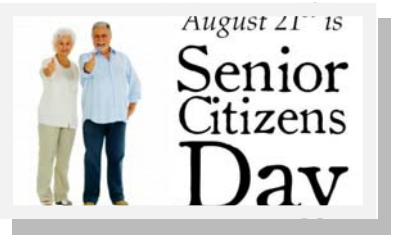
Julie Washburn
Program Manager, Council on Aging/Senior Center

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.

AUGUST OBSERVANCES



In August the Senior Center is open Monday through Friday all month. Monday, August 21, is National Senior Citizens Day!

Some people celebrate Senior Citizens Day on August 14 as it was the day United States President Franklin Roosevelt signed the Social Security Act in 1935. However, in 1988 Ronald Reagan declared August 21 to be National Senior Citizens Day.

This is your day! Enjoy it any way you desire. Take advantage of the senior citizens specials and discounts that will abound! And as always check out all the wonderful opportunities at the Senior Center and around town.

Some other special days that we celebrate in August include August 7 Purple Heart Day. Purple Heart Day commemorates the day in 1782 when General George Washington created the Purple Heart Medal – a military decoration that is awarded to those wounded or killed while serving in the United States Armed Forces. August 26 Women's Equality Day and August 27 is National Korean War Veterans Armistice Day.

CAMP MEMORY CONNECTIONS - CONTINUED FROM PAGE 1-

To RSVP or book available transportation (parking will be available in the small lot off Goddard Ave): Call Jamie at 617-730-2753 or jdonchin@brooklinema.gov.

This program, is in place of the monthly Memory Connections Cafe for August and is supported by a grant from the Brookline Community Foundation.

THE POETS OF TIN PAN ALLEY

POPULAR JEWISH SONGWRITERS 1900-1950

Join us on **Monday, August 7 at 1:00 pm** for an informative and interactive audiovisual program on "The Poets of Tin Pan Alley: Popular Jewish Songwriters from 1900-1950"presented by John Clark, a popular Brookline Adult Ed instructor from nearby Chestnut Hill.

American popular music in the first half of the 20th century was dominated by the talent and creativity of Jewish songwriters and publishers, and this hour will focus on seven of them: Irving Berlin, George & Ira Gershwin, Jerome Kern, Richard Rodgers and his two collaborators, Lorenz Hart and Oscar Hammerstein. After a short biographical sketch of each, we'll take a listen and a look at some of their most memorable songs. We will also briefly consider several other prominent Jewish writers and their work, among them Harold Arlen, Kurt Weill, Jule Styne and Sammy Cahn.

John Clark grew up in a small town in Ohio, attended college in Illinois and graduate school on the North Shore of Massachusetts in the seventies. In Nashville and Atlanta during the 80s and 90s, he worked in the music business in various capacities. He taught community education music history classes for twenty years for Emory and Mercer Universities and now for five different adult ed programs in suburban Boston. Courses included Bob Dylan Revisited, American Roots Music, music of the 1950s and 1960s, and a series called Lyrics as Literature. He was a guest host on several Atlanta radio stations and boasts a combined record and CD collection of over 8,000 recordings. **To register, please call 617-730-2770.**

THE HEALTH PAGE

Beth Israel Deaconess Medical Center

Ask a Nurse Lynn Schuster, a nurse from the Greater Medford Visiting Nurse Association will be at the Senior Center on **Thursday, August 3 at 11:00 am.**

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

Low Vision Group This peer-led support group for individuals with limited eyesight will meet on **Wednesday, August 16 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, August 17 from 1:00-2:00 am at The Senior Center.
Wednesday, August 9 at Sussman House from 1:00-2:00pm
Wednesday, August at 61 Park Street **23** from 1:00-2:00 pm
NOTE: Blood Pressure Clinic will not be held on August 2 at the BPHD.

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, August 17 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.

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

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 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:
I hear a lot about Lyme disease, what is it and why are people so worried about it?

ANSWER:

Lyme disease is a bacterial infection primarily transmitted by bites from deer ticks (as opposed to the ticks you find on dogs.) It is called Lyme disease because it was first reported in Lyme, Connecticut. However, it is found all across the United States as well as around the world. The incidence appears to be increasing, although this may be because people are more aware of it, and there are more tests to help diagnose it.

These ticks are very tiny, about the size of poppy seeds, which is why they are so hard to find when they are on our bodies. Not all deer ticks carry Lyme disease. The tick bites, then stays attached to the skin. The longer it is attached, the more chance one has of getting Lyme disease if the tick is a carrier of the disease. If a tick is found, using fine-tipped tweezers, grab the tick as close as you can to where it's attached to your skin and pull directly upward with even pressure. Twisting or jerking can cause the mouthparts to break off and remain in the skin. The tick should be kept and brought to the doctor's office.

The symptoms of Lyme disease are often vague, which can make diagnosis difficult. Early in the disease, symptoms may include fever, chills, sweats, fatigue, arthritis, headache and general achiness, similar to the flu. Some people develop a rash, which looks like a bull's-eye, but not everyone does. If Lyme disease is treated with antibiotics in this early stage, it is curable. However, if the diagnosis is missed, which it frequently is, it can progress to "chronic" Lyme , which is far more difficult to treat.

Diagnosing Lyme disease is tricky and really is based mostly on symptoms and a history of a tick bite. There are blood tests for Lyme, but they are falsely negative 25% of the time. These tests can take several days for the results to return, so if there is a strong suspicion that it might be Lyme, treatment with antibiotics should be started anyway.

There are differences of opinion as to which antibiotics to use and for how long. Prevention of tick bites is very important. Spraying your clothes and to some degree your skin with insect repellant if you are in a woody or high-grass area can help. Wearing long pants and pulling your socks up over your pants can also help. Check your body for ticks and rashes after coming inside from hiking or gardening and get medical attention if you have any of the above symptoms and think you might have been exposed.

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.

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
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 2016 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 $54,750 a couple's annual income cannot exceed $62,550. 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.**

Refunds only authorized only for one month.

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 here **on Wednesday, August 2 from 9:00 am-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:dwaxman@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.

THEATRE CLUB

Sunday, August 13, 2017 at 2:00 pm: "42nd Street"
Cost: $39

This song and dance extravaganza tells the story of a starry-eyed young dancer who gets the unexpected chance of a lifetime in a Broadway show. Reagle's production is inspired by the legendary original Broadway production. Featuring, "We're in the Money", "Lullaby of Broadway", and "Shuffle Off to Buffalo."

Transportation is provided, but space is limited. To register, please call 617-730-2777. Payment can be made via cash or check. Please make checks payable to the Brookline Senior. Center. You will receive a call about your pick up time and location.

TAKE PLACE AT THE REAGLE THEATRE IN WALTHAM

-SAVE THE DATE-

TRIPPS

Transportation Resources, Information, Planning & Partnership for Seniors has a number of exciting events coming up in the fall!

Monday, September 11 at 1:00 pm we will do a presentation on the transportation options offered by the Brookline Council on Aging.

Wednesday, September 13 will mark the return of our smartphone drop-in sessions at the Senior Center. We will also host a two-part workshop on ride-hailing (Lyft & Uber), including hands-on practice. Come take a Lyft ride with a friend, even if you don't have a smartphone! Finally, we'll present the second in our series on car-free trips, this one for fall travel and holiday shopping. Look for our special insert in the September newsletter with all the details. As always, if you have specific transportation challenges or questions about getting around, call us at 617-730-2644or info@trippsmass.org.

Missing our regular smartphone drop-in sessions? We have volunteers available who can still help you with one-on-one training in August! Call the TRIPPS line for more information 617-730-2644.

EXERCISE FOLLOWING KNEE AND HIP REPLACEMENT

Join us **on Monday, August 21 at 1:00 pm** as Steve Shain, physical therapist and senior exercise specialist, offers a workshop on improving strength, flexibility, and range of motion after a knee or hip replacement. Please note that there will be floor exercises, so you must be confident in getting up and down from the ground. Please also bring a floor mat as the Senior Center does not have any to loan. Space is limited so please call 617-730-2770 to register.

COUNCIL ON AGING MEETING

The Council on Aging (COA) board is on vacation in August however, the Nominating Committee will meet on Wednesday, **August 9 at 1:00 pm** to consider new members for the board. If you would like to serve on the board or if you know someone you think would make a good member, please contact Ruthann at 617-730-2756 or rdobek@brooklinema.gov. **Our next formal meeting will be on Wednesday, September 13, at 1:00 pm.**

Providence House

Assisted Living at Corey Park

Affordable Assisted Living for Seniors of All Incomes

Providence House at Corey Park is a distinctive senior living community providing a range of life enhancing, person-centered care for seniors of all incomes. We are dedicated to treating our residents, families and staff with respect, dignity and compassion.

To learn more please call Janice Skelley at 617-731-0505 ext.201.

180 Corey Road, Brighton, MA 02135

ELDERACHIEVERS

IN HOME CARE AND ASSISTANCE

We deliver the extra support and assistance you or your loved ones need to continue an independent lifestyle.

111 Perkins St, Boston MA 02130
179 Boylston St, Jamaica Plain MA 02130
T 617-983-0044 www.elderachievers.com

Services:

- Alternative & Holistic Services
- Medication Assistance
- Incidental Transportation
- Home Modification
- Financial Options
- Evaluation Process
- Human Service Associate Direct Care
- Our Commitment to the LGBTQ Community

ZUMBA GOLD

Get in shape and have fun with Zumba Gold at the Senior Center! Join Emily Brenner, our Zumba Gold instructor, on **Thursdays through August 10 from 1:30 -2:30** p.m. Classes are $7 per session and free to Brookline Housing Authority residents thanks to the Brookline Multiservice Senior Center Corp, a 501 ©(3) corporation that supports Senior Center programming.

SUMMER SING WITH THE UKULELE GROUP

Come cool off with some sweet songs! Our fun filled Ukulele Group will return on **Monday, August 14 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!

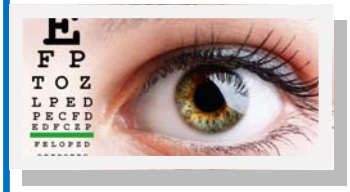
E.L.F. MONTHLY FEATURED ITEMS

The program has some miscellaneous items available, such as knee exercise tools, a blood pressure cuff, a leg lifter, a sensor pad, and a "Squatty Potty." Please call Jamie at 617-730-2753 to request these items or donate other items.

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.**

ICRE INDEPENDENT CLIENTS ACCESSING RIDES TO EYE CARE



The Council on Aging, through the HELP program, is excited to announce a new program in partnership with ITNAmerica, through their generous grant funding. The HELP program will be able to provide free transportation to scheduled eye care appointments in the Greater Boston area. To access, please contact the HELP line at 617-730-2752 at least a week before your scheduled appointment.

FROM THE DIRECTOR

A special thank you goes to our state legislators who worked diligently to maintain funding for elders. We will be awarded in the state formula grant $10.00 per elder in a budget that had much competition. Due to a potential decrease in state revenue the Governor may veto the increase. Watch this space next month for an update. Our legislative team of Frank Smizik, Jeffrey Sanchez, Michael Moran, Ed Coppinger, and Cynthia Creem deserve our gratitude for being strong elder advocates. A special acknowledgement to Jeffrey Sanchez who will be leading the powerful Ways and Means Committee.

Save Wednesday, October 25, on your calendar for our 16th Annual Autumn Benefit. This year we will be honoring Nancy Daly, for her 12 years of service as a Selectwoman. I am proud to announce that once again Beth Israel Deaconess Medical Center is a diamond sponsor having already committed to this event. We are planning a fabulous evening of delicious food and great entertainment. We expect this to be a sellout. Please consider donating at a sponsorship level to support our critical needs.

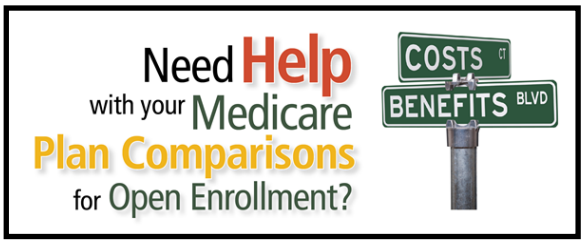
Transportation continues to be a major concern for elders. Our TRIPPS Program can assist you in finding alternative transportation options. Please call Kerri Ann Tester at 617-730-2644 for more information. We are committed to improving our transportation service. One way you can help is by sending a donation to support our Van Fund, which is dependent on your gifts to continue.

While some of our regular classes are on vacation, August still has some great activities here at the Senior Center. Please join us! They include the Springwell BBQ on Tuesday, August 15 (P.7), Camp Memory Connections on Wednesday, August 23 (P. 1), Sacred Spaces, (P.1) and The Poets of Tin Pan Alley (P. 3).

Enjoy the lazy days of August. If you get a chance enjoy recreations outdoor concerts and movie series before you know it, the hectic after-Labor Day season will be here.

Ruthann Dobek, Director

SHINE



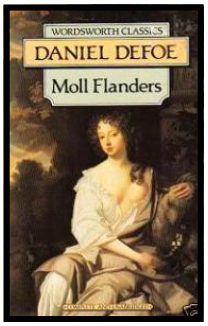
It's that time of year again! If you are enrolled in a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO/ PPO), you should be mailed an information packet from your plan by the end of September. It is important to **understand** and **save** this information because it explains the changes in your plan for 2018. Premiums, deductibles, co-pays, and the drugs covered by your plan can change significantly!

During the annual Medicare Open Enrollment, you will have a chance to CHANGE your plan for next year. SHINE Counselors can help you understand your plan changes, as well as other options you may have. Call now to schedule your SHINE appointment any time during the Open Enrollment from **October 15 through December 7!**

Trained SHINE volunteers offer free, confidential counseling on all aspects of Medicare and related health insurance programs. To schedule a SHINE appointment, call your local Senior Center. For other SHINE related matters, call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Once you get the SHINE answering machine, leave your name and number. A volunteer will call you back, as soon as possible.

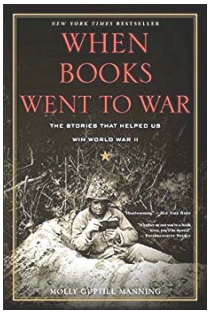
BOOK DISCUSSION GROUP AT THE PUTTERHAM LIBRARY

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



August 21
Moll Flanders
By Daniel Defoe

September 18
The Summer Before the War
By Helen Simonson



October 16,
When Books Went to War: The Stories That Helped Us Win World War II
By Molly Guptill Manning

November 20
LaRose
By Louise Erdrich

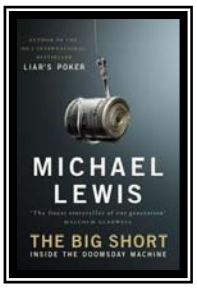
December 18
A Man Called Ove
By Fredrik Backman

PUBLIC ISSUES NONFICTION BOOK DISCUSSION GROUP

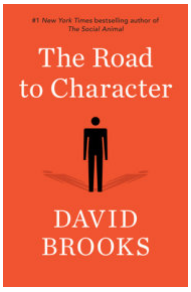
At the Senior Center

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.**



August 22
The Big Short: Inside the Doomsday Machine
By Michael Lewis (W.W. Norton & Company, Inc.)



September 26 ***The Road to Character***
By David Brooks (Random House, Inc./Bertelsmann

October 24
Nothing is True and Everything is Possible: The Surreal Heart of the New Russia
By Peter Pomerantsev (Public Affairs/The Perseus Books Group)

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

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 revolving bridge game a try.

Israel, Van Kooy & Days, LLC

Laurie Israel, Esq.
617-277-3774
e-mail: lisrael@lvkdlaw.com
web: www.ivkdlaw.com
Coolidge Corner

Wills • Probate • Trusts • Estates

Home Is Still The Best Place

- Appointment Escorts
- Meal Preparation
- Companionship
- Light Housekeeping
- Shopping & Errands

Call for a free, no-obligation appointment or brochure:
Waltham 781-314-0153

Home Instead SENIOR CARE
With a little help from a friend.

Each Home Instead Senior Care franchise office is independently owned and operated. homeinstead.com

Chestnut Hill Ride/ Chestnut Hill Errands & More

Friendly, Reliable, Affordable

Errands & Transportation Services

A Family owned and operated and committed to make your life easier and less hectic

617 – 874 - 0487
www.chestnuthillerrands.com

BROOKLINE FARMERS MARKET

On **Thursdays through October 30** the Brookline Farmers Market will be open from **1:30 pm until dusk**, rain or shine. Check out the locally grown food items at the Center Street west paring lot.

COMING SOON

CONTRA DANCING IN THE BALLROOM DATE TO BE ANNOUNCED

Join us for live music and light refreshments! Instruction at 7:00 pm. Dancing from 7:30-9:30 pm. Singles are encouraged to join us. Tickets will be $7.00 each. The event is sponsored by The Brookline Senior Center and the Brookline Council on Aging and the generous support of Chobee Hoy Associates.

Please watch the TAB and the September Newsletter for Date of this event.

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-

BROOKLINECAN 2017 ANNUAL MEETING & RECEPTION

The Annual Meeting will be on **Thursday, September 14 from 5:00 to 7:00** pm. at the Brookline Senior Center at 93 Winchester Street.

- 5:00-6:15 : Expo– explore, network, enjoy food & drink
- 6:15-7:00 Awards Ceremony and Keynote by Judith Gonyea, professor, Boston University

RSVP: Brookline2017@BrooklineCan.org or call 617-730-2770

A TRIBUTE TO TOLERANCE: WALKING THE WALK TOGETHER

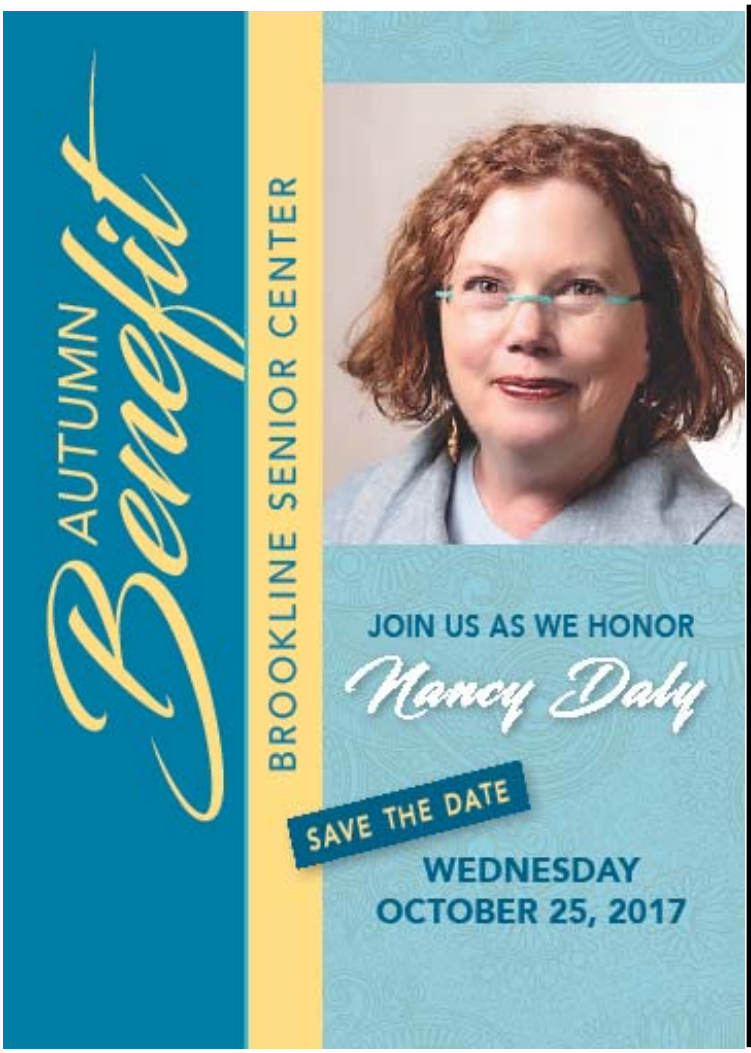
Join us on **Monday, August 28 at 1:00 pm** for our annual Tribute with host, Eve Soumerai and friends of all ages. This interactive, intergenerational tribute will "honor" Anne Frank, MLK Jr., Mark Twain, the Dalai Lama, and Felisa Rincon de Gautier. Copies of the script will be available and we encourage members of the audience to be a part of our "chorus." To register, please call 617-730-2770.

DANCE PARTY USA!

Join us **on Wednesday, August 30 from 6:30-8:30 pm.** as our old friend, DJ Tommy spins your favorite tunes and of the '50's, 60's, and 70's. Put on your dancing shoes and get ready to boogie the night away! Light refreshments will be available. This event is co-sponsored by Center Communities of Brookline and the Brookline Senior Center. Registration is required. Residents of Center Communities of Brookline can sign up at their buildings (100 and 112 Centre Street and 1550 Beacon Street). Everyone else wanting to join in the fun can register by calling 617-730-2770.

BE A LIFESAVER

Have you seen the beautiful T-shirt quilt that is hanging in the Coffee Lounge at the Center? We have coined it "Lifesavers" and it is the culmination of Barbara Jackson's 40 years as a Red Cross Blood Bank nurse. Barbara is passionate about the importance of blood donation and she will be here on **Thursday, August 17 at 1:00 pm** to share her expertise. Barbara will present on the composition of blood and how the different components of the blood are broken down and used to benefit others. She will also provide the five most important reasons to donate blood. After the presentation, be sure to take a peek at the quilt! To register, please call 617-730-2770.



SPONSORSHIP LEVELS

Diamond—$2,500 8 tickets to event, acknowledgment in the invitation and a full page ad in the program book.

Ruby—$1,000-$2,499 6 tickets to event, acknowledgment in the invitation and a full page ad in the program book.

Sapphire—$750-$999 4 tickets to event, acknowledgment in the invitation and a half page ad in the program book.

Emerald—$500-$749 2 tickets to event, acknowledgment in the invitation and a half page ad in the program book.

Topaz—$300-$499 2 tickets to event, acknowledgment in the invitation and a business card size ad in the program book.

Individual tickets are available for $100 and $65 for seniors. Kindly respond by Friday, August 18 to be included in the invitation & program book, Contact Ruthann Dobek 617-730-2756 or rdobek@brooklinema.gov

TAXI RIDES TO MEDICAL APPOINTMENTS

Springwell will be offering rides from two local taxi companies for medical appointments until **September 30, 2017.**
There is no charge for the taxi ride but riders may voluntarily contribute a donation towards the cost of the service.

ELIGIBILTY:

- Must be 60 years of age or older.
- Individual must reside in Brookline, Belmont, Needham, Newton, Waltham, Watertown or Weston.
- Individual must be fairly independent with mobility and get in and out of a taxi with minimal assistance.
- Location of medical appointment must be outside the town of residence.
- Medical appointments must be on the approved list of destinations.

RESERVATIONS:
Must be make at least **3 business days before the appointment. Call SPRINGWELL at 617-926-4100.**

BROOKLINE ADULT EXCURSIONS

Newburyport-Newburyport Ma.
Tuesday, August 1 from 10:00 am-5:00 pm.
Enjoy this coastal city in Essex County boasting delicious restaurants and store boutiques. The day is yours to explore this quaint seaside town. The trip includes transportation.
Cost: Residents $20 Nonresidents $27

Assembly Row-Somerville
Thursday, August 17 from 11:00 am-3:00 pm.
Cost: Residents $16 Nonresidents $22

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).

CONSIDERATION OF MEDICAL MARIJUANA USE FOR SENIORS

Join us on **Monday, August 14 at 1:00 pm** as Dr. Jennifer Rhodes-Kropf, Harvard faculty member; Internist, Geriatrician, Hospice and Palliative Medicine and Pain Specialist of Brookline will discuss Medical Marijuana for seniors.

Dr. Rhodes-Kropf will talk about indications for trial of medical marijuana, selection of medical marijuana strains, and side effects for monitoring. Space is limited so please call 617-730-2770 to register.

Mount Auburn Lifeline
Medical Alert & Medicine Dispensing Services
Maintain independence with dignity, at home . . . and on the go!

Philips HomeSafe gives you the reassurance of having quick access to help around your home with a push of a button.

Philips HomeSafe with AutoAlert fall detection automatically places a call for help if it detects a fall and you cannot push your help button when around your home.

Philips GoSafe with AutoAlert fall detection provides access to help both at home . . . and on the go.

A program of
Mount Auburn Hospital
Member of
CareGroup™

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

For More Information please call:
617-499-5525

WATERSTONE
AT THE CIRCLE
Cleveland Circle's New Community for Independent Urban Seniors

OPENING EARLY 2018 | ALL-INCLUSIVE
MONTHLY RENTALS IN THE FORMER HOME OF THE CIRCLE CINEMA

With a focus on Continued Wellness of Mind, Body, and Soul, our Residents will Enjoy

Beautifully Designed One and Two Bedroom Apartments with Natural Light and Open Floor Plans

Vibrant Cultural, Educational and Social Events

Chef-Inspired Meals – Healthy, Delicious and Creatively Prepared

Health Club with Spa Pool Staffed by Train Boston® Fitness & Aquatic Instructors

Private Resident Car Serviceand Weekly Housekeeping Service

24-Hour On-Site Concierge for your Convenience Safety and Security

Call Today to Visit our Pre-Opening Welcome Center
617.996.7776

WATERSTONE
AT THE CIRCLE

PRE-OPENING WELCOME CENTER
2001 Beacon Street, Suite 208
Boston, MA 02135

WaterstoneAtTheCircle.com
(Mass Relay 711)

AUGUST 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, August 15 we celebrate August birthdays at the monthly Birthday Lunch. The sponsor of this lunch has happily provided a complimentary lunch and a small gift to all August 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.

PROUD TO SUPPORT THE
BROOKLINE SENIOR CENTER

BrooklineBank
BrooklineBank.com
Member FDIC

LUNCH MENU

Menu's are available at the Senior Center, on the Website or you may call at 617-730-2770.

Specials:

Tuesday, August 8 Summer Special Chicken Breast w/Sautéed Vegetables, Rice Pilaf, Tossed Garden Salad w/Lite Italian Dressing. Garlic Dinner Roll and Strawberry Shortcake with Topping

Tuesday, August 15 Springwell's Annual BBQ Hot Dog & Hamburger w/Ketchup, Mustard & Relish, Potato Salad, Cole Slaw, Refreshing Beverage and Watermelon Sliced. Remember to call 617-730-2747 the weekday preceding the day on which you want to have lunch.

LET'S GO OUT TO LUNCH BUNCH

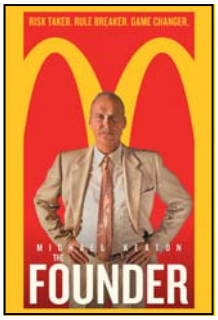
Out to Lunch Bunch will dine at Vine Ripe Grill at the Robert T. Lynch Golf Course 683 VFW Parkway 617-327– 0898 on **Tuesday, August 29 at 12:00 noon.** This year there will not be a buffet. We will sit on the outside porch, weather permitting. The van will leave the Senior Center at **11:30 am sharp!** For reservations and transportation, call 617-730-2770.

LIVING OUR VALUES

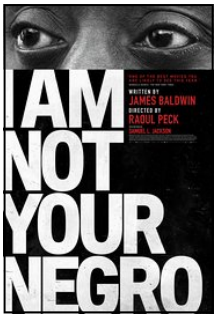
This group meets at the Senior Center on **Wednesday mornings from 9:00 to 10:00 am.** Facilitator, Tom Faulhaber uses current events and issues as triggers for discussion at meetings. Hone your values in this age of controversy and conflict.

MOVIES FOR FILM LOVERS

Come to the Senior Center on **Tuesdays in August at 1:00 pm** for a fine feature film. Make a reservation for lunch and make an afternoon of it.



Tuesday, August 1
The Founder (2016)
1hr. 55min.
The story of Ray Kroc, a salesman who turned two brothers' innovative fast food eatery, McDonald's, into one of the biggest restaurant businesses in the world with a combination of ambition, persistence, and ruthlessness.
Stars: Michael Keaton, Nick Offerman and John Carroll Lynch



Tuesday, August 8
I am Not Your Negro (2016)
1hr. 33min.
Writer James Baldwin tells the story of race in modern America with his unfinished novel, Remember This House. In 1979, James Baldwin wrote a letter to his literary agent describing his next project, "Remember This House." The book was to be a revolutionary, personal account of the lives and assassinations of three of his close friends: Medgar Evers, Malcolm X and Martin Luther King, Jr. At the time of Baldwin's death in 1987, he left behind only 30 completed pages of this manuscript. Filmmaker Raoul Peck envisions the book James Baldwin never finished.

Tuesday, August 15
No Movie, Springwell BBQ See (P. 17)

FREE FRIDAY FLICK

NOTE: DATE CHANGE Friday, August 18 at 3:00pm
BEAUTY AND THE BEAST (2017) Light summer refreshment will follow. (See P. 23 for more information). Call 617-730-2770 to register.

Tuesday, August 22
Brigadoon (1954)
1hr. 48min.
Two Americans on a hunting trip in Scotland become lost. They encounter a small village, not on the map, called Brigadoon, in which people harbor a mysterious secret, and behave as if they were still living two hundred years in the past.

Tuesday, August 29
Arrival (2016)
1hr. 55min.
Linguistics professor Louise Banks leads an elite team of investigators when gigantic spaceships touch down in 12 locations around the world. As nations teeter on the verge of global war, Banks and her crew must race against time to find a way to communicate with the extraterrestrial visitors. Hoping to unravel the mystery, she takes a chance that could threaten her life and quite possibly all of mankind.

EASY TRAVEL

Join us on **Thursday, August 3 at 1:30 pm** as we travel to Germany with Louis Ostermayer! Louis is participating in a year of volunteer service at Center Communities of Brookline (CCB) through the Action Reconciliation Service for Peace program. Louis will talk about the region around his hometown in southern Germany, including the Alps and Munich. We hope to see you there!

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 August we will meet on the 19th 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-

ANNUAL HOLIDAY CRAFT FAIR MEETING

It's that time of year again! Time to start planning for our Annual Holiday Craft Fair in November. Our next meeting will be held at the Senior Center on September 21 **at 1:00 pm a**nd all are welcome. The proceeds from the Craft Fair help to support many of the programs and services that we provide throughout the year. So let's make this our most successful year yet!

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)

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

Center Communities of Brookline
Hebrew SeniorLife

AUGUST AT A GLANCE

Tuesday, August 1
10:00am-5:00pm Brookline Adult Excursions-Newburyport Ma.*
1:00pm Movies for Film Lovers-Founders
Wednesday, August 2
9:00am-12:00 noon Brookline Legal Assistance Bureau
6:00pm Brookline Summer Concert-Kalifa & Koliba Afro-Pop*
Thursday, August 3
11:00amAsk A Nurse
1:30pm Easy travel to Germany
1:30-2:30pm Zumba Gold ($7/class; Free to BHA)
Monday, August 7
1:00pm The Poets of Tin Pan Alley***
Tuesday, August 8
12:00noon Springwell Summer Special Lunch***
1:00pm Movies for Film Lovers-I Am Not Your Negro
Wednesday, August 9
1:00pm Boston Hidden Sacred Spaces***
1:00pm COA Nominating Committee Meeting
1:00-2:00pm Blood Pressure Clinic at Sussman House*
6:00pm Brookline Concert Series-All in the House Cappella*
Thursday, August 10
1:30-2:30pm Zumba Gold ($7/class; Free to BHA)
Friday, August 11
1:00pm Evelyn Berde Gallery Talk
Sunday, August 13
2:00pm Theatre Club "42nd. Street" ***/*
Monday, August 14
1:00pm Consideration of Medical Marijuana for use for Seniors***
1:00-2:30pm Ukulele
Tuesday, August 15
12:00noon Birthday Lunch***
No Movie due to Springwell BBQ***
Wednesday, August 16
1:00pm Low Vision Peer-Led Support Group
Thursday, August 17
11:00am-3:00pm Brookline Adult Excursions-Assembly Row*
1:00pm be a Life Saver***
1:00-2:00pm Brookline Hearing Services
1:00-2:00pm Blood Pressure Clinic
Friday, August 18
3:00 pm Free Friday Flick-BEAUTY AND THE BEAST (2017)***
Saturday August 19
LGBT Out 2 Lunch Bunch888?8
Monday, August 21
1:00pm Exercise Following Knee & Hip Replacement***
2:00-3:00pm Putterham Book Group-***Moll Flanders****
Tuesday, August 22
9:00-10:00am Public Issues Book Group-The Big Short
1:00pm Movies for Film Lovers-Brigadoon
Wednesday, August 23
11:00am-2:00pm Camp Memory Connections***/*
1;00-2:00pm Blood Pressure Clinic 61 Park Street*
Thursday, August 24
9:30am-2:15pm Norfolk Superior Courthouse Tour***
Friday, August 25
Monday, August 28
1:00 pm Annual Tribute to Tolerance: with host, Eve Soumerai***
Tuesday, August 29
12:00noon Let's Go Out to Lunch Bunch-Vine Ripe Grill***/*
1:00pm Movies for Film Lovers-Arrival
Thursday, August 3
6:30-8:30pm Dance Party USA with Tommy Bahama DJ ***

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 ***
10:30-11:30 Senior STRETCH **
12:00 noon Springwell Lunch***
12:30-3:30 pm Mah Jongg/Scrabble
2:00-4:00pm Open Computer Lab

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 Membership 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 membership required
9:30-11:45am Basic Drawing ***
9:30 Art for Pleasure Class ***
10:30 am Arthritis Exercise ***
10:30 am and 1:30 pm Knit and Crochet
11:00-1:00pm TRIPPS office hours
12:00 noon Springwell Lunch ***
12:00-1:00 pm Intermediate Spanish***
12:30-3:30 Mah Jong
1:00-3:00 Chess
1:15-2:15 pm Beginning Spanish Class***
2:30 pm Spanish Immersion Conversation Group***
2:00-4:00pm Open Computer Lab

Friday

8:30 am-4:30 pm Fitness Center Open-Membership required
9 :00 am Bridge
9:00-12:00 noon Reiki Therapy ***
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.brooklineadulted.org to register
*** Registration Required

GALLERY 93

Hours:
Monday-Friday
8:30-5:00
July 5-August 31

A Passion for Color by Evelyn Berde

EVELYN BERDE GALLERY TALK

Join us on **Friday, August 11 at 1:00 pm** for a gallery talk with artist, Evelyn Berde. Evelyn grew up in the old "West End" of Boston, a neighborhood of European, African-American and Latin immigrants. Red brick buildings, smoke stacks, the Mass. General Hospital, and amazing, lively people filled the neighborhood. On her trips to the market, the sounds, smells, and images inspired her - the sawdust on the butcher's floor, the whistling, gigantic teapot in Scollay Square, the trees on the Boston Common, and the colorful languages she heard every day.
As a result, Evelyn brings much of her life experiences to each painting. Her work resembles a patchwork of her childhood and adult life, as an artist, mother, wife, and teacher. We are so pleased that Evelyn is willing to share some of her memories and stories with us and we hope to see you there. To register, please call 617-730-2770.

NORFOLK SUPERIOR COURTHOUSE TOUR

Join us on **Thursday, August 24** for a tour of the Norfolk Superior Courthouse, courtesy of Norfolk District Attorney Michael Morrissey. The tour will include a viewing of a criminal court session, and a meet and greet with court staff and a District Attorney employee. Transportation from the Brookline Senior Center will be provided by Sheriff Michael Bellotti. Van will leave the Senior Center at 9:30 am sharp and will return to the Senior Center by approximately 2:30 pm. A pizza lunch and bottled water will be provided, but please feel free to bring along your own lunch if you would like. There are elevators and ramps available, but there may be a fair amount of standing and walking involved so please plan accordingly. Space is limited so call 617-730-2770 to register.

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.

FREE FRIDAY FLICK

Friday, August 18 at 3:00pm
BEAUTY AND THE BEAST (2017) In this live action version of the Disney adapted animated feature, young Belle yearns to escape her ordinary existence -- and her village's boorish suitors -- until she becomes imprisoned in the castle of a monstrous prince. The wonderful, fun musical numbers are sure to charm people of all ages so feel free to bring along the little ones in your life. Light summer refreshment will follow. Call 617-730-2770 to register.

VIBRANT ASSISTIVE TECHNOLOGY PROGRAM

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

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

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.

-SAVE THE DATE-

ALZHEIMER'S WALK

The 2017 Alzheimer's Walk will be held on Sunday, September 24th. Everyone knows someone with Alzheimer's. Please help fund research on this disease by signing up for the Brookline Senior Center Alzheimer's Walk team. Put your walking shoes on and get donations from your friends and families. You can walk either 1 ½ or 3 ½ miles while enjoying a lovely view and visiting with friends. Transportation will be provided to and from the Senior Center. While the walk is not until September, it is never too early to start collecting donations. To sign up please contact Patricia, Volunteer Coordinator at 617-730-2743 or **pburns@brooklinema.gov**.

With BAYADA Home Health Care...

"I found the perfect match for extra help at home."

– Mary Lou P., Client

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

With a broad range of services and a team of professionals who are committed to keeping people of all ages safe at home, BAYADA provides:

- Assistive care and support services
- Carefully screened care professionals
- Support 24 hours, 7 days

BAYADA® Home Health Care

617-332-7600
www.bayada.com

Compassion. Excellence. Reliability.

Your Attorneys for Wills, Probate, Medicaid/Long Term Care & Gift and Estate Tax Planning

WADE HOROWITZ LaPOINTE LLC

1309 Beacon Street, 2. Fl.
Brookline, MA 02446
617-738-1919
www.wadehorowitz.com

$100 Discount!
Applies to Will package or to Initial Conference

COUPON

FROM THE BOARD PRESIDENT

The Senior Center's 16th Annual Autumn Benefit will be held on **Wednesday, October 25 at 6:00 pm.** This year we are honoring Nancy Daly after 12 years of faithful service to the town and especially seniors.
The evening will include great food, raffles, and entertainment. Proceeds will go toward services important to Brookline Seniors.

Sponsorships are welcome from individuals, companies, and nonprofit organizations (For more information, contact Ruthann Dobek at rdobek @brooklinema.gov or 617-730-2756. We also welcome gift certificates, merchandise, and services to be raffled.

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

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

Landmark at Longwood
Gracious Independent, Assisted & Memory Care Living
Please call to schedule your free lunch and tour!
Landmark at Longwood
63 Parker Hill Ave., Boston, Ma
www.landmarkSeniorLiving.com
617-975-0110
617-975-0110
LANDMARK SENIOR LIVING COMMUNITIES LONGWOOD

ONE-ON-ONE COMPUTER SESSIONS

Are you computer phobic or just need some tech assistance? Have you tried a computer class but are still frustrated with using technology? Do you have questions about setting up email, using your laptop, tablet, SmartPhone, or navigating the internet? We have computer volunteers available to help you on Tuesday afternoons.

Fran Pechenick, a longtime computer volunteer, helps with computer basics, email and navigating the internet. Dan Siagel, is able to help people from basics to the more complex for their Smartphones, laptops and Tablets including Apple Windows or Android operating systems.

Appointments are necessary. Please call Olga Sliwa at (617) 730-2768 for more information or to book an appointment.

Well Done Cleaning
Vivi Nogueira
207 Washington St. #657
Brookline, MA 02445
welldoneclean@hotmail.com
Professional customized house cleaning to meet all your household needs. 10% discount for Brookline Seniors. Call 875-318-9076 for a FREE estimate.

SAUL J. FELDMAN, Esq.
saul@feldmanrelaw.com
ANGEL K. MOZINA, Esq.
angel@feldmanrelaw.com
FELDMAN LAW OFFICE
REAL ESTATE CLOSINGS
starting at $750
617 523-1825

THE MIND TRIAL

Because Memories are worth fighting for

If you are between the ages of 65-84 with a family history of Alzheimer's and a BMI over 25 call us at 617-998-6333. We are seeking participants for a 3-year research study, designed to compare two weight loss diets and their effects on brain health and cognitive decline. Participants will be enrolled in a weight loss program that uses lifestyle and behavior changes to help you lose weight and live healthier. Harvard School of Public Health

BROOKLINE RECREATION SUMMER CONCERT SERIES

Family and friends can gather for an evening of good friends and great entertainment at **6:00 pm at Cypress Park.** Bring a picnic basket, your lawn chair, and a group of people eager to have a good time, then sit back, and enjoy a variety of music including pop, folk, oldies, bluegrass, country and rock. In case of inclement weather, cancellations will be made by 3:00 p.m. the day of the performance. Check online or call 617-730-2069.

Wednesday, August 2
Kalifa & Koliba Afro-Pop
Wednesday, August 9
All in the House A Cappella

TUESDAY MORNING DANCE PARTY

Modern Dance is now **Tuesday Morning Dance Party!** Join instructor, Lynn Modell **every Tuesday morning from 11:00-11:45 am** for the same great fun and dancing. All for a suggested donation of $2 per class. **NOTE: NO CLASS ON AUGUST 1**

CYPRESS AUTOMART
USED CAR DEALERSHIP
A DIVISION OF AUDY'S MOBIL
proudly serving Brookline & surrounding areas since 1973
Village Mobil
345 Boylston St.
617 738 4706
Harvard St. Mobil
198 Harvard St.
617 734 6810
1996 Business of the Year
www.cypressauto.com www.mobilstations.com/audys

SPOTLIGHT ON SENIOR CENTER VOLUNTEERS

COREY COHEN: Corey has just finished his 3rd year as a volunteer with the Brookline Senior Center. He helps out in the lunch program setting tables for the many seniors who enjoy the lunches and also works in the Food Pantry every Tuesday. He has helped by taking tickets as shoppers enter; bagging apples and helping shoppers select items and get them into their shopping cart.

Corey also works at Trader Joe's in Coolidge Corner where he makes sure the shelves are neat and stocked, sweeps the aisles and breaks down boxes. Outside of the Senior Center and Trader Joe's, Corey enjoys playing softball, participating in exercise classes, dancing and bowling. He also checks in each evening with his mom, shares highlights of his day and reminds his mom to take her medication. Corey says that he likes coming to the Senior Center because he loves the people who help him a lot! What a great son, worker, volunteer and example of customer service!

SUPPORT THE SENIOR CENTER

SUBSCRIBE or RENEW: *SENIOR NEWS & EVENTS*

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

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

Not Yet a Subscriber? Sign up Now! Don't miss a single issue! Fill out the form below and mail to the Brookline Senior Center with your $10 check.

Current Subscriber? Check the date that is printed next to your name on the address label on the back page. If the date is 30 days or less away, use the form below to renew.

NEWS & EVENTS – Subscription Form - $10/year

__ YES! I would like to ___Subscribe ___ Renew my subscription to *Senior News and Events.*

__ I am including a contribution for the following amount: $_____

Name(s) _____

Street Address _____

City/State/Zip _____

E-Mail _____ Phone(s) _____

Please mail this form with your check payable to "Brookline Senior Center" to Brookline Senior Center, 93 Winchester St., Brookline MA 02446

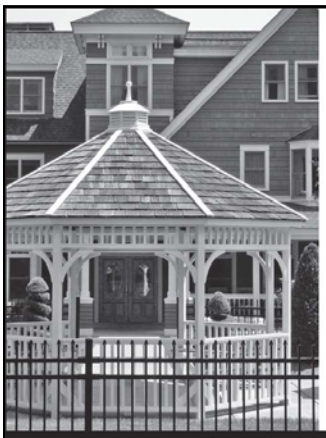
SUPPORT THE BROOKLINE SENIOR CENTER

Help BROOKLINE's SENIORS age with dignity and respect

Use the form above. OR Donate Online via PayPal at
www.brooklineseniorcenter.org

The Brookline Senior Center is a 501(c)(3) non-profit organization. Your gift is tax-deductible to the full extent of the law.

IF YOUR SUBSCRIPITION IS HIGHLIGHTED IN YELLOW PLEASE RENEW



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

Lance Chapman
617.731.8500 x105
www.goddardhouse.org

GODDARD HOUSE IN BROOKLINE
The Recipe for Living

Assisted Living *in Brookline*

Moving? Downsizing?

the move maven

Call Karen Zweig for a free consultation!

617.455.1964
karen@movemaven.com

REAP

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 transferable 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.

GREATER BOSTON FOOD BANK FOOD COMMODITY PROGRAM RE-APPLICATION

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 at 93 Winchester Street, Sussman House at 50 Pleasant Street and O'Shea House at 61 Park Street on the 3rd Wednesday of each month.

Each year, currently approved participants will need to fill out their application and proxy form in order to continue receiving food. These forms and an explanatory letter will be sent to you shortly. Please fill the forms out and return them to Patricia @ the Brookline Senior Center right away in order to prevent a lapse in your food delivery. If you have questions or are interested in applying for or finding out more about the program, please call Patricia at 617-730-2743

AUGUST SPOTLIGHTED VOLUNTEER OPPORTUNITIES

This month's spotlighted opportunities include, backup for the Information Desk, Food Commodity Program on 3rd Wednesday of each month (we will need Russian and Chinese interpreters both mornings and afternoons, and we need people able to help with phone calls and/or lifting 30-35 lbs. in the morning), 1-on-1 assistance for seniors with their Smartphones and other technology.

NEW THIS MONTH – We need a TRIPPS social media specialist (most of this position can be done from home and could be job-shared).

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

ANNUAL VOLUNTEER FILE AUDIT

We are well into the process of our annual volunteer file audit. Check your mail! We have been and will continue to send mailings out for any missing or very outdated forms from YOUR particular volunteer file. Keeping our records up-to-date is a requirement of the Town of Brookline and must be taken seriously. The mailing will include a self-addressed envelope to either mail or drop off for Patricia, the Volunteer Coordinator in her mailbox on the 2nd floor or in her office. Any questions, or if you need a new copy of the forms, please contact her at 617 730 2743 or pburns@brooklinema.gov.

ARE YOU A BROOKLINE RESIDENT AGED 55-75?

Are you willing to participate in a focus group to share your thoughts about your needs and interests? New Choices is a committee working with the Senior Center to explore ways to provide programming that appeals to Brookline residents in the 55-75 age group. We will be holding focus groups across Brookline in advance of conducting a survey. Our focus groups will help shape and narrow the scope of our survey. The 90-minute focus groups will be held in several Brookline locations in August. Space is limited.

If you are willing to participate, please RSVP to newchoicesbrookline@gmail.com indicating:1) your name, 2) contact information and 3) your preference for a weekday/day, weekday/night, weekend/day or weekend/night focus group.

REIKI THERAPY

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

Akemi Minami, certified Reiki therapist, offers individual, 25-minute appointments to Brookline seniors age 60 and older and Senior Center volunteers on **Tuesdays from 9:00 am to 12:00 noon and on Fridays from 1:00-4:00 pm during August and September** 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.

PATHWAY HOME REALTY GROUP
THERE'S NO PLACE LIKE HOME...

Where Your Move is the Only Move that Matters!

We provide our clients with the information, advice and support to make positive real estate decisions.

Judy Moses, Broker/Owner
ABR, CRS, ePro, GRI, PMN

WHAT DRIVES US:

- We're a small company with a big heart.
- We put the needs of our clients before our own and only associate with people who are committed to that.
- We don't tell people what they want to hear. We tell them the truth.
- 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. *-Dd, 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*

1359 Centre Street, Newton | 617.969.6188 | PathwayHome.com

THANK YOU

Annual Appeal Donors:

Cornelia van der Ziel
Bay State Federal Savings Charitable Foundation
Leonard A. Weiss
Mark S.. Coven
Margaret H. McKinney for the TRIPPS program
Dina Oliver supporting the elderbus
Elaine Wong
Susan Sacks
Anne Levin
Robert Sprague
Waneta West
Jane Kaiser
Frank Olney
Louise Lonabocker
Regina Healy and Robert Sloane
Ada and William White
Linda Nachinoff
Judith Ann Schickedanz for the LYFT program
Charles Broh
Mary W. Haas
Vera Brent for the Senior Center Ride
Sumner Levine
Allan and Ann Sutherland
Ralph Perkins
Herbert L. Shivek
Lily L. Edelstein

In Honor of:

Margaret H. McKinney
honoring the Food Program
Frances Pechenick
honoring Nick
Mary W. Haas
honoring Tax Preparation program
Sue Katz
honoring Elle Kaplan
Anonymous
honoring the Senior Center programs

In Honor of:

Claire Yung and the Chinese Mah Jong group
honoring the Chinese Mah Jong program
Shirley Partoll
honoring Olga Sliwa
V. Celia Lascarides
honoring Carol Malinowski
Barbara Sloet *honoring*
Sharon Devine

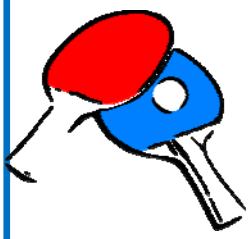
In Memory of:

Phyllis Stock by the family of Phyllis Stock
Her dear Peggy by Margaret H. McKinney
Arlene Stern by Rev. George Chapman

BrooklineCAN Donors:

Ken & Marthajoy Aft, Laura Alspaugh, Linda Amir, Laura Baber, Ellen Bick, Robert Blake, Anita Breslaw, Margaret Cain, Louis Chow, Barbara Cone., Naomi Cotter, Nancy Daly, Wendy Darland, John Dempsey, Michael & Kitty Dukakis, Thomas Faulhaber Doris & Saul Feldman, Marion & Stan Freedman-Gurspan, Shari Gershenfeld, Rhonda Glyman, Emanuel Howard & Julia Herskowitz, Reva Katz, Judy Klayman, Ellie Ladino, Ann & Robert Lees, Judith Mir, Jackie Liederman, David Ludlow, Ann Stitt, Harry Margolis, Bea Mikulecky, Dick & Lucy Robb, R.K.(Shelley) Schwartz, Carol Seibert & Lou Crimmins, Aaron & Ruth Seidman Judith Sher, Rita Shon-Baker, Priscilla Smith, Robert Sprague, Star Market (Brookline), Stop & Shop (Brookline), Ruth Wolf, Ann & Allan Sutherland, Trader Joe's (Brookline), Wegman's (Chestnut Hill) Ellen & Matt Weiss, Karen Zweig, Beverly Zibrak , Claire Willis & Thalia Verros, Whole Foods Market (Brookline), Roberta Winitzer

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.

WALKING CLUB

Nature Explorations in Our own Backyard

This inclusive program welcomes people with dementia and their care partners. Included is: A complimentary lunch at Goddard House or at site, transportation or you are welcome to meet us at the site, (the Shuttle from Brookline Senior Center to Goddard House leaves at 9:30 am). For Shuttle reservations call the Senior Center at 617-730-2770. Rides are available back to Senior Center after lunch at Goddard House. For directions and to confirm meet-up with us at site and for general info, call Goddard House at 617-731-8500.

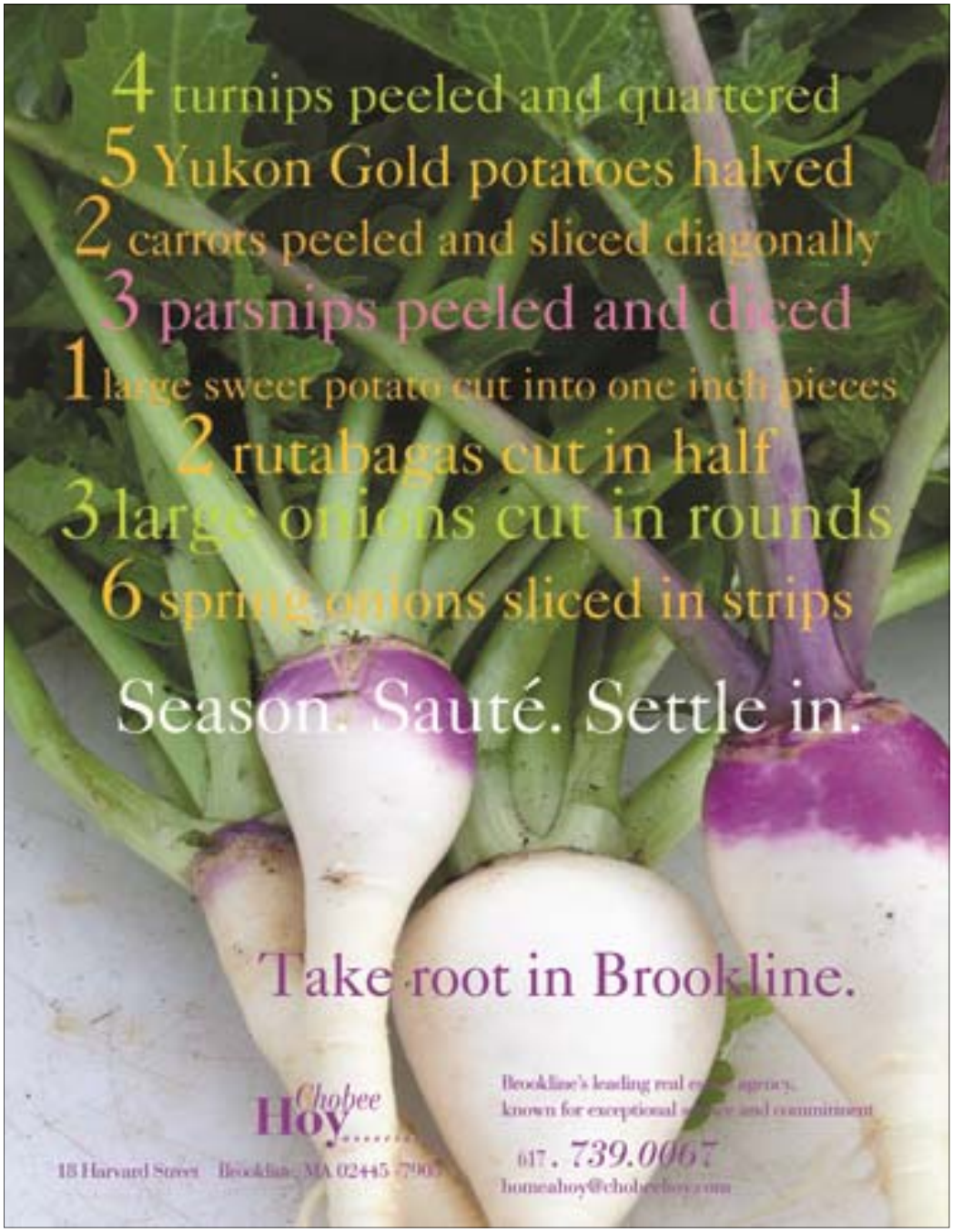
Friday, August 18 Gardner Museum (Register by August 15)
Friday, September 22 Habitat Nature Sanctuary, Belmont (Register by September 19)

Sponsored by: Goddard House Assisted Living and the Brookline Council on Aging

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.

Brookline Senior Centers Corporation
93 Winchester Street
Brookline, Massachusetts 02446

PREST STD
US POSTAGE PAID
BOSTON MA
PERMIT NO 55181

OR CURRENT OCCUPANT