

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



MAY 2013



Council on Aging Information Hotline

617 730 2777 617 730 2778

Senior Center Van

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Brookline Council on Aging

www.brooklinema.gov

www.brooklineseniorcenter.org

Brookline Community Aging Network

www.BrooklineCAN.org



HIGHLIGHTS

Learn about keeping healthy at the Rethink Your Health Wellness Expo on May 2. See p. 3.

Help plant the new raised beds at the back of Senior Center with the Gardening group on May 8. See p. 21.

Join the Newcomer's Group, starting on May 8. See p. 12.

Be updated on Estate Planning Strategies on May 15. See p. 27.

Shop at IKEA and the Christmas Tree Shops on May 23. See p. 10.

Enjoy the annual public reading of the Telling Your Story seminar on May 22. See p. 9.

Come to "A Taste of Israel" on May 29. See p. 11.

OLDER AMERICANS MONTH

Since 1963, Brookline has joined with communities across the nation to celebrate Older Americans Month—a proud tradition that demonstrates our nation's commitment to recognizing the contributions and achievements of older Americans. This year's theme—*Unleash the Power of Age*—has never been more fitting. Older Americans are productive, active, and influential members of society, sharing essential talents, wisdom, and life experience with their families, friends, and neighbors. (From the US Dept. of Health and Human Services Administration on Aging)

The Senior Center strives to provide Brookline's senior community with many and varied activities and events to enjoy. In addition to our regular programs to engage the body—Zumba, our Fitness Center, Reiki therapy, and so forth—and the mind and spirit—discussion groups, concerts, movies, drawing, and writing—an amble through the pages of any monthly *Senior News & Events* will reveal many more special events and programs.

Of very special interest in May is our first senior health fair—the *Rethink Your Health Wellness Expo*. See p. 3 for more details on this momentous event!

And May's issue of the *Senior News & Events*, for example, is chock full of other special, great stuff: a poetry reading by Seasoned Voices (see p. 9), the Newcomer's group (see p. 12), Telling Your Story's public presentation (see p. 9), a special Senior Center trip to IKEA and the Christmas Tree Shops (see p. 10) and much, much more—read on and enjoy.

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<p>The Town of Brookline Senior News & Events BROOKLINE COUNCIL ON AGING (COA)</p>

<p>Ruthann Dobek <i>Director, Council on Aging/Senior Center</i></p> <p>Julie Washburn <i>Program Manager, Council on Aging/Senior Center</i></p> <p>Judith Gimple <i>Newsletter Editor and Publisher</i></p>
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The Town of Brookline Senior News and Events is published monthly by the Brookline Council on Aging, 93 Winchester Street, Brookline, MA 02446.

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

RETHINK YOUR HEALTH WELLNESS EXPO

Join us at the Senior Center on **Thursday, May 2, from 10:00 am to 3:00 pm** for our first senior health fair—the Rethink Your Health Wellness Expo—for lively tips, talks, and treats designed to empower you to make the most of every day. Programs and workshops will explore a wide variety of topics including:

- Healthy aging
- Vigorous mind
- Exercise and nutrition
- Health care
- Housing options for older adults

There will be a free lunch, but space is limited so reservations are required. For more information and to reserve a complimentary lunch, call 617-730-2770.

This expo, appropriately being held during Older Americans Month, is cosponsored by:



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MAY HOLIDAYS

Monday, May 27, is Memorial Day and the Senior Center will be closed. However, May has many other significant days:

- Cinco de Mayo on **Sunday, May 5** In Mexico and United States, it has become a celebration of Mexican culture and heritage. (*from the History.com web site*)
- Mother's Day on **Sunday, May 12**
- Armed Forces Day, **Saturday, May 18**, in honor of our armed forces.

And this month, we honor our police—local, state, and federal who bravely responded to the vicious bombings at the Boston Marathon on April 15. See *Unforgettable* on p. 10 for further comments.

COA MEETING

The May meeting of the Council on Aging board will be on **Wednesday, May 8, at 1:00 pm** at the Senior Center. You do not need to be a board member. All are welcome to attend.

The speaker this month will be Nisha Dhawlikar of the Stepp Lab at Boston University, which studies normal and disordered speech and voice, and uses engineering approaches to investigate sensorimotor disorders with the goal of rehabilitating disordered movement. Their long-term research goal is to extend therapeutic advances to the speech system, improving current treatment alternatives.

Ms Dhawlikar will talk about the Stepp Lab's research efforts and recruitment and the part that volunteers from the Senior Center can play in their research.

Their work is currently supported by The American Speech-Language Hearing Foundation, The Dudley A. Sargent Research Fund, The Boston University Clinical and Translational Science Institute (funded by the National Center for Research Resources at the National Institute of Health—UL1-TR000157), The American Laryngological Association and Nestlé Nutrition Institute, and Boston University's Peter Paul Professorship.

Boston University - Charles River Campus
Institutional Review Board
Approval# 1005010 - 02/08/15

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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
steplab@gmail.com or call 617-358-1395



Ask a Nurse A nurse from the Greater Medford Visiting Nurse Association will visit the Senior Center on **Thursday, May 9—from 11:00 am to 12 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, May 6 and 20, from 9:00 am to 12:00 noon**. Sessions, which last 15 minutes each, cost \$30. Appointments are required. Call 617-730-2777.

Low Vision Group This peer-led support group for individuals with limited eyesight meets on **Wednesday, May 15, at 1:00 pm** at the Senior Center.

Blood Pressure Screening

Barbara Westley, the nurse from the Brookline Public Health Department (BPHD), will be at the Senior Center on **Thursday, May 16, from 9:00 to 10:00 am**. She will also provide blood pressure screenings:

- On **Wednesday, May 8, from 1:00 to 2:00 pm**, at Sussman House, 50 Pleasant Street
- On **Wednesday, May 22, 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, May 20**, during the Chinese programs—**from 2:30 to 3:30 pm**.

Blood sugar screening Olga Abemelik, the nurse from Jewish Family & Childrens' Services, will be at the Senior Center on **Thursday, May 16, at 11:00 am** to do blood sugar screening.

Fitness Spring is here and will be followed as quick as a wink by summer. This is a time to be out and about, to enjoy socializing with your family and peers. Get yourself into shape for the warm weather by:

- Join the Senior Center Fitness Center. Call Sharon Devine at 617-730-2741 for more information and to register.
- Try one of our drop-in (no registration required) exercise classes—Flexibility, Resistance Training, and Balance Exercises on Tuesday morning; Exercises for Health and Rejuvenation on Tuesday afternoon; Zumba Gold on Thursday afternoon; and/or Meditation in Movement on Friday afternoon.
- Walk with our Solemates walking group on Friday morning
- Bowl in Hyde Park with our Bowling group on Wednesday

And in June the summer season of Brookline Adult & Community Education (BA&CE) will begin and there will be exercise classes that are designed expressly for Seniors and given at the Senior Center that you will be able to register for. Stay tuned to the June Senior News and Events and the BA&CE Summer catalog for more information.

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

The Health Page is sponsored by
Beth Israel Deaconess Medical Center

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 DANA-FARBER/HARVARD CANCER CENTER
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NEED HELP WITH PRESCRIPTION DRUG COSTS?

Even with insurance, prescription drugs can still be unaffordable! High copayments and gaps in coverage can make paying for prescription drugs very difficult. This is where Prescription Advantage can help. It is a state-sponsored pharmacy assistance program that helps many seniors pay for their prescription drugs. It does not replace your insurance; it supplements your coverage to help lower your out-of-pocket costs. And it will supplement all insurances including Medicare Part D, Medicare Advantage plans, and drug coverage you may receive from a former employer.

Eligibility is based on income only, and there is no asset limit! You can take part in this program *if you are a Massachusetts resident, eligible for Medicare*, and are 65 years or older with an annual income at or less than \$57,450 for a single person or \$77,550 for a married couple *or* you are under 65 years old and disabled, with an annual income at or less than \$21,601 for a single person or \$29,159 for a married couple.

If you are 65 years or older and *not eligible for Medicare*, you can also join and again there

is no income limit.

There is *no charge* for joining Prescription Advantage if you have an annual income at or less than \$34,470 for a single person and \$46,530 for a married couple. There is a \$200 per person annual enrollment fee for those with higher incomes. For more information and/or to enroll in Prescription Advantage, call 1-800-243-4236 (1-800-AGE-INFO). then press or say 2 (TTY: 1-877-610-0241). You can also access www.mass.gov/elders. Prescription Advantage is administered by the Commonwealth of Massachusetts Executive Office of Elder Affairs.



Help is available from the SHINE program. Call the Senior Center at 617-730-2777 for a SHINE appointment. Trained SHINE volunteers offer free, confidential counseling on all aspects of health insurance to anyone on Medicare.

You can also reach a SHINE counselor by calling 1-800-243-4636 (1-800-AGE-INFO) and pressing or saying 3 and leaving your name and phone number. A volunteer will call you back, as soon as possible.

PLANNING FOR MEDICARE—COUNTDOWN TO 65

This comprehensive seminar that helps people approaching Medicare eligibility understand their health insurance options outside of employer-sponsored coverage, whether they plan to retire or continue working, and it is relevant to pre- and postretirement individuals as it will cover:

- An explanation of Medicare Parts A and B
- The Medicare enrollment timeline
- Medigap plans that help supplement Medicare coverage
- Medicare Advantage plans, such as HMOs and PPOs
- Medicare Part D prescription drug plans
- Plans and programs available to early retirees, such as COBRA

Sue Flanagan, from BlueCross BlueShield of Massachusetts* will be at the Senior Center with this presentation on Monday, May 13, at 1:00 pm. All are welcome whether or not you have BCSC insurance.

**Blue Cross Blue Shield of Massachusetts is an Independent Licensee of the Blue Cross and Blue Shield Association.*

Israel, Van Kooy & Days, LLC



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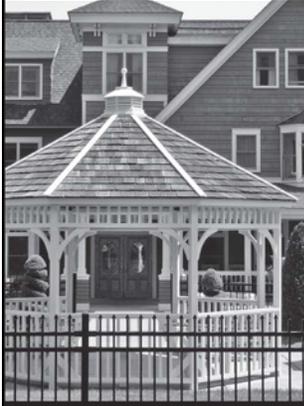
ELDER LAW PROJECT

On **Tuesday, May 14**, volunteer attorneys will be on hand at the Senior Center to help prepare wills, health-care proxies, powers of attorney, advance directives, HIPPA releases, and homestead declarations for free to income- and asset-eligible seniors. Qualification and appointments are required.

Eligibility requirements include individual yearly income of under \$27,225 (under \$36,000 for a couple) with home equity of under \$750,000.

Call the Women's Bar Foundation at 617-651-2357 to find out if you qualify for the free legal help and for an appointment. Leave your name and phone number, and you will receive a call back within two business days. You must have an appointment in advance of May 14.

The Council on Aging and the Women's Bar Foundation's Elder Law Project are cosponsors of this program.



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This series has been very popular and space is limited so make your reservations early. Call 617-731-4500, ext. 130, or e-mail jgregory@goddardhouse.org to reserve your spot. It includes dinner and a lecture on a topic of current interest to seniors and their caregivers. The series meets from **6:00 to 7:30 pm**.

- On **Tuesday, May 21**, come to an evening for Alzheimer's entitled "Listening for the Messages from Deep Within—Your Own and Your Loved One's," featuring Joanne Koenig-Coste, author of best seller *Learning to Speak Alzheimer's*.
- On **Thursday, June 20**, it is an evening for older adults and caregivers entitled "Engage as You Age! Finding Meaning across the Full Span of your Later Years," featuring Professor Jacquelyn James, PhD, and guests. They will discuss current research findings from the Sloan Center on Aging and Work at Boston College.

Goddard House in Brookline is located at 165 Chestnut Street . Free parking is available.

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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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, May 1, 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.

MOVIES FOR FILM LOVERS

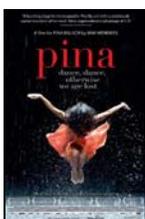
On **Tuesdays** in May, come to the Senior Center for a free movie at 1:00 pm. Come early and have lunch and socialize to make an afternoon of it. See pp. 16-17 for menus and meal reservation information.



May 7

Goya's Ghosts (2006) 114 minutes
Painter Francisco Goya is targeted by the Spanish Inquisition when he paints young Inés, who the church views as a heretic. Years later, Inés asks Goya to help her find the daughter she bore while imprisoned. This is a very dark film, rated R: violence, disturbing images, some sexual content, and nudity.

May 14



Pina (2011) 103 minutes
Wim Wenders directs to arresting effect in this performance documentary about Pina Bausch's Tanztheater Wuppertal Dance Company. Performing alfresco in Wuppertal, Germany, the troupe's pieces include "The Rite of Spring." Rated PG: Some sensuality/partial nudity and smoking.



May 21

Hitchcock (2012) 98 minutes
Iconic filmmaker Alfred Hitchcock (played by Anthony Hopkins) struggles with his marriage, the censors, and the financiers of his 1960 film *Psycho* in this biopic. Driven to prove he still has an edge, Hitchcock crafts what would become one of the greatest thrillers of all time. This film also features Helen Mirren and Scarlett Johansson. Rated PG-13: some violent images, sexual content, and thematic material.



May 28

A Late Quartet (2012) 105 minutes
Tempers flare, old jealousies reignite and new passions are sparked when the members of a world-renowned string quartet are preparing to celebrate their 25th anniversary and learn that their leader must step down due to a grim medical diagnosis. Featuring Christopher Walken, Philip Seymour Hoffman, and Imogene Poots. Rated R: language and some sexuality.



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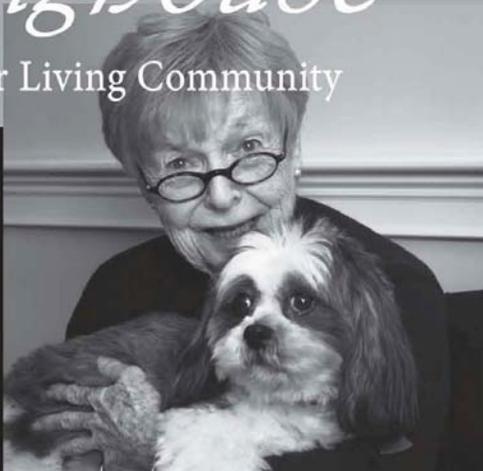
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AT THE GALLERY

*The Senior Center
invites you to an exhibit of
photographs
by Alan Bloom*



*and painting, drawings,
and sculpture
by Jessica Bloom (1943-2012)*

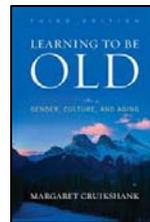
*Through
Friday, May 31*



*Monday through Friday
From 8:30 am to 5:00 pm*

LEARNING TO BE OLD

Join Margaret Cruikshank on **Wednesday, May 1, at 2:00 pm**, for a reading from her latest book—*Learning to Be Old*—which examines what it means to grow old in America today by surveying humanities and social science research on aging. The book questions social myths and fears about aging, sickness, and other social roles of the elderly; the medicalization of many older people; and ageism. Cruikshank also explores aging issues among the LGBT populations.



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

LGBT

Join us at the Senior Center for the last film in this series that will be shown on **Thursday, May 23, at 3:00 pm** examining Lesbian, Gay, Bisexual, and Transgender individuals' experiences within their communities and cultures.

The film is *Transamerica* (2005—103 minutes). In it Bree gets the shock of her life a week before her final male-to-female sex-change surgery when she learns that she has a son. After bailing him out of jail, the two set out on a cross-country journey riddled with road

TELLING YOUR STORY

The participants in the senior seminar in autobiographical writing—*Telling Your Story*—invite everyone to the 28th annual public reading and presentation of their work at the Senior Center on **Wednesday, May 22, from 10:15 to 11:45 am**. Be prepared to be amused and touched as you listen to these thoughtful, wonderful stories that rediscover and reaffirm the richness of the resources that older writers offer us all. This event is free and open to everyone so bring your friends and relations to this magical event. Refreshments and socializing will follow the presentation.

SEASONED VOICES

And to add to the literary flavor of the month, the Senior Center's poetry workshop—*Seasoned Voices*—will have their annual reading of original works at Brookline Booksmith at 279 Harvard Street on **Thursday, May 22, at 7:00 pm**. This is always a lovely evening as the poets prove once again that poetry, like life, only gets better with age.

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FROM THE DIRECTOR

As Mother's Day approaches, I think fondly of the special women in my life—such as my late grandmother, Bernice Dobek, who was my inspiration for becoming a geriatric social worker. She lived downstairs, and often took care of me when my parents worked. I cherish some of my earliest memories of her: being in her garden, her holding me closely, and how she made everyone feel special and loved. She was a true role model for aging-in-place.

In honor of Mother's Day I am making a donation to the Brookline Senior Center in memory of my grandmother; in honor of my wonderful mother, Patricia Dobek; and in memory of my dear mother-in-law, Gladys Boghosian, who was a fan of the Brookline Senior Center. Is there someone in your life that you'd like to honor? This is a wonderful time to do so.

TRIP TO IKEA/CHRISTMAS TREE SHOPS

The Senior Center is sponsoring a trip to IKEA and the Christmas Tree Shops on **Thursday, May 23**. The van will leave the Senior Center at **10:00 am and return mid-afternoon**.

This trip is a shopper's dream. Not only is there great variety, but the prices are reasonable. Sometimes great bargains are to be had. Please note that, because the van is small and will undoubtedly be full, no furniture purchases can be accommodated.

For further information and to reserve a spot on the van, call 617-730-2770.

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UNFORGETTABLE

Let us ponder the events of April—the bombing at the Marathon and the victims, the fantastic responders and medical teams, the incredible work of law enforcement agencies—local, state, and federal—as they worked together to find the perpetrators of this heinous crime, and above all the innocent victims whose lives have been forever changed by the bombing.

The events of the Marathon and the aftermath have actually changed us all. We have lived through a story worthy of being called “science fiction.” Let us not forget the heroes, the villains, and especially the victims.

The Senior Center will indeed do something significant to help the victims—and we will do it sometime in May. Keep your eyes on the TAB for more information.

In the meantime, you can individually do something. Consider seriously giving a donation to help the victims recover and reimagine their lives. A donation to onefundboston.org will go directly to the aid of the bombing victims.

BROOKLINE MUSIC SCHOOL CONCERT

The last Brookline Music School/Senior Center-sponsored concert of this season will be a dual piano concert featuring Jessica Klett and another pianist yet to be announced. The concert will be **on Wednesday, May 1, at 1:00 pm** at the Senior Center.

Healthy adults, 18-85,
Needed for noninvasive study of
Emotion and Memory.

Research conducted at Boston College

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STUDIOS WITHOUT WALLS

Studios without Walls this year presents *Through the Trees*, an exhibit of temporary outdoor sculpture, hosted by Brookline Parks and Open Space at the Riverway Park in Brookline between the Longwood T stop and Park Drive. The exhibit opened April 27 and will run through May 19.

There will be a tour of the exhibit on **Thursday, May 16, starting at 1:30 pm** at the Longwood T stop. The **van will leave the Senior Center for the Longwood T stop at 1:00 pm**. Call 617-730-2770 to tell us you are coming and whether you want to take the van from the Senior Center or meet the group at the T stop. We would like to have the names of everyone who wants to take the tour because it is an outdoor event and we would like to be able to contact everyone should the weather be too inclement for the outdoor tour.

Participating artists are Muriel Angelil, Myrna Balk, Gail Jerauld Bos, Janet Kawada, Karen Klein, Milan Klic, Bette Ann Libby, James Paradise, Marla Ritz, Kerri Schmidt, Joan Schwartz, and Jim Wright.

The event is sponsored by Longwood Towers, David's Custom Framing, Allandale Farm, Putterham Grille, and the Brookline Commission for the Arts. This program is supported in part by a grant from the Brookline Commission for the Arts, a local agency that is supported by the Massachusetts Cultural Council, a state agency.



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

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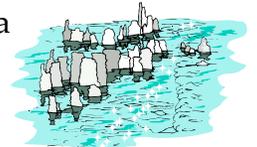
(1-800-AGE-INFO)



A TASTE OF ISRAEL

On **Wednesday, May 29, from 12:30 to 2:00 pm**, join the Council on Aging and Brookline Adult & Community Education (BA&CE) for a taste of Israel—food, music, and culture.

At the intersection of Asia, Europe, and Africa—both geographically and culturally—Israel has been a meeting place of cultures, empires, and religions since history began. Visitors to this country rich in culture may enjoy Jerusalem (an intersection between past and present), Tel-Aviv (a dazzling cultural center), Mt. Masada and the Negev Desert, and Eilat (and its beaches on the Red Sea). They might work on a kibbutz, volunteer at a West Bank school, float in the Dead Sea, or hike the national parks.



And so we invite you to journey with us for an afternoon of cultural appreciation, history, and a sampling of delicious Israeli cuisine, inspired by a blend of cuisines from Morocco, Europe, Iraq, Ethiopia, Yemen, and the Lebanon. Bring your appetite and intellect, and feel the warmth and many gifts of Israel.

A small fee of \$7.00 includes the program and lunch. Space is limited so registration is required. To register, call the Senior Center at 617-730-2770. Or contact BA&CE at 617-730-2700 or brooklineadulted.org to make your reservations (Course code is **X275**).

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NEWCOMERS GROUP



The old SS Pierce building—a true Brookline landmark

This May an old friend will return with a new leader. If you have recently turned 60 and/or you are a senior who has just moved to Brookline, whether you're new to the area or just newly retired, or even if you're simply curious, we invite you to join us

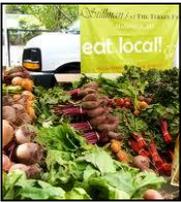
at the Senior Center for our Newcomers Group. Speakers will present talks and lead discussions on a variety of topics, including local history, transportation, continuing education, community-led organizations, government benefits for seniors, and programs and services offered by the Council on Aging.

We will meet weekly on **six consecutive Wednesday afternoons beginning**

on May 8. (Times will vary every week. Participants will get scheduled dates.) Preregistration is required, and space is limited so register early. For more information and to register, call 617-730-2777.



A relative newcomer—one who has adjusted well to our semi-urban life.



The Brookline Farmer's Market—buy local from June 13 to October 24.

MODERN BEADING WORKSHOP

This workshop for beginners and experienced beaders will meet at the Senior Center on **Wednesday, May 15, 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, and no registration is required.

MODERN DANCE AND MOVEMENT

Dance with instructor Lynn Modell on **Fridays, May 31 and 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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BROOKLINE RECREATION ADULT EXCURSIONS

Warren's Lobster House/Kittery Outlets

Friday, May 3, 9:45 am to 5:00 pm

Take a trip to Warren's Lobster House in Kittery, Maine for a delicious lunch followed by shopping at the fabulous outlets.

Cost: Residents-\$28, nonresidents-\$38

Faneuil Hall

Friday, May 17, 10:00 am to 2:00 pm

Faneuil Hall has been a marketplace and a meeting hall since 1742. It was the site of revolutionary speeches by Sam Adams, James Otis, and others. Today it's home to over 100 shops and specialty carts.

Cost: Residents-\$10, nonresidents-\$14

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, Hall's 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.



Pick ups and drop offs will be at the Soule Recreation Center and the Senior Center. Additional pick up locations may be arranged. Please inquire by calling Elizabeth Gugliotti at 617-730-2082. Register online at www.brooklinerec.com.

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www.edwardjones.com

PARKINSON SUPPORT GROUP

Our Parkinson Support Group will meet on **Friday, May 3, from 1:00 to 2:30 pm** at the Senior Center. Speaker and topic were not available at press time.

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.



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, May 10**. Call group leader Elaine Yanowitz at 617-730-2751 for additional information.

The evening group will meet on **Thursday, May 30**—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.

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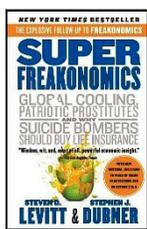
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PUBLIC ISSUES NONFICTION BOOK DISCUSSION GROUP

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 non-fiction topics. Tom Faulhaber facilitates. The Coolidge Corner Branch Library will have copies of the books available several weeks before each meeting.



May 28

SuperFreakonomics: Global Cooling, Patriotic Prostitutes, and Why Suicide Bombers Should Buy Life Insurance by Steven D. Levitt and Stephen J. Dubner (William Morrow/

Harper Collins Publishers)

June 25

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

PUTTERHAM BOOK DISCUSSION GROUP

The group meets on **Monday, May 20, from 2:00 to 3:00 pm**, at the Putterham Branch Library. This month the book under discussion is *The Art of Fielding* by Chad Harbach.

At Westish College, baseball star Henry Skrimshander seems destined for big league until a routine throw goes disastrously off course. In the aftermath of his error, the fates of five people are upended. Henry's fight against self-doubt threatens to ruin his future. College president Guert Affenlight falls unexpectedly and helplessly in love. Owen Dunne becomes caught up in a dangerous affair. Mike Schwartz realizes he has guided Henry's career at the expense of his own. And Pella Affenlight returns to Westish after escaping an ill-fated marriage, determined to start a new life.



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.

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.

MBTA CHARLIE CARDS

If you need a first-time card, go to the MBTA CharlieCard Store. You are eligible to get a Senior Access CharlieCard if you are 65 or will be 65 within two months. You will need to bring with you a photo ID (such as a driver's license or RMV [Registry of Motor Vehicles]-issued ID) as proof of age eligibility.

To renew an expired or about-to-be-expired Senior CharlieCard, either bring the card or the above-listed forms of ID to CharlieCard Store or call 617-222-3200, choose option 3, to renew.

If you go to the store in person, you will be able to get the card while you wait. If you renew by telephone, the new card will be sent to you in two to six weeks.

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SAVE THE DATE

June is so chock full of events that we are providing a list here so that you can notate your calendars. There is even one important July date on the list. This is not a definitive list of what will happen in June so be prepared for a busy month. (Note that the events listed below will take place at the Senior Center unless otherwise noted.)

Thursday, June 13, *Marie Lavine Memorial Concert*

Thursday, June 13, Return of the *Brookline Farmer's Market* to the Centre Street West Parking Lot

Friday, June 14, *Senior Investor Education Conference* at the Massachusetts State House

Saturday, June 15, *Elks BBQ*

Friday, June 21, *Jan Marble Memorial Walk* at Carson Beach/Harbor Walk

Wednesday, June 26, *The 18th Annual Public Health Policy Forum—Implementing Health Care Reform: Challenges and Opportunities*

Wednesday, July 24 *REAP Kickoff and discussion*

ZUMBA GOLD

Get in shape and have fun doing it in this dynamic and effective fitness program. The spring season of Zumba Gold at the Senior Center is **on Thursdays through May 23 (exception: no class on May 2), from 1:30 to 2:30 pm**. 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.



FRENCH CONVERSATION

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

SPANISH IMMERSION

Come to the Senior Center on **Thursday, May 9, from 3:30 to 5:30 pm** for a *Mothers' Day fundraising celebration* to benefit Spanish Immersion. There will be food, raffles, and music so a good time should be had by all.

There is room for more students of *Latino instrumental and vocal music* at Spanish Immersion's **Tuesday afternoon classes from 3:15 to 4:45 pm** with instructor Gillian De Lear.

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

EASY TRAVEL

Travel to "Israel Today" with Alice Fastov and Ashley Whorf. Since the regular date, May 2, is the date of our Rethink Your Health Wellness Expo at the Senior Center, we have rescheduled Easy Travel for **Thursday, May 9, at 1:30 pm**. However, check with Julie at 617-730-2760 for a confirmation of the presenters for this program.

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**BROOKLINE TOWN
MEETING
TUESDAY, MAY 28**

Springwell Nutrition Program

MAY 2013

617-730-2770

MONDAY	TUESDAY	WEDNESDAY
<p>***Higher Sodium Content Menu subject to change \$1.75 suggested donation</p> <p>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</p> <p>Low sugar desserts are available, and need to be ordered with the site manager</p> <p>Reservations must be made by 11:00 am on the weekday before the day on which you want to eat.</p> <p>Note that the only foods that can be taken from the dining site are fresh fruit, unopened milk, wrapped bread, and baked desserts. These rules, which come from the Massachusetts Executive Office of Elder Affairs, are for your safety and well-being. If you have questions, call Springwell at 617-826-4100.</p>		
<p>6) Orzo Vegetable Soup HOT Potato Crunch Fish, Lemon Butter Sauce, Brown Rice Pilaf, Vegetable Blend, Whole Wheat Bread COLD Turkey w/Swiss Cheese, Lettuce Leaf, Lite Mayo, Purple Cabbage Coleslaw, Orzo Vegetable Salad, Oat Bread Chef's Choice Dessert</p>	<p>7) Vegetable Consommé HOT Tortellini w/Marinara Sauce, Parmesan Cheese, Zucchini & Summer Squash, Multigrain Bread COLD Chef Salad w/Ham, Cheese & Egg, Lite Italian Dressing, German Potato Salad, Scali Bread Fresh Fruit</p>	<p>8) HOT Veggie Burger w/American Cheese, Ketchup, Roasted Red Potatoes, Cole Slaw, Hamburger Roll COLD Tuna Salad w/Lettuce Leaf, Three Bean Salad, Caesar Salad, Lite Italian Dressing, Pumpnickel Bread Pears</p>
<p>13) Escarole Bean Soup HOT Cheese Lasagna Rollup w/Meatball & Tomato Sauce, Riviera Vegetable Blend, Oat Bread COLD Roast Beef w/Provolone Cheese, Lite Mayo, Lettuce Leaf, English Pea Salad, Beet Salad, Wheat Bread Pears</p>	<p>14) Cream of Sweet Potato Soup HOT Meatloaf w/Mushroom Gravy, Mashed Potatoes, Zucchini & Tomato Sauté, Multigrain Bread COLD Seafood Salad, Lettuce Leaf, Orzo Vegetable Salad, Red Pepper & Tomato Salad, Oat Bread Peaches</p>	<p>15) Vegetable Soup HOT Chicken à la King, Buttered Noodles, Broccoli & Carrots, Wheat Roll COLD Egg Salad, Lettuce Leaf, German Potato Salad, Cucumber Tomato Salad, Rye Bread Oatmeal Raisin Cookie</p>
<p>20) HOT Pot Roast w/Mushroom Gravy, Baked Potato w/Sour Cream, Spinach, Whole Wheat Roll COLD ***Ham w/Swiss Cheese, Lite Mayo, Greek Pasta Salad, Tomato Pepper Salad, Multigrain Bread Fresh Fruit</p>	<p>21) Birthday Lunch Mushroom Barley Soup HOT Greek Chicken, Lemon Olive Rice, Roasted Mixed Vegetables, Oat Bread COLD Turkey w/Provolone Cheese, Lettuce Leaf, Lite Mayo, Purple Cabbage Cole Slaw, Potato Salad, Bulkie Roll Chocolate Cake w/Frosting</p>	<p>22) Clam Chowder HOT Salmon Boat, Lemon Sauce, Whipped Sweet Potato, Country Blend Vegetables, Wheat Bread COLD Roast Beef w/American Cheese, Lettuce Leaf, Lite Mayo, English Pea Salad, Summer Squash Salad, Oat Bread Pineapple</p>
<p>27) Memorial Day Holiday  Senior Center is closed. No Meal Service</p>	<p>28) HOT ***Baked Macaroni & Cheese, Broccoli & Cauliflower Marinara, Oat Bread COLD Roast Beef w/Provolone Cheese, Lite Mayo, Summer Potato Salad, Riviera Salad, Rye Bread Peaches</p>	<p>29) A Taste of Israel  See p, 11 for details. Lunch reservations required. No Springwell Meal Service</p>

LUNCHEON SPECIALS FOR MAY

THURSDAY	FRIDAY
<p>2)</p> <p style="text-align: center;">Rethink Your Health Wellness Expo</p>  <p style="text-align: center;">No Springwell Meal Service Complimentary lunch will be served. Reservations are required.</p>	<p>3)</p> <p style="text-align: center;">HOT</p> <p>Mild Beef & Bean Chili, Corn Bread, Tossed Salad, Lite Dressing, Nacho Chips</p> <p style="text-align: center;">COLD</p> <p>Egg Salad, Lettuce Leaf, Riviera Salad, English Pea Salad, Pumppernickel Bread Lime Mousse</p>
<p>9)</p> <p style="text-align: center;"><u>Mothers' Day Special</u></p> <p style="text-align: center;">Fresh Fruit Cup Cheese Omelet w/Cream Sauce Turkey Breakfast Sausage French Toast Sticks w/Syrup</p> <p style="text-align: center;">Chocolate Mousse</p>	<p>10) Mushroom Barley Soup</p> <p style="text-align: center;">HOT</p> <p>***Baked Ham w/Raisin Sauce, Creamy Potatoes, Brussels Sprouts, Corn Bread</p> <p style="text-align: center;">COLD</p> <p>California Chicken Salad, Lettuce Leaf, Macaroni Salad, Tossed Garden Salad w/ Dressing, Wheat Bread</p> <p style="text-align: center;">Peaches</p>
<p>16)</p> <p style="text-align: center;">HOT</p> <p>Vegetable Cheese Quiche, Spinach, Butternut Squash, Pumppernickel Bread</p> <p style="text-align: center;">COLD</p> <p>Turkey Salad, Lettuce Leaf, Tossed Garden Salad, Lite Italian Dressing, Pasta Salad w/ Cheese, Multigrain Bread</p> <p style="text-align: center;">Fresh Fruit</p>	<p>17)</p> <p style="text-align: center;">HOT</p> <p>Fish Sticks, Lemon Butter Sauce, Tartar Sauce, Cole Slaw, Chuckwagon Corn, Rye Bread</p> <p style="text-align: center;">COLD</p> <p>Chef Salad w/Turkey, Cheese & Egg, Lite Italian Dressing, Potato Salad, Scali Bread</p> <p style="text-align: center;">Butterscotch Pudding</p>
<p>23)</p> <p style="text-align: center;">Minestrone Soup</p> <p style="text-align: center;">Pizza</p> <p style="text-align: center;">Marinara Sauce on Side Tossed Garden Salad Lite Italian Dressing Applesauce</p>	<p>24)</p> <p style="text-align: center;">HOT</p> <p>***Hot Dog, Ketchup, Mustard, Relish, Baked Beans, Cole Slaw, Hot Dog Roll</p> <p style="text-align: center;">COLD</p> <p>Egg Salad, Lo Mein Pasta Salad, Spinach Mandarin Orange Salad, Lite Italian Dressing, Multigrain Bread</p> <p style="text-align: center;">Vanilla Pudding</p>
<p>30) Beef Consommé w/Vegetables</p> <p style="text-align: center;">HOT</p> <p>Stuffed Pepper w/Tomato Sauce, Creamy Parmesan Polenta, Zucchini, Wheat Bread</p> <p style="text-align: center;">COLD</p> <p>Chicken Salad, Lettuce Leaf, Spinach Man- darin Orange Salad, Lite Italian Dressing, Three Bean Salad, Oat Bread</p> <p style="text-align: center;">Chocolate Pudding</p>	<p>31) Cream of Butternut Squash Soup</p> <p style="text-align: center;">HOT</p> <p>Roast Pork w/Cinnamon Apple Glaze, Baked Potato, Sour Cream, Beets, Pumppernickel Bread</p> <p style="text-align: center;">COLD</p> <p>Cottage Cheese Fruit Plate, Carrot Raisin Salad, Dinner Roll</p> <p style="text-align: center;">Fresh Fruit</p>

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, May 2**, come to the *Rethink Your Health Wellness Expo* at the Senior Center (see p. 1). Lunch will be complimentary, but you must make reservations as space is limited.

Thursday, May 9, is Springwell's *Mothers' Day Special Lunch*.

Come to the Senior Center on **Tuesday, May 21**, for the *May Birthday Lunch*. Don't forget to tell us when you make your reservations if you or someone in your party has a May Birthday. (See also note on p. 21).

Dine at *JP Seafood* in Jamaica Plain on **Tuesday, May 28**, with the Let's Go Out to Lunch bunch. Call for reservations and transportation.

MAY AT A GLANCE*

Wednesday, May 1

9 am-12 noon BLAB lawyer
10:15-11:45 am Telling Your Story**
1 pm Brookline Music School Concert with dual pianists
2 pm *Learning to Be Old* reading by author Margaret Cruikshank

Thursday, May 2

10 am-3 pm Rethink Your Health Wellness Expo
12 pm Expo complimentary lunch***

Friday, May 3

9:45 am-5 pm Brookline Recreation excursion to Warren's Lobster House/Kittery Outlets* & ***
10:30 am-1 pm South Brookline Senior Social*
1-2 pm Balance and Strength for Seniors**
1-2:30 pm Parkinson Support Group—speaker TBA
2-3:30 pm Tai Chi for Seniors**

Monday, May 6

8:45-10:15 am Head-to-Toe Fitness for Seniors (90 minutes)**
9 am-12 noon Podiatry Clinic***
9:30-11:30 am Introduction to the Internet for Seniors**
10 am-12:30 pm Introduction to Watercolor**
10:30-11:30 am Head-to-Toe Fitness for Seniors (60 minutes)**
1-3 pm Reading the Bible: The Book of Ruth**

Tuesday, May 7

8:30-9:30 am Zumba® Gold-Toning**
10:30 am-12:30 pm Literary Discussion Group: Spring Term**
1 pm Movie for Film Lovers—*Goya's Ghosts*
2-3 pm Yoga for Older Adults (chair class)**
3-4 pm Yoga for Older Adults (mat class)**

Wednesday, May 8

8:45-10:15 am Head-to-Toe Fitness for Seniors (90 minutes)**
9:30-11:30 am Facebook for Seniors (beginners)**
10:30-11:30 am Head-to-Toe Fitness for Seniors (60 minutes)**
10:15-11:45 am Telling Your Story**
11:45 am-1:45 pm Facebook for Seniors (intermediate)**
1 pm COA Meeting (Nisha Dhawlikar, Stepp Lab, speaker)
1-2 pm Blood pressure screening with Barbara Westley of Brookline Public Health Department (BPHD) at Sussman House*
3:30-4:30 pm Gardening Group Newcomers Group—call for time***

Thursday, May 9

9:30-11:30 am Intermediate Computer Basics for Seniors**
10:30-11:30 am Arthritis Exercise Class***
11 am-12 noon Ask a Nurse
11:45 am-1:45 pm iPad for Seniors**
12 noon Springwell Mothers' Day Special lunch***
1:30 pm Easy Travel with Alice Fastov (and Ashley Whorf—tentative)
1:30-2:30 pm Zumba Gold
3:30-5:30 pm Spanish Immersion fundraiser

Friday, May 10

9:30-11:30 am Pinterest for Seniors**
10:30 am-1 pm South Brookline Senior Social*
1-2 pm Balance and Strength for Seniors**
2-3 pm Tai Chi for Seniors**
Afternoon Alzheimer's Caregivers Support group—call for time

Monday, May 13

8:45-10:15 am Head-to-Toe Fitness for Seniors (90 minutes)**
9:30-11:30 am Introduction to the Internet for Seniors**
10:30-11:30 am Head-to-Toe Fitness for Seniors (60 minutes)**
10:30 am-12:30 pm Introduction to Watercolor**
1 pm Planning for Medicare—Countdown to 65 (with Sue Flanagan, BlueCrossBlueShield of Massachusetts)
1-3 pm Reading the Bible: The Book of Ruth**

Tuesday, May 14

8:30-9:30 am Zumba® Gold-Toning**
10:30 am-12:30 pm Literary Discussion Group: Spring Term**
1 pm Movie for Film Lovers—*Pina*
2-3 pm Yoga for Older Adults (chair class)**
3-4 pm Yoga for Older Adults (mat class)**
Elder Law Project Attorneys at Senior Center to help with legal documents***

Wednesday, May 15

8:45-10:15 am Head-to-Toe Fitness for Seniors (90 minutes)**
9:30-11:30 am Facebook for Seniors (beginners)**
10:15-11:45 am Telling Your Story**
10:30-11:30 am Head-to-Toe Fitness for Seniors (60 minutes)**
11:45 am-1:45 pm Facebook for Seniors (intermediate)**
1 pm Estate Planning Strategies for Baby Boomers and Beyond***
1 pm Low Vision Group
1:30 pm Modern Beading Workshop Newcomers Group—call for time***

Thursday, May 16

9-10 am Blood pressure screening with Barbara Westley of BPHD
9:30-11:30 am Intermediate Computer Basics for Seniors**
11 am Blood sugar screening with Olga Abemelik of Jewish Family & Children's Services
1 pm Senior Center tour of Studio without Walls exhibition * & ***
1:30-2:30 pm Zumba Gold

Friday, May 17

9:3-3:30 pm Pinterest for Seniors**
10 am-2 pm Brookline Recreation excursion to Faneuil Hall* & ***

Saturday, May 18

2 pm Senior Center Theater Club excursion to *Amadeus** & ***

Monday, May 20

8:45-10:15 am Head-to-Toe Fitness for Seniors (90 minutes)**
9 am-12 noon Podiatry Clinic***
10:30-11:30 am Head-to-Toe Fitness for Seniors (60 minutes)**

2-3 pm Putterham Book Discussion Group*
2:30-3:30 pm Blood pressure screening with Jinghong Yang of the Greater Boston Chinese Golden Age Center

Tuesday, May 21

12 noon May Birthday Lunch***
1 pm Movie for Film Lovers—*Hitchcock*
6-7:30 pm Goddard House Dinner Lecture Series

Wednesday, May 22

9:30-11:30 am Facebook for Seniors (beginners)**
10:15-11:45 am Telling Your Story public reading
11:45 am-1:45 pm Facebook for Seniors (intermediate)**
1-2 pm Blood pressure screening with Barbara Westley of BPHD at O'Shea House*
7 pm Seasoned Voices poetry reading at Brookline Booksmith*
Newcomers Group—call for time***

Thursday, May 23

9:30-11:30 am Intermediate Computer Basics for Seniors**
10 am-midafternoon Senior Center trip to IKEA/Christmas Tree Shops* &***
1:30-2:30 pm Zumba Gold
3 pm LGBT movie—*Transamerica*

Monday, May 27

MEMORIAL DAY. The Senior Center is closed.

Tuesday, May 28

9-10 am Public Issues Nonfiction Book Discussion Group—*SuperFreakonomics*
12 noon Let's Go Out to Lunch group dines at JP Seafood***
1 pm Movie for Film Lovers—*A Late Quartet*

Wednesday, May 29

9:30-11:30 am Facebook for Seniors (beginners)**
11:45 am-1:45 pm Facebook for Seniors (intermediate)**
12:30-2 pm A Taste of Israel***
Newcomers Group—call for time***

Thursday, May 30

9:30-11:30 am Intermediate Computer Basics for Seniors**
Evening Alzheimer's Caregivers Support Group—call for time

Friday, May 31

3:30 pm Modern Dance and Movement

* 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.

ONGOING SENIOR CENTER EVENTS

Monday

9:30 am-4:30 pm Fitness Center open—membership required
12 noon-4 pm BETS
1 pm Mah Jongg/Scrabble
2-4 pm Open computer lab
2:30 pm Chinese programs

Tuesday

9:30-4:30 Fitness Center open—membership required
10 am Flexibility, Resistance Training, and Balance Exercise
10:15 am Brookline Bees, Quilters
10:30 am-3 pm One-on-One Computer Sessions***
12 noon French Conversation
12 noon-4 pm BETS
1 pm Movies for Film Lovers
1 pm Bingo
1-3:30 pm Food distribution (hours are approximate)
2-3 pm Exercises for Health and Rejuvenation
2-3 pm ESL Conversation Group
3:15-4:45 pm Latino Instrumental and Vocal Music sessions

Wednesday

9-10 am Living Our Values
9:30 am Bowling at Ron's 20th Century Bowling Alley in Hyde Park
9:30-4:30 Fitness Center open—membership required
10:15-11:45 am Telling Your Story**
10:30 am Retired Men's Club
12 noon-4 pm BETS
12:30 pm Bridge
12:30-3 pm Reiki Therapy***
2-4 pm Open Computer Lab

Thursday

9:30-11:30 am Drawing for Pleasure—still life
9:30-11:45 am Drawing for Pleasure—figure drawing
9:30-4:30 Fitness Center open—membership required
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—membership required
10:30 am Current Events Discussion Group
10:30 am Senior Chorus
12:30-2 pm Basic Computer Class in Spanish***
1-2 pm Meditation in Movement



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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.

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- 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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416172

SPRING CLASSES AT THE SENIOR CENTER

Brookline Adult & Community Education (BA&CE) offers many classes for the Spring semester that are *being given at the Senior Center* and that are fully explained in the BA&CE Spring 2013 Catalog that is available for free virtually everywhere in Brookline and the surrounding towns and online at www.brooklineadulted.org. For more information, see the Spring catalog. To register, call 617-730-2700 or access www.brooklineadulted.org.

Classes at the Senior Center that begin in May are all computer and electronic technology courses that have been specifically designed for seniors. And as such, the cost is \$72 for each course and no senior discount is available. They are:

Intermediate Computer Basics for Senior

Michael Toon, instructor. 4 Thursdays, 9:30 to 11:30 am, beginning May 9. Course Code: **C157**

Beginning Facebook for Seniors Michael Toon, instructor. 4 Wednesdays, 9:30 to 11:30 am, beginning May 8. Course Code: **C267**

Intermediate Facebook for Seniors Michael Toon, instructor. 4 Wednesdays, 11:45 am to 1:45 pm, beginning May 8. Course Code: **C267**

Pinterest for Seniors Sarah Georgakopoulos, instructor. 2 Fridays, 9:30 to 11:30 am, beginning May 10. Course code: **C285**



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ONE-ON-ONE COMPUTER SESSIONS

These sessions to aid the computer phobic will be available on **Tuesdays from 10:00 am to 3:00 pm throughout the month of May**. Remember that appointments are required and that they can be made by calling 617-730-2777.

ELF FEATURED ITEM FOR MAY

Currently, there are a few styles of BIG button phones on hand at the Senior Center! These phones can be helpful for those having vision and dexterity issues.



Big button phones.

This item is free for you to loan today! To borrow this or other items, contact Karin Wannamaker at 617-730-2753.

In fact, give Karin a call if you want to borrow or donate any item(s). Because of space limitations and other guidelines, ELF is not able to accept all items. Please be sure to call ahead and speak to Karin before dropping anything off.

GARDENING GROUP

Spring is here at last. Time to tend the Senior Center garden again. To this end, the Gardening group will meet on **Wednesday, May 8, from 3:30 to 4:30 pm**, on the Senior Center back terrace to decide on vegetables for the containers, check the return of our perennial plants, and prepare the garden beds. Everyone who wants to help with the work is cordially invited to attend this working meeting.

The sponsor of our **monthly birthday party** is happy to provide a complimentary lunch in addition to a small gift. Please be sure to let the receptionist know if it is your birthday when you call to make your lunch reservation.

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: Every spring, I notice signs of allergies, such as worsening of my runny nose. What can I do about this?

Answer: Spring is a beautiful time of the year, with flowering trees and flowers everywhere. However, for many people, the large amounts of pollen that are released from grass, trees, and flowers can cause or exacerbate allergies, often called "hay fever" or "allergic rhinitis." Symptoms can include runny nose, sneezing, watery and itchy eyes, and sometimes coughing. Often people think they have a cold. However, allergies are not associated with a fever or aches and pains.

Most allergy symptoms are mild and resolve as the season progresses. However, some people have severe symptoms. They can find out what they are allergic to by having an allergy skin testing, called a "prick test" by a specialist in Allergy and Immunology.

Treatment for allergies can start with air

purifiers and filters to try to clear the inside air of pollen. After gardening or walking in grassy areas, washing clothes and hands and taking off shoes at the door will help.

Often people need medications to control severe symptoms. Unfortunately, the most effective drugs, over-the-counter antihistamines, can cause drowsiness and other side effects. The newer antihistamines, such as fexofenadine (Allegra) and loratidine (Claritin), which are also over-the-counter medicines, help control symptoms with fewer side effects. There are also some antihistamine nose sprays and eye drops available. Steroid nose sprays are often used, but long-term use of these steroid sprays can cause some of the negative side effects of steroids. Decongestants such as pseudoephedrine can help, but can cause high blood pressure or heart problems.

Over the counter normal saline nose sprays or irrigation can help wash out pollen from your nose and have no side effects.

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SOUTH BROOKLINE SENIOR SOCIAL

Regina Millette Frawley
announces:

"The South Brookline Senior Social will hold four Friday socials, **beginning April 19 through May 10, 10:30 am until 1:00 pm** at Putterham Branch Library in South Brookline.

Special guest for April 26th will be Brookline's '2013 Woman of the Year' Rita McNally. Ms. McNally, amongst her many contributions to Brookline, is a town Meeting Member, Chair of Brookline's Human Relations/Youth Resources Commission, member of the Martin Luther King committee, and a lawyer who works for Norfolk's District Attorney: *And she's a Senior!*

As always, the socials serve complimentary coffees and kosher pastries. For all enquiries and offers to volunteer, please phone Regina Millette Frawley, Coordinator, South Brookline Senior Social, at 617-469-0052."

SONGS OF PEACE, LOVE, AND UNDERSTANDING

Temple Ohabei Shalom presents its sixth annual Music and Worship concert—Songs of Peace, Love, and Understanding—finding common ground through the universal language of music featuring Cantor Randall Schloss, Leah

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ASSISTED LIVING • MEMORY CARE

Schloss, and David Sparr with guest performers Derrick Ashsong and Jonathan Gramline of the Afropolitan Band, Soulfé'ge. The concert will be on **Saturday, May 4, at 7:30 pm**. Special rate for seniors: \$10. A complimentary dessert reception will follow the concert.

For more information and to purchase tick-

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SENIOR CENTER THEATER CLUB



Amadeus \$40
Saturday, May 18 (2:00 pm)

at the New Repertory Theater in Watertown

Amadeus explodes with musical masterpieces and richness of language, harkening back to times of excess and indulgence. This Renaissance drama takes us back to 18th-Century Europe and the tumultuous rivalry between Wolfgang Amadeus Mozart and Antonio Salieri. Falsely befriending Mozart, the jealous and power-hungry Salieri hopes to ruin his opponent socially and politically and inhibit Mozart's legacy. Jim Petosa directs this engaging drama, in which Salieri questions God for unfairly favoring Mozart.



The Pirates of Penzance \$38
Sunday, June 2 (2:00 pm)

at the American Repertory Theater in Cambridge

This is an 80-minute exotic excursion featuring bathing beauties, philosophizing pirates, and grown men in remarkably short shorts! This experience will cause immense joy and the compulsion to sing along spontaneously. The show features beach balls, sunshine (the artificial kind), and tons of fun music.

ORDERING TICKETS

When ordering tickets, please make every effort to make payment in full. If you are unable to do so, a promise to make payment shortly will be accepted as an order. If your payment is not made within ten days, you will be contacted, and if payment is not forthcoming, the order will be cancelled.

No purchased ticket may be used to trade for a ticket for another play.

The proper procedure to follow is: A refund request within the confines of the rules must be made, then purchase order with full payment of wanted play must be made.

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.

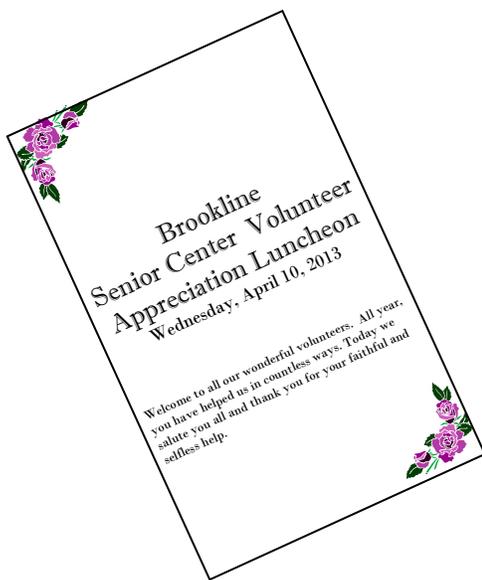
Bring a bag to carry your choices home in, and also bring lots of patience and courtesy to help everyone involved enjoy the process and to avoid conflicts.

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.

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.



VOLUNTEER APPRECIATION LUNCHEON 2013 REPRISE



The Volunteer Appreciation Lunch is always a high point of the Senior Center year. It recognizes the selfless work of hundreds of volunteers without whom the Senior Center could not function. This year was particularly inspiring as we honored Vivian Freeman, our Volunteer Coordinator for 18 years, on her retirement at the end of fiscal year 2013. And we aren't even losing her as she will return in the Fall as a volunteer. Vivian summed up our thanks to our volunteers beautifully in a speech at another Volunteer Appreciation Luncheon a few years ago:

"I always look forward to this day. I get to talk to some of you from time to time, but now I can see all of you at once. It's like a big family reunion, and I can, tell you in person how appreciative we are for everything you do.

Your contribution of time and caring adds a new dimension to helping provide the best possible service to our elder population. We can enrich and supplement services through devoted and experienced volunteers like you.

There are as many reasons to volunteer as there are people who do so. Some people recognize needs and want to satisfy them. Others just want to have fun. Retirees offer their professional expertise to the community. The young provide energy to the elderly, while receiving the benefit of their wisdom.

Not only do you help others, but being a volunteer helps you in many ways:

- Satisfaction from accomplishing a goal
- Teamwork
- Improved self-esteem
- Numerous opportunities to meet new contacts and friends"



And the John and Molly Dolen Volunteer of the Year Award this year went to two recipients this year—Corinne Long and Sarah Rossi—both truly deserving of recognition for many hours of devoted service to the Senior Center.

Corinne: "I don't deserve this. I only contribute what every other volunteer does every day here."

Sarah: "I owe so much to the Senior Center. It really saved me after my husband's death."

There were so many nominations this year, and all of them were highly deserving of being given the award, so certificates of recognition were given this year to all the nominees: Jean Doherty, Carol Fullerton, Nancy Johnson, Corinne Long, Charlotte Millman, Agnes Rogers, Sarah Rossi, Ted Shamitz, Vera Sharma, Vicki Schnoes, Muriel Stark, Brenda Tankard, and Sonia Wong.

And Ted Shamitz was also given special recognition for his Herculean work as coordinator of the Senior Center Theater Club.

Some of our volunteers sent thank you notes: "...I thoroughly enjoyed the Volunteer celebration...especially...the Senior Center Chorus....Thank you for providing this very special event." and "As always you and the staff gave a beautiful and festive lunch....Thank you for this wonderful occasion and for all you do all year long."

SOS RESTAURANT EVENT REPRISE

Once again the SOS Restaurant Event was a great success. Over 700 pounds of food and other items were collected for the Brookline Food Pantry. And over \$600 in cash donations were collected for distribution among all the Brookline Food initiatives.

We want to thank all the people who helped make this event so wonderful—the volunteers who solicited food and raffle items; picked up the food on the day of the event; set up the room, served, and cleaned up; our coordinator for the event—Dotty Bell; and all the contributors.

Thanks especially to the restaurants/stores who contributed food and supplies: Anna's Taqueria, Cheryl Ann's Bakery, The Butcherie, Dok Bua, the Family Restaurant, Dorado, The Fireplace, La Familia Giorgio's, Osaka, One Stop Market, Party Favors, Pizza Stop, Rami's, Rani Indian Bistro, Sichuan Gourmet, Swiss Bakers, Taam China, Thai Kitchen, and Whole Foods in Brighton and Newton.

And to raffle donators Alberts Flowers, Cabot's Ice Cream, Café Eilat, Cause to Paws, Chipotle, Cheryl Ann's Bakery, City Farm Greenhouse, Cognac Bistro, Common Art—Ecclesia Ministries, Crew International, Cypress Automart, La Familia Giorgio's, HopsNScotch, Muriel Stark, Mobil Cypress Auto, Longhorn Steak House, Serenade Chocolatier, Stone Hearth Pizza, Swiss Bakers, New Beadsong Bakery, and Otto's Pizza.

SENIOR SCENE

A new program will be aired beginning in mid-May. Senior Scene host Betty Joel will interview Dorothy Kelly Gay, Executive Director of Centre Communities of Brookline and Vice President of Government Relations at Hebrew SeniorLife.

The subject of the interview is Hebrew SeniorLife's Health Clinic at 100 Centre Street, which has been in operation for over a year. Funded by the Sloan Family Century Bank, the clinic is available to the public, providing resident and nonresident geriatric care.

Senior Scene airs on Brookline Access Television (BATV) on Thursdays at 7:00 pm and repeats on Fridays at 1:00 pm and Sundays at 7:30 pm.

ESTATE PLANNING STRATEGIES FOR BABY BOOMERS AND BEYOND

Massachusetts Bar Association Attorney Christine Nicastrò will present "Estate Planning Strategies for Baby Boomers and Beyond" at the Senior Center on **Wednesday, May 15, at 1:00 pm**. Among the topics that will be discussed are:

- Documents you should know about
- The probate process
- Competency and incapacity
- Protecting assets
- Exploitation of the elderly and identity theft

This seminar is free and open to everyone. However, preregistration is required. Call 617-730-2770 to register and for more information.

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FROM THE BOARD PRESIDENT

May is such a special month at the Brookline Senior Center. Spring is in full bloom. We have some of the most comfortable and beautiful days and nights. And we honor the women in our lives.

Do we ever honor our mothers and grandmothers enough for all they did for us? Eileen Solomon and Kathy Lavine have come up with a delightful way to honor the memory of their late mother, Marie Lavine. Marie died more than 10 years ago, but her memory lives on. To honor Marie's memory, Eileen and Kathy have created an annual Marie Lavine Memorial Concert. This year it's on **Thursday, June 13, at 2:00 pm**, and will feature Lauren Paris, a singer who grew up in Brookline and now performs in Chicago.

May is a great month to honor our mothers, grandmothers, and the other women (and men) who made a difference in our lives. Consider making a gift to the Senior Center in their memory. If you would like to create a tribute gift in their memory, contact Ruthann Dobek at rdobek@brooklinema.gov or 617-730-2756.

JOIN BROOKLINE 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 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 you special recognition as a legacy donor.

OUR ADVERTISERS

While the ads in this newsletter do not constitute an endorsement from the Council on Aging or the Senior Center, we want to thank all the advertisers for helping to support and nurture the newsletter.

SPRING INTO SUPPORT

CARING FOR THE CAREGIVER

This ongoing, series aimed at helping the caregivers of loved ones with memory loss, is hosted by Benchmark Senior Living Communities Evans Park (at 430 Centre Street at Newton Corner in Newton) and Chestnut Park (at 50 Sutherland Road at Cleveland Circle in Brookline, entrance is on Chiswick Road). There are two lectures left in the series:

- **Thursday, May 9, at 1:00 pm** at Chestnut Park—*The Good Visit*: Learn which activities work and the best times of day to try them. This will help you connect and enjoy a better visit.
- **Thursday, May 16, at 4:00 pm** at Evans Park—*The Meaning of Behavior*: This will help you understand normal dementia behaviors and how to manage them to help keep your relationship strong.

For more information, call Evans Park at 617-965-9400 or Chestnut Park at 617-566-1700.

THE FIVE SENSES

by Ruth Ellen Winn

Observing the sun-
shine
crossing the ocean,
my eyes also focus
on incoming waves.

Smelling the lilacs
blooming in the door-
yard,
my nose welcomes
the flowers of spring.



Hearing sparrows
chirping in the bushes,
my ears listen
to bird-mating songs.

Tasting the sweetness
of honey in the comb,
my tongue enjoys
the nectar of flowers.

Stroking your body
in every season,
I feel your touch
In my blood.

*Mother's Day is Sunday, May 12. Take
a walk in the Arnold Arboretum and
revel in Lilac Sunday!*

BOWLING

A group of seniors go bowling every Wednesday morning at 9:30 am at Ron's 20th Century Bowling Alley in Hyde Park (at 1231 Hyde Park Avenue, next door to the police station). Ron's is a very friendly place, and it is also an ice cream parlor serving yummie homemade ice cream. And the staff is very friendly as well.

The alleys are candlepin (small ball), only played in New England. The cost is \$7 for three strings. Coffee is free. Everyone is welcome to bowl with the group. And if you need transportation (or indeed want any other information), feel free to call 617-730-2777 and ask to have Nancy Johnson or someone with the bowling group call you. Someone will be happy return your call.

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.

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.

POEM

by Lila Sesholtz

Enough, enough I say.
The grass is growing tall.
The flowers are in bloom.
You have no reason at all
To be in a state of gloom.
Get out and welcome Spring,
And stop malingering
Give thanks for the new day.

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 work time exceeds 2 hours at a time or involves working overnight.

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

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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 scarlens@hrca.harvard.edu



THANK YOU

The Senior Center depends on donations to its nonprofit organization for much of our programming, activities, and physical plant. Each month, we thank the donors on this page. Note, however, that our press time does not allow us to list all the contributions to the end of the month. We will list all contributions so your end-of-month donations, if they come in after the third week in the month, will be listed in the following month's *Thank You* column. We thank March donors:

Annual Appeal Donors Anonymous (supporting the Food Distribution and Senior Chorus), Deborah & Alvin Brass, Theresa E. DeSantis, Freeman/Brezner Family Fund, Tania & Jerome Friedman, Judith A. Gregory, Yuet M. Ooi, Lawrence A. Ruttman, Robert M. Sprague, and Waneta Louise West



BrooklineCAN Donors Elaine & Yitzhak Bakal, Ellen P. Bick, Anita Breslaw, Kathy Burnes, Center Communities of Brookline, Judith Chasin, Susan Wolf Ditkoff, Patricia H. Dobek, Karen Fischer, Rhoda Frankl, Nancy Gutmann, Bruce & George Johnson, Marilyn Jurich, Pauline R. Katz, Judith Kidd, Kathleen Lamothe, Judy Meyers, Lynn & Willy Osborn, Davida Pekarsky, Betsy Pollock, John Seay, Charlotte Simmons, Palma Spunt, Ruth Tafapolsky



To Lorraine Tobin *for her gift congratulating Sarah Rossi as Volunteer of the Year*



To Sharon Brown, Gertrude Crowley, Una Gillic, Mary W. Haas, Thelma Smolker, and Lorraine Tobin *for their gifts in honor of the Tax Preparation program*

To Patricia H. Dobek *for her gift in honor of Ruthann Dobek*

To Sarah I. Ehrlich *for her gift in honor of the wonderful volunteers at the Senior Center*

To Betsy Fain, Arlene Strowman, and Ann Summers *for their gifts in honor of Dale Kensing and George Chin for tax preparation*

To Kathryn Kilpatrick *for her gift in honor of Timmy for his care and devotion to Maggie Mae*

To the Murphy's *for their gift in honor of the ELF program*

To Ted Shamitz *for his gift in honor of Julie Washburn and Ruthann Dobek*



To Anonymous *for the gift in memory of Naomi Flores*

To Patricia Dobek (supporting the Senior Van) *for her gift in memory of Bert Anger*

To Ruthann Dobek *for her gifts in memory of Gladys Boghosian and Bernice Dobek*

To Judith Gimple (supporting the Fitness Center Scholarship Fund) *for her gift in memory of Bob Roll, Bea Crews, and Diana Kaplan*

To Shirley Partoll *for her gift in memory of Connie Gresser*

RUTH WINN
makes a LASTING IMPRESSION!
The Senior Center is the recipient of a generous bequest from RUTH WINN, who included the Brookline Senior Center in her estate. If you would like to leave a bequest, let us know so we can thank you today and include you in our AMBASSADOR CLUB.

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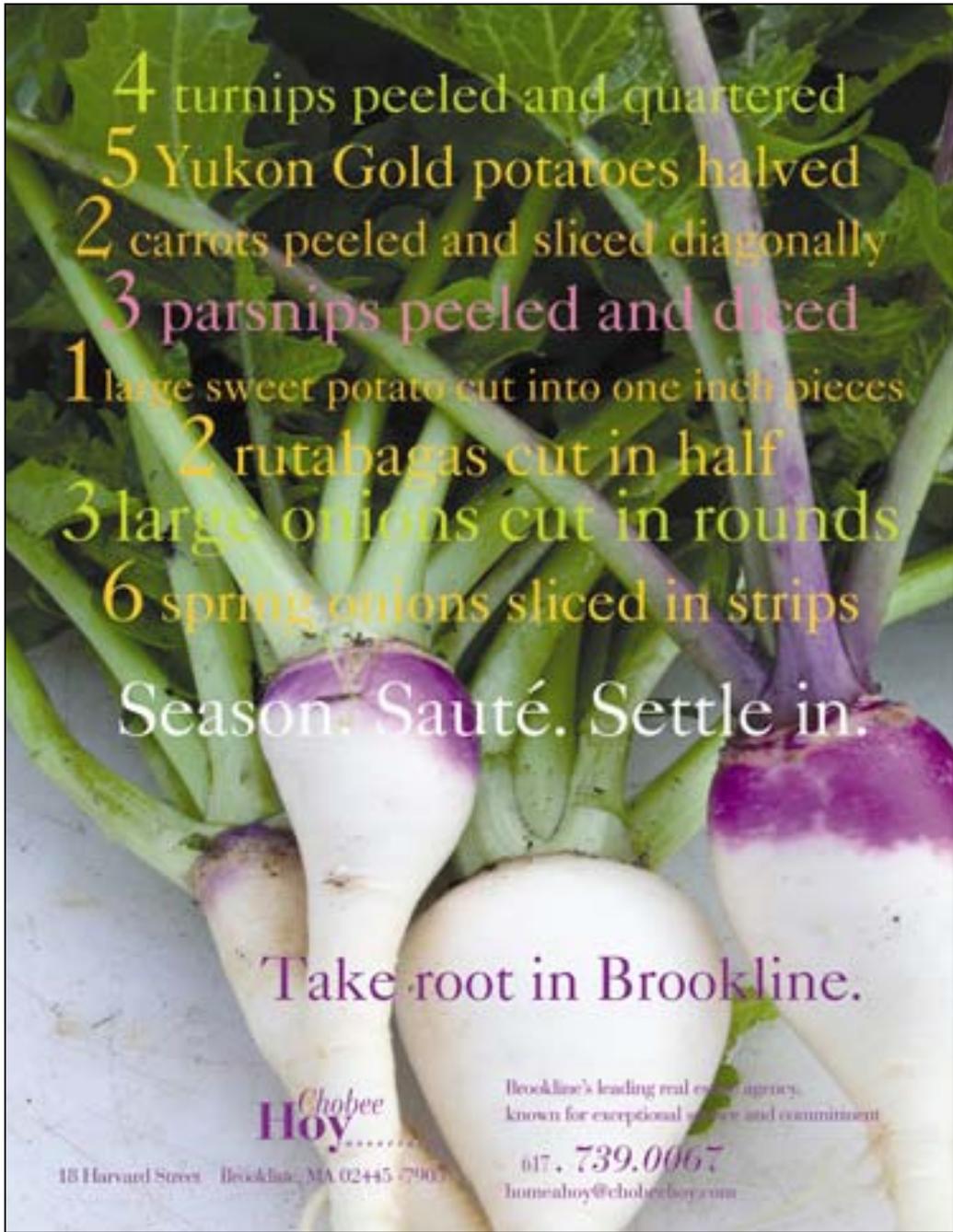
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4 turnips peeled and quartered
5 Yukon Gold potatoes halved
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2 rutabagas cut in half
3 large onions cut in rounds
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