

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

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Senior Center Van

617 730 2770 617 730 2750

Brookline Council on Aging

www.brooklinema.gov

www.brooklineseniorcenter.org

Brookline Community Aging Network

www.BrooklineCAN.org



HIGHLIGHTS

Join in the Celebration of Brookline's 308th. Birthday Party after the Council on Aging Meeting on November 13. (see p. 7)

Concert with Arlene Bailey Lucas on November 20.(see p. 7)

Come learn and get your questions answered about Rheumatoid Arthritis on November 25. (see p. 14)

Remember to set your clocks back at bedtime on November 2, because at 2:00 am on November 3, daylight savings time ends.



NOVEMBER 2013

29TH ANNUAL HOLIDAY CRAFT FAIR



Once again we are inviting everyone— young, old, and in between— to come to the 29th Annual Holiday Craft Fair at the Senior Center on **Friday, November 8** (10:00 am to 3:00 pm) and **Saturday, November 9** (10:00 am to 1:00 pm). Shop for holiday gifts for yourself, family, and friends. There will be knitted goods, handmade jewelry, photography, handmade cards, a White Elephant sale, home-made goodies, raffles, and fun. Don't miss this fair.

Come on both days and enjoy. And don't miss Howard Davis and his famous PHONECAR on Saturday.



Remember that the proceeds from the fair help Senior Center programs, activities, and facility maintenance.

We still need crafters and donations of better costume jewelry and gift items for the Boutique and home baked goods for the food court. If you have something to donate or if you have a craft to sell, call Julie Washburn at 617-730-2760 or Sharon Devine at 617-730-2769.



Photos by Mimi Katz



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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>Maureen Cosgrove-Deery <i>Interim Newsletter Editor and Publisher</i></p> <p>The Town of Brookline Senior News and Events is published monthly by the Brookline Council on Aging, 93 Winchester Street, Brookline, MA 02446.</p> <p>Subscription fee: \$10.00/year. See page 31 for subscription/renewal form.</p>
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NOVEMBER HOLIDAYS

The Senior Center will be closed on **Monday, November 11**, for Veteran's Day and on **Thursday November 28**, for Thanksgiving Day. However, we will be open on Friday, November 29, from 8:30 am to 5:00 pm as usual.



Thanksgiving is my all-time favorite holiday. It is a time when families and friends get together to share a meal, laugh at the same old stories, watch football and eat leftovers. And not a word about buying presents or taking fancy trips or anything more commercial than the turkey and our favorite side dishes.

Wednesday, November 27 to Thursday, December 5, we celebrate the Jewish holiday of



Chanukah; the festival of freedom and light.

November is officially National Alzheimer Awareness month, Pancreatic Cancer Month, Lung Cancer Month and Peanut Butter

Lover's Month.

We have some official days of celebration in November Clean your Refrigerator Day (November 15), World Peace Day (November 17) and The Great American Smoke Out (November 21). A very busy month with family and friends.

Sean P. Hogan
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NATIONAL ALZHEIMER'S DISEASE AWARENESS MONTH

The facts are grim; the statistics, horrific. According to the March 2013 Alzheimer's Association Fact Sheet:

- 5.4 million Americans are living with Alzheimer's disease (AD) .
- One in eight older Americans has AD.
- It is the sixth-leading cause of death in the United States and the only cause of death among the top 10 in the United States that cannot be prevented, cured, or even slowed.
- More than 15 million Americans provide unpaid care valued at \$210 billion for persons with AD and other dementias.
- US payments for care are estimated at \$200 billion.

This is all frightening. And the situation will only get worse as the Baby Boomers continue to swell the ranks of the older population at the rate of one every 69 seconds (and that time line is expected to accelerate to one every 33 seconds by 2050). It serves well to highlight the urgency of supporting more research aimed at developing a cure for this "progressive brain disorder that damages and eventually destroys brain cells, leading to loss of memory, thinking, and other brain functions." (*quote from alz.org*)

There are things that are being done to make the burden of caring for AD and other types of dementia less unbearable. At the Senior Center, for example, we have two Alzheimer's Caregivers Support groups (See p. 30)

SENIOR CHORUS

The Senior Chorus always welcomes new members to add to its already enthusiastic roster of singers. There are no auditions. Just come on **Friday mornings** at 10:30 am and make a joyous sound with the group led by Zohra Shaw.



Ask a Nurse Special time for November

The nurse from the Greater Medford Visiting Nurse Association will visit the Senior Center on **Tuesday, November 5, at 11:00 am.** 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 Fridays, **November 15 and 29 from 9:00 am to 12:00 noon.** Sessions, which last 15 minutes each, cost \$30. Appointments are required. Call 617-730-2777.

Note: As of November 15, appointments will be on the first, third and fifth Friday of the month. The times 9:00 am to 12:00 noon will remain the same

Low Vision Group This peer-led support group for individuals with limited eyesight will meet at the Senior Center on **Wednesday, November 20, at 1:00 pm.**

Blood Pressure Screening Barbara Westley, the nurse from the Brookline Public Health Department (BPHD), will provide blood pressure screening at the following locations. **Note: There will not be a screening at the Senior Center in November.**

Barbara will provide screenings:

- On **Wednesday, November 6, from 2:00 to 3:00 pm** at the BPHD building at 11 Pierce

School

- On **Wednesday, November 13, from 1:00 to 2:00** at Sussman House at 50 Pleasant Street
- On **Wednesday, November 27, from 1:00 to 2:00 pm,** at O'Shea House at 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, November 25,** during the Chinese programs—**from 2:30 to 3:30 pm.**

Flu Clinics

The Flu clinics will be held at the following locations during the month of November. There is no charge for the vaccine.

Sunday, November 3, from 11:00 am to 2:00 pm at the Devotion School.

Wednesday, November 6, 5:00 to 7:00 pm at the Baker School

Tuesday, November 19, 4:00 to 6:00 pm at the Brookline Health Department .

Blood sugar screening Thank You !

Sadly, the nurse from Jewish Family & Children's Services VNA, will no longer be able to do blood sugar screenings at the Senior Center. This is due to a change in the protocol for community screenings. We have enjoyed our collaboration and we hope to find new ways to collaborate in the near future.

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

MEDICARE ENROLLMENT



It's that time of year again. Medicare open enrollment will continue through **December 7**.

Do it now! Don't wait until it is too late!

Medicare plans change every year. Now is the time to decide on your coverage for 2014. If you already have Medicare, you already have health insurance. Seniors 65 years old and older have always been able to change their Medicare prescription drug and Advantage plans during the Open Enrollment period. The new marketplace health insurance offerings are only for people who do not have health insurance.

Trained SHINE volunteer counselors offer free, confidential counseling, on all aspects of Medicare and related health insurance programs. Call the Senior Center at 617-730-2777 to schedule an appointment with a SHINE Counselor.



If someone calls and suggests you purchase one of the new plans, it might be a *Scam!*

Please take down the phone number and CALL SHINE at 1-800-243-4363 to confirm the authenticity of the insurance offer. Scams cost dearly if you reveal personal information to the wrong party so be wary of giving any personal information to callers.

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.

MEDICARE PATROL

The Massachusetts Senior Medicare Patrol (SMP) will be at the Senior Center monthly to help seniors with their Medicare statements and to provide explanations of benefits letters on the **first Friday of every month beginning November 1, from 10:00 am to 12:00 noon** by appointment only. For an appointment, call 617-730-2777.

Bring in your Medicare statements and explanation of benefits letters. Pat or Phyllis will show you how to read them. If you have a question about a service that is listed on your Medicare statement (such as physician or lab work charges), bring both the statement that lists them and the date of your physician, lab, or hospital visit to your SMP appointment. The SMP will make sure that the claims paid on your Medicare account are accurate.

Medicare fraud is estimated to be \$60-\$120 billion per year. Do your part to protect Medicare by verifying the accuracy of claims paid on your account.

LOSS AND BEREAVEMENT SUPPORT GROUP

The Holidays are often a time for tradition, family, and good times. Many, however, struggle to cope with their grief or sadness over the loss of a loved one. Therefore, during this season the Senior Center will offer a 5 week support group for Brookline residents 60 or older who are experiencing loss and want to share their concerns with others.

The group will meet on **Wednesdays, November 13, 20, and 27 and December 4, and 11, from 1:30-2:30 pm**. This group is free of charge but registration is required. For more information and to register, call Deidre Waxman at 617-730-2767 or email Deidre Waxman at dwaxman@brooklinema.gov or co-leader Jenny Snyder at jennysnder103@gmail.com.

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 to buy up to five (5) coupon books a month at a 50% discount (\$25 a month yields \$50 worth of cab rides as each coupon book has 10 coupons each worth \$1 and a book costs \$5). BETS is sponsored by the Council on Aging, CDBG, and all licensed Brookline cab companies.

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.

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 on **Wednesday, November 6, 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.

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, call 617-730-2767

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.

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

ARLENE BAILEY LUCAS CONCERT

On Wednesday, November 20, at 1:00 pm the



talented international Singer/Pianist will join us at the Senior center. Arlene studied and trained at the New England Conservatory of Music. She combines the sultry sounds of Jazz, Rhythm & Blues and Pop that delivers a distinctly

smooth and soulful sound which appeals to all audiences. Ms. Bailey has delighted international and local audiences with her broad repertoire of romantic soul. She has opened shows for such legendary artists as Sammy Davis Jr., Rhythm & Blues Sensations, and The Stylistics. Ms. Bailey has been most influenced by the legendary singer, Nancy Wilson. While listening to Ms. Bailey, audiences are reminded of the Jazz Great "Ms. Billie Holiday" and the contemporary singer "Sade".



BABY BOOMERS:

What Is Your Encore..... and what does that mean? Are you thinking about retiring in the next few years? Are you recently retired? Do you know what you want to do in those Encore years when you are finished with your primary work life?

Join us **on Wednesday, November 13, 2013** from 5 to 6 PM at the Brookline Senior Center to learn about this new stage of life which has been named "Encore." Mia Louik, who has been leading workshops for Boomers transitioning into their Encore years will talk about Encore, its history, and the opportunity to find something that brings purpose and meaning to you and gives back to others in this new stage of life. To register: call Deidre Waxman at the Brookline Senior Center 617- 730-2767.

COUNCIL ON AGING MEETING **Brookline's Birthday**

Come to the meeting on **Wednesday, November 13**, at the Senior Center at **1:00 pm**. At this meeting, Ruthann Dobek will explain the budget and exciting renovation plans for the future of our Senior Center. After the meeting Timmy Sullivan will help us celebrate Brookline's 308th birthday with cake and ice cream in the coffee lounge. What better place to celebrate her birthday than at the Senior Center!



ONE-ON-ONE COMPUTER SESSIONS

There will be one-on-one computer sessions for the computer phobic on **Tuesdays in November** call 617-730-2777 to make an appointment to get help with basic computer skills and looking up and applying for benefits online. If you have questions, call Olga Sliwa at 617-730-2768.

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FUEL ASSISTANCE

The **Recertification Fuel Program** process is underway. Last year's participants are currently being mailed their recertification application. And even those who were not eligible last year will receive an application in the mail.

The recertification package includes a pre-printed application, instructions for completion and a prepaid reply envelope to use to return the application and the updated income documentation. Intake for new individuals will begin on **Friday, November 1**.

For help filling out the applications call the Senior Center at **617-730-2777** for an appointment.

HEALTH PLAN OPTIONS FOR PEOPLE WITH MEDICARE

On **Monday, November 18, at 1:00 pm**, come to the Senior Center for a presentation that will explain Medicare, including the Medicare drug benefit. The presentation will show how Medigap plans and Medicare Advantage plans work with Medicare. Attendees will leave understanding the weights and balances between choosing a Medigap or Medicare Advantage plan. This knowledge will enable you to understand the plans concepts in order to compare plan features among different carriers during open enrollment periods. Everyone is welcome regardless of insurance coverage.



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

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SENIOR CENTER FOOD DISTRIBUTION SITE

There is free food distribution at the Senior Center **every Tuesday from 2:00 to 4:00 pm**. 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. 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 to help, see Lydia Pearl at the Senior Center on Tuesday mornings.

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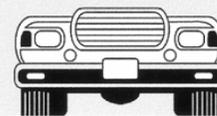
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MOVIES FOR FILM LOVERS

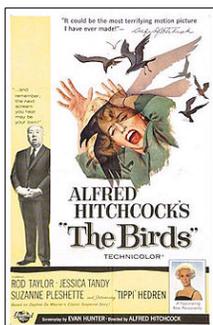
Come to the Senior Center **Tuesdays in November at 1:00 pm** for a fine feature film. Make a reservation for lunch (see pp. 16-17) for menus and reservation instructions, and make an afternoon of it.

Due to a problem with our sound system we will be using the TV to show movies.



Tuesday, November 5
"Unfinished Song" 2012
 1 hour 35 min

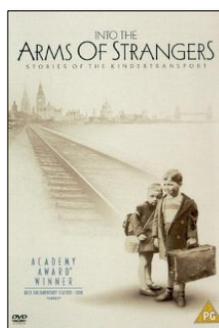
Funny and uplifting story of Arthur (Terence Stamp), a curmudgeon old soul perfectly content with sticking to his dull daily routine until his beloved wife (Vanessa Redgrave) introduces him to a spirited local singing group led by the youthful and charming Elizabeth (Gemma Arterton). This unexpected friendship and his discovery of music revitalizes Arthur's passion for new adventures and shows us all life should be celebrated at any age.



Tuesday, November 12
"The Birds" 1963
 119 min

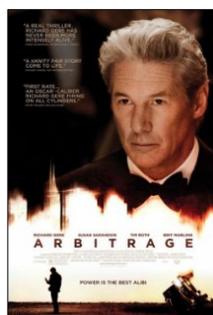
A wealthy San Francisco socialite pursues a potential boyfriend to a small Northern California town that slowly takes a turn for the

bizarre when birds of all kinds suddenly begin to attack people there in increasing numbers and with increasing viciousness.



Tuesday November 19
"Into the Arms of Strangers"
 2000

122 min
 This award winning documentary is the story of the child refugees who were transported to Britain to escape the Nazi Holocaust.



Tuesday, November 26
"Arbitrage" 2012
 107 min

A troubled hedge fund magnate desperate to complete the sale of his trading empire makes an error that forces him to turn to an unlikely person for help. Stars: Richard Gere, Susan Sarandon, and Brit Marling.

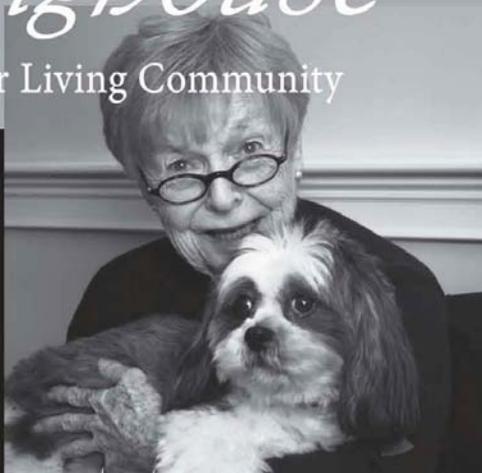
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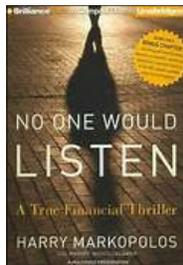
44 Allandale Street Boston, MA 02130

PUBLIC ISSUES NONFICTION BOOK DISCUSSION GROUP

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 one Tuesday each month** (except December which will be the 3rd Tuesday).

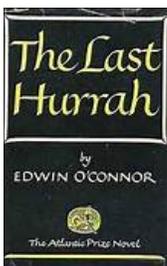
November 26, *No One Would Listen: A True Financial Thriller* by Harry Markopolos (John Wiley & Sons, Inc.).



December 17, *Making Our Democracy Work: A Judge's View* by Stephen G. Breyer (Alfred A. Knopf, Inc.).

January 28, *Wait Till Next Year: A Memoir* by Doris Kearns Goodwin (Simon & Schuster, Inc.)

PUTTERHAM BOOK DISCUSSION GROUP



This group meets on **Monday, November 18**, at the Putterham branch library **from 2:00 to 3:00 pm**.

Discussion leaders are Jean Kramer and Charlotte Millman. The book under discussion this month is *The Last Hurrah* by Edwin O'Connor—

this 1956 account of big-city politics, inspired by the career of longtime Boston Mayor James M. Curley, portrays its Irish-American political boss as a demagogue and a rogue who nonetheless deeply understands his constituents. The book was later made into a John Ford film starring Spencer Tracy. New members are always welcome!

ESL CONVERSATION GROUP

If you want to practice your English, come to the English as a Second Language (ESL) Conversation Group that meets on **Wednesdays at 2:00 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.

THE SOLEMATES

Walking is a great way of keeping fit. It get you out in the fresh air and the opportunity to socialize with friends. And it doesn't cost a thing. The Solemates walking group meets on Friday mornings at 10:00 am at the Senior Center. To register or for more information, call Julie Washburn at 617-730-2760. **We are looking for a co-leader for this group who drives.**

Transition to your new phase of life!

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Coolidge Corner

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SPANISH IMMERSION

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

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

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

SOUTH BROOKLINE SENIOR SOCIAL

On **Friday, November 8, at 10:30 am**, the South Brookline Senior Social meets at the Putterham Branch Library in the Community Room. Come enjoy free kosher pastries, coffee, tea and more. Meet your neighbors, make new friends, and have fun! For further information or to volunteer call Regina Millette Frawley at 617-469-0052.



Please check the Brookline TAB and the Senior News and Events for the latest scheduled programming, guest speakers, yoga and cook-outs!

MASS COLLEGE OF PHARMACY WORKSHOPS



The students at the Mass College of Pharmacy and Health Sciences will be back with a workshops on topics of general interest to us all at 1:00 pm on the third Thursday of every month.

On **Thursday, November 21**, we will learn about Heartburn and GERD. Heartburn is an irritation of the esophagus caused by acid that refluxes from the stomach. Heartburn is also a symptom of more serious reflux disease, or GERD.

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FROM THE DIRECTOR

Feeling gratitude and not expressing it is like wrapping a present and not giving it.” - William Arthur Ward

November is the month of Thanksgiving and a season of gratitude. Here are a few of the items that I am most grateful for every day.

Our Volunteers—over 300 strong and there every day for us. We would have to close our doors if we had to go without their thousands of hours of work.

Our Board members—advocates in the rain, snow, freezing cold and against the bitter and ageist. They are the reason we have our funding and programs.

Our Programs—now more than ever, a tremendous bargain for high-quality entertainment and educational opportunities.

Our Staff- A strong team of dedicated people who work hard each day to make the community strong and vibrant. They are unsung heroes who toil to keep seniors independent. Stop and say thank you this month

Our Services—the envy of most communities. We provide **dignity and independence** to every Brookline senior through top-notch delivery. This has been our vision for over

fifty years and will continue to guide us as we create new ways to help seniors “Age Well in our Community.”

YOU- The Brookline seniors the ones who make this job worthwhile with your **wisdom, creativity, and energy**. I salute so many of you every day.

Our Sponsors- A personal thank you to all who supported our 12th annual Autumn Benefit. Your generosity will ensure that the Van will continue to operate daily. We have added Friday to our schedule.

Spirit of kindness—people who come to the senior center share this attitude. We **care** about one another. The joys and heartaches alike are part of our powerful community. We **support** one another and stay **connected**.

Enjoy the holidays with your family and friends. Take a moment to create your own list of items that you are grateful for and share your feelings of gratitude with others. Think of me while enjoying your delicious Thanksgiving stuffing, certainly my favor indulgence this time of year.

Ruthann Dobek, Director



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AT FIRST LIGHT

The Brookline First Light festival will; take place on **Thursday, November 21, from 5:00 to 8:00 pm.** First Light started 17 years ago in Washington Square when several businesses came together to spread some holiday cheer by hanging snow flakes in their storefront windows. These glowing flakes illuminated the square, signaling the holiday season is upon us. While the festival has since grown into a Town-wide event showcasing the talents of local artists, musicians and performers, First Light still serves as a reminder that the holidays have arrived. This year's festival is sure to be another memorable event.



MODERN DANCE AND MOVEMENT

Join Lynn Modell at the Senior Center on Fridays, November 1, 15, and 22, at 2:00 pm for some more wonderful workshops. This is a great way to exercise and have fun at the same time...and for only \$2 per session.



ELF



Need a wheel chair? A walker? A big-button telephone? The Equipment Loan Fund (ELF) has lots of medical equipment available for borrowing year round! Whatever you need, call and ask. We may have it.

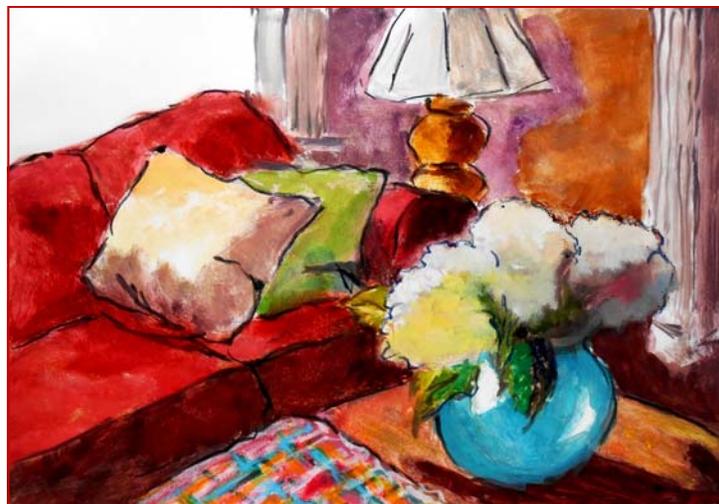
To borrow or donate an item or even multiple items, call Shira Hermosa, staff social worker will help you. Because of space limitations and other guidelines, ELF is not able to accept all items you might want to donate, so please call 617-730-2753 before dropping items off.

EASY TRAVEL

Easy Travel will be on vacation in November. Wait for some exciting new adventures in December.

AT THE GALLERY

*The
Brookline Senior Center
cordially invites you
to an exhibit
of paintings
by
Mary Gallagher*



*Through
Tuesday, December 31*

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

FROM THE BOARD PRESIDENT

Autumn is such a special time of year. I hope everyone has been enjoying our spectacular fall weather, so beautiful in our special town with its many trees and parks.

Autumn is also the time of our Autumn Benefit celebration, which took place this year on Wednesday October 23rd. It is my pleasure to offer a thank you and acknowledgements:

To everyone who attended or volunteered.

You made the evening a very wonderful time.

To all of our sponsors and raffle contributors. Thank you for caring about Brookline's seniors. This year you set a new record. With special thanks to our Platinum sponsors, Beth Israel Deaconess Medical Center and Chou Chou and Michael Merrill.

To sponsors and supporters who donated their tickets so low-income elders could enjoy the evening by attending.

The money raised by our Autumn Benefit goes to support programs and services that help our most needy elders access benefits such as fuel assistance, SNAP program, and emergency resources.

As Thanksgiving approaches, I am reminded of how many people give their time, money or other resources to help Brookline's seniors live with dignity and respect.

Thank you to all! And best wishes for a wonderful Thanksgiving.

Elizabeth (Betsy) Pollock
President, Brookline Senior Center Board



RHEUMATOID ARTHRITIS PROGRAM



Rheumatoid arthritis is a chronic inflammatory disorder that typically affects the small joints in your hands and feet. Unlike the wear- and-tear damage of osteoarthritis, rheumatoid arthritis affects the lining

of your joints, causing a painful swelling that can eventually result in bone erosion and joint deformity. *(from www.mayo clinic.com)*

On **Monday, November 25, at 1:00 pm** at the Senior Center, Dr. Toby Bates, Rheumatologist from Harvard Vanguard will talk about rheumatoid arthritis. Come, learn and get your questions about this debilitating disorder answered. This meeting is free and open to the general public. No preregistration is required. Refreshments will be served.

Sponsored by Abbott Laboratories

LET'S GO OUT TO LUNCH BUNCH



Dine with the Let's Go Out to Lunch Bunch on **Tuesday, November 26, 12:00 noon** at Tin Tin Buffet 200 North Beacon Street at Brighton Cross Streets: Between Glencoe St and Market Street For reservations and transportation, a call 617-730-2770.

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BROOKLINE ADULT & COMMUNITY EDUCATION OFFERINGS

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

NEW TECHNOLOGIES FOR SENIORS

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

Kindle Tutorial for Seniors

Joyce Graff

\$42 Course Code: **C278**

2 Tuesdays, 9:30-11:30 am begins November 5..

Researching Your Roots Online

Joyce Graff, Instructor

\$42 Course Code: **C294**

2 Tuesdays, 9:30-11:30 am begins November 19.

From Judith

To the staff and volunteers at the Senior Center, Thank you for the good wishes and for the gift certificate. Both are greatly appreciated. I shall miss you all very much. It has indeed been a privilege working with and among you these past years. The experience has been more personally and professionally as rewarding as any other work I have done in my career. The Senior Center and its mission has shaped my perceptions of, and respect for the workings of the world around me. And I hope that I have added my mark to maintaining and growing the Brookline senior community.

Much love to all - Judith

SUPPORT LOCAL SOUP KITCHEN

Once again this year, we will provide gifts of warm clothing to the 65 to 70 homeless men and women who come to dinner every Monday evening at a church-run soup kitchen in Brighton. If you would like to give warm hats, scarves, and/or gloves (hand-knitted or purchased new) to the soup kitchen's guests, give the items to Dotty Bell on the 2nd floor of the Senior Center before the pick-up date of **Friday, December 13.**

50 YEARS AGO THIS MONTH

A half a century ago, much of the news in the United States was dominated by the civil rights movement and our role in Vietnam. It was the year President John F. Kennedy visited West Berlin and delivered his famous speech "Ich bin ein Berliner". The population of the world was 3.2 billion, less than half of what it is today. The final months of 1963 one of the most tragic events in American history, the assassination of young President Kennedy profoundly changed us.

Some other events occurred in 1963. The push button phone was introduced, young Navy quarterback Roger Staubach received the Heisman Trophy Award and Beatlemania began to change our view of music.

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Springwell Nutrition Program – Brookline Senior Center
93 Winchester Street, Brookline MA
617-730-2747

Monday	Tuesday	Wednesday
<p>All meals include 8 oz. of 1% milk and margarine, all soups come with crackers;</p> <p>***Higher Sodium Content; Menu subject to change; \$1.75 suggested donation</p>	<p>Low sugar desserts are available, and need to be ordered with the site manager</p>	
<p>4) Mushroom Barley Soup HOT Veggie Burger, American Cheese, Roasted Red Potatoes, Honey Glazed Carrots, Hamburger Roll. COLD Turkey and Swiss Cheese Sandwich on Oat Bread, Lettuce Leaf, Cole Slaw, Orzo Vegetable Salad. Pears</p>	<p>5) Beef Vegetable Soup HOT Stuffed Shells with Tomato Sauce, Meatball, Parmesan Cheese, Zucchini and Red Pepper, Multigrain Bread. COLD Roast Beef and American Cheese Sandwich on Scali Bread, Lettuce Leaf, German Potato Salad, Broccoli Tomato Salad. Fresh Orange</p>	<p>6) HOT Beef Stew, Corn, Wheat Bread. COLD Tuna Salad Sandwich on Multigrain Bread, Lettuce Leaf, Three Bean Salad, Summer Squash Salad. Tropical Mixed Fruit</p>
<p>11)  Veterans Day Holiday No Meal Service</p>	<p>12) Mushroom Barley Soup HOT Chicken Stew, Brown Rice, Broccoli and Cauliflower, Oat Bread. COLD Egg Salad Sandwich on Rye Bread, Lettuce Leaf, Macaroni Salad, Tomato Red Pepper Salad, Rye Bread. Chocolate Cake w/ Frosting</p>	<p>13) Tomato Basil Soup HOT Sweet Potato Crusted Fish, Cole Slaw, Chuck wagon Corn, Rye Bread. COLD Ham and Swiss Cheese Sandwich on Oat Bread, Lettuce Leaf, Orzo Vegetable Salad, Garden Salad. Fresh Fruit</p>
<p>18) Vegetable Soup HOT Honey Mustard Chicken, Red Bliss Potatoes, Peas, Onions, and Parsley, Oat Bread. COLD Roast Beef and American Cheese Sandwich on Oat Bread, Lettuce Leaf, English Pea Salad, Summer Squash Salad. Pumpkin Pudding w/ Topping</p>	<p>19) Seafood Chowder HOT Salmon Boat, Roasted Potatoes, Spinach, Wheat Bread. COLD Turkey and Provolone Cheese on Multigrain Bread, Lettuce Leaf, Spinach Mandarin Orange, Potato Salad. Fresh Fruit</p>	<p>20) Mushroom Barley Soup HOT Meatball Sub, Romaine Salad, Zucchini and Carrots. COLD Chicken Salad Sandwich on Rye Bread, Pasta Vegetable Salad, Tomato Pepper Salad. Pineapple</p>
<p>25) Cream of Tomato Soup HOT Roast Pork, Baked Potato, Beets, Multigrain Bread. COLD Seafood Salad Sandwich on Rye Bread, Lettuce Leaf, Tomato Red Pepper Salad, Macaroni Salad Applesauce</p> <p>16</p>	<p>26) Beef Consommé with Vegetables HOT Stuffed Pepper w/ Tomato Sauce, Creamy Parmesan Polenta, Carrots, Wheat Bread. COLD Cranberry Juice, Chef Salad w/ Ham, German Potato Salad, Dinner Roll. Fresh Fruit</p>	<p>27) Vegetable Barley W/ Spinach HOT Greek Chicken, Lemon Olive Rice, Green Beans, Oat Grain Bread. COLD Turkey and Swiss Cheese Sandwich on Multigrain Bread, Lettuce Leaf, Riviera Salad, Three Bean Salad. Chocolate Pudding w/ Topping</p>



November



Thursday

Friday



1) Minestrone Soup
HOT
Cranberry Chicken, Mashed Potatoes,
Braised Red Cabbage, Wheat Roll
COLD
Egg Salad Sandwich on Oat Bread,
Lettuce Leaf, Rivera Salad, English Pea
Salad.

Butterscotch Pudding w/ Topping

7) Cream of Sweet Potato Soup
HOT
Chicken A L' Orange, Chick wagon Corn,
Collard Greens, Whole Wheat Dinner Roll.
COLD
Seafood Salad Sandwich on Rye Bread,
Lettuce Leaf, Potato Salad, Spinach and
Mandarin Salad.

Ice Cream

8) No Springwell Lunch

14) Cream of Butternut Squash Soup
HOT
Pot Roast w/ Gravy, Baked Potato, Jardi-
nière Style Vegetables, Multigrain Bread.
COLD
Turkey Chef Salad, Potato Salad, Scali
Bread.

Peaches

15) Cream of Tomato Soup
HOT
Potato Crunch Fish, Herbed Brown Rice,
Summer/Spring Vegetable Blend, Rye
Bread.
COLD
Oriental Chicken Salad Sandwich on
Wheat Bread, Lettuce Leaf, Lo Mein Pasta
Salad, Garden Salad.

Chefs Choice Dessert

21) Thanksgiving Special
HOT
Roast Turkey w/ Gravy, Cornbread Stuffing,
Whipped Potatoes and Chives, Country
Style Blend Vegetables, Cranberry Sauce,
Hot Apple Cider, Soft Dinner Roll.
COLD
Vegetarian Chef's Salad, Garden Shell
Pasta, Scali Bread.
Pumpkin Bar

22) Italian Garden Vegetable Soup
HOT
Hot Dog on a Roll, Baked Beans, Cole
Slaw
COLD
Vegetarian Chili, Tuna Salad Sandwich on
Multigrain Bread, Lettuce Leaf.

Peaches

28) Thanksgiving No Meal Service



29) Cream of Butternut Squash Soup
HOT
Baked Fish, Whipped Sweet Potato,
Broccoli and Cauliflower, Rye Bread.
COLD
Roast Beef and Provolone Cheese Sand-
wich On Wheat Bread, Tomato Cucum-
ber Salad, Summer Potato Salad.
Fruit Loaf

LUNCHEON SPECIALS FOR NOVEMBER

Reservations for ALL 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, November 21**, we will celebrate with a *special Springwell Thanksgiving* lunch.

And on **Tuesday, November 19**, come to *the Senior Center Birthday Party* for everyone born in November. The sponsor of this lunch has happily provided a complimentary lunch and a small gift to all November birthday celebrants so be sure to let us know if you or someone in your party has an October birthday when you make your reservations.

Tuesday, November 26 at 12:00 noon Let's Go Out to Lunch Bunch will be dining at Tin Tin. (see p14)

NOVEMBER AT A GLANCE*

Friday, November 1

10:00 am-12:00 noon Medicare Patrol ***
10:30 am South Brookline Senior Social
2:00 pm Modern Dance

Saturday November 2

12:00–10:00 pm Foxwoods Casino ***
3:30 pm Concert Alexander Prezzano at Goddard House
Turn your clocks back

Sunday November 3

11:00 am—2:00 pm Flu Vaccine Devotion School
3:00 pm Mozart and Beethoven Concert at Symphony Hall ***

Monday, November 4

1:00-3:00 pm CharlieCard Event
1:00-3:00 PM Brookline Senior Center Decorators

Tuesday November 5

11:00 am Ask a Nurse Special Time
1:00 pm Movie “The Unfinished Story”

Wednesday November 6

9:00-12:00 noon Legal Assistance Volunteer Lawyer
1:00 pm Brookline Music Concert with Justin Meyer Trio
2:00-3:00pm Blood Pressure Screening at Brookline Public Health Department
5:00-7:00pm Flu Vaccine Baker School

Thursday November 7

Friday November 8

9:30 International Gem and Jewelry Show ***
10:30 am South Brookline Senior Social
10:00 am-3:00 pm 29th Annual Holiday Craft Fair
Alzheimer Afternoon Support Group call for more information

Saturday November 9

10:00 am-1:00 pm 29th Annual Holiday Craft Fair
3:30 pm A duet with Bert Seager and Sean Farias at Goddard House

Monday November 11

Veterans Day Senior Center Closed

Tuesday November 12

1:00 pm Movie “The Birds”

Wednesday November 13

1:00 pm Council on Aging Meeting followed by a **BirthDay Celebration for Brookline 308!**

1:00-2:00 pm Blood Pressure Screening at Suussman House 50 Pleasant Street
1:30-2:30 pm Loss and Bereavement Support Group ***
5:00-6:00 pm Encore with Mia Louik ***

Thursday November 14

7:00 pm Are you Prepared a presentation by the Brookline Police Department at Goddard House

Friday November 15

9:00 am –12:00 noon Podiatry Clinic ***
1:00 pm Autumn Adaptations for Aging Slower
2:00 pm Modern Dance

Saturday November 16

3:30 pm Concert with Atsuko Jozaki Goddard House

Monday November 18

1:00 pm Health Plan Options for People with Medicare

1:00-3:00 pm Brookline Senior Center Decorators

2:00-3:00 pm Putterham book discussion group *The Last Hurrah*

Tuesday November 19

12:00 noon Springwell November Birthday Lunch ***

1:00 pm Movie “Into the Arms of Strangers”

4:00-6:00 pm Flu Vaccine Brookline Health Department

Wednesday November 20

1:00 pm Low Vision Group

1:00 pm Concert with Arlene Lucas

1:30-2:30 pm Loss and Bereavement Support Group ***

Thursday November 21

12:00 noon Springwell Thanksgiving Lunch

1:00 pm Mass College of Pharmacy-Heartburn and GERD

Alzheimer Evening Support Group ***

5:00-8:00 pm First Light in Brookline

Friday November 22

2:00 pm Modern Dance

Sunday November 24

2:00 pm Camelot at the New Repertory Theatre ***

11:00 am - 4:00 pm Christmas Tree Shops/ IKEA ***

Monday November 25

1:00 pm Rheumatoid Arthritis *sponsored by Abbott Laboratories.*

2:30-3:30 pm Blood Pressure Screening Jing-hong Yang

Tuesday November 26

9:00-10:00 am Public issues nonfiction book discussion group-*No One Would Listen*

12:00 noon Let's Go Out to Lunch at Tin Tin Buffet ***

1:00 pm Movie "Arbitrage"

Wednesday November 27

1:00-2:00 pm Blood Pressure Screening at O'Shea House 61 Park Street

1:30-2:30 pm Loss and Bereavement Support Group ***

Chanukah begins

Thursday November 28

Thanksgiving Senior Center Closed

Friday November 29

9:00 am –12:00 noon Podiatry Clinic ***

GOING SENIOR CENTER EVENTS

Monday

8:45-10:15 am Strength Training for Seniors **

9:30-4:30 Fitness Center open ***

10:00 am-12:30 pm Introduction to Watercolor **

10:00-11:30 am Poetry Workshop ***

10:30-11:30 am Senior S-T-R-E-T-C-H **

12:00 noon Springwell Lunch ***

12 :00-4:00 pm BETS

12:00-4:00 pm Mah jongg/ U.S.

1:00-3:00 pm Senior Decorators

1:00-3:00 pm Advanced Studies in the Book of Exodus**

1:00-3:30 Scrabble

2:00-4:00 pm Open Computer Lab

2:30-3:30 pm Chinese programs

Tuesday

One-to-One Computer Sessions ***

9:00-12:00 noon Reiki Therapy ***

9:30-11:30 am Kindle Tutorial **

(begins November 5)

9:30-4:30 Fitness Center open-membership required

10:00 am Flexibility, Resistance Training, and Balance Exercise ***

10:15 am Brookline Bees, Quilters

10:30 am 12:30 pm Literary Discussion Group: Fall

11:45-1:45 pm Getting to Know Your Digital Camera **

12:00 noon Springwell Lunch ***

12:00 noon French Conversation

12:00 noon-4:00pm BETS

12:30-3:30 Canasta Group

1:00 pm Bingo

1:00 pm Movies for Film Lovers

1:00-3:00 pm Advanced Studies in the Book of Exodus**

2:00-3:00 pm Exercise for Health and Rejuvenation

2:00-3:00 pm Yoga for Older Adults (Chair class)**

2:00-4:00 pm Food Distribution Site (hours approximate)

3:00-4:00 pm Yoga for Older Adults (Mat class)**

3:00-4:45 pm Latino Instrumental and Vocal

Music sessions ***

Wednesday

8:45-10:15 am Strength Training for Seniors **

9:00-10:00 am Living Our Values

9:30 am Bowling ***

9:30-4:30 Fitness Center Open ***

10:30 am Retired Men's Club

10:30-11:30 am Senior S-T-R-E-T-C-H **

10:15-11:45 am Telling Your Story**

12 :00 noon-4 pm BETS

12:00 noon Springwell Lunch ***

12:30 pm Bridge

2:00 pm ESL Conversation Group

2:00-4:00 pm Open Computer Lab

Thursday

9:30-11:45 am Drawing for Pleasure ***

9:30-4:30 Fitness Center Open—membership required ***

10:30 am and 1:30 pm Knit and Crochet

11:45 am Computer Basics **

12:00 noon Springwell Lunch ***

12:00-1:00 pm Intermediate Spanish

1:15-2:15 pm Beginning Spanish Class***

1:30 pm Russian Tea Room—For more information, call Rita Kropp at 617-730-2106

1:30-2:30 ZUMBA Gold only November 7 and 14

2:30-3:30 pm Spanish Conversation Group ***

Friday

9 :00 am Bridge

10:00 am Solemates Walking Group ***

10:00 am-3 :00 pm Fitness Center open ***

10:00 am Project Volunteer

10:30 am Current Events Discussion Group

10:30 am Senior Chorus

10:30 South Brookline social at Putterham Library***

12:00 noon Springwell Lunch ***

12:00-2:00 pm Basic Computer Class in Spanish ***

1:00-2:00 pm Meditation and Movement

1:00-2:00 pm Balance and Strength for Seniors **

2:00-3:30 pm Tai Chi for Seniors**

2:30-4:30 pm Drawing for Pleasure: Watercolor ***

** 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 Required .*

Brookline Health Care Center

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

Speech Therapy

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



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Nettie Lesser's Apple Bundt Cake

Ingredients:

4 Medium Golden Delicious apples (about 1 ½ pounds), peeled, cut into 1/3-inch pieces or slices
5 Tablespoons + 2 ½ cups sugar
2 tablespoons ground cinnamon
4 large eggs
1 cup vegetable oil
¼ cup orange juice
1 tablespoon grated orange peel
1 tablespoon vanilla extract
3 cups all purpose flour
3½ teaspoons baking powder
½ teaspoon salt
Powdered sugar

Preparation:

Preheat oven to 350 degrees F.
Oil and flour a 12-cup Bundt pan (baking spray)
Mix apple pieces, 5 tablespoons of sugar and ground cinnamon in medium bowl.
Combine 2½ cups sugar, egg, vegetable oil, orange juice, orange peel and vanilla extract in large bowl; whisk to blend. Stir flour, baking powder and salt into egg mixture.
Spoon 1½ cups batter into prepared Bundt pan (spray 1½ measuring cup with spray to make it easier to take the batter out of the measuring cup). Top with half apple mixture then cover with 1½ cups batter.
Top with remaining apples, then rest of batter.
Bake cake until the top is brown and tester inserted near center comes out with moist crumbs attached, about 1 hour 30 minutes.
Check at 1 hour. Cool cake in pan on rack for 15 minutes. Turn cake out onto rack. Cool at least 45 min. Dust with powdered sugar. Serve slightly warm or at room temperature.
Freezes very well. Enjoy !



Bon Appétit!
December 1999
By Amanda
Denton, Barre, VT

MODERN BEADING WORKSHOP

Marge Harvey has planned a special November class that will replace the class held at the Senior Center with a Brookline Recreation trip to the International Gem and Jewelry Show in Marlboro on **Friday, November 8, at 10:30 am.** Marge will meet the group at 9:30 am at the Senior Center to discuss the event. To register, call The Brookline Recreation at 617-730-2082.



BROOKLINE VILLAGE
INBOUND TO GOVERNMENT CENTER

CHARLIE CARD EVENT

Monday, November 4, from 1:00 to 3:00 pm there will be a Senior CharlieCard event at the Senior Center. Bring a picture ID as proof that you are 65 or older. We will have a form for you to fill out, and we will take your picture and send it to the MBTA. The MBTA will mail the CharlieCard directly to you.

It can take as long as 6 weeks to get the CharlieCard. If you cannot wait you can always go to the CharlieCard store in Downtown Crossing in Boston.



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EXERCISES FOR HEALTH AND REJUVENATION

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

MEDITATION IN MOVEMENT



One of our lovely ongoing programs is Meditation in Movement with instructor Jennifer Winslow. In this class for seniors on **Fridays from 1:00 to 2:00 pm** at the Senior Center, the focus is on gentle, simple movements to improve posture, balance, lung capacity, overall joint health, and movement. Fee: \$5/session. For more information, call Julie at 617-730-2760

SENIOR SCENE

Senior Scene host Betty Joel has taped a new interview about the new Retirement Engagement Alternatives Program (REAP) that was unveiled in July. 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**.

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Get in shape and have fun doing so in this dynamic and effective fitness program. Zumba® Gold at the Senior Center has resumed on **Thursdays through November 14 from**

1:30 to 2:30 pm. As always, drop-ins are welcome at \$7 per individual session. This course is free for residents of the Brookline Housing Authority thanks to a grant from the Brookline Community Foundation.



REIKI THERAPY

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



Akemi Minami, certified Reiki therapist, offers individual, 25-minute appointments to Brookline seniors age 60 and older and Senior Center volunteers on **Tuesdays from 9:00 am to 12:00 noon** at a special, discounted rate—a donation of \$7 per session. You can also buy a book of 5 treatments for \$25 as a gift or for yourself.

If you are interested in Reiki treatment, be sure to consult with your physician before deciding if this or any treatment is right for you. For more information, call 617-730-2777.



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GODDARD HOUSE EVENTS

Concert solo guitarist Alexander Prezzano

Saturday, November 2, at 3:30 pm

Alexander Julian Prezzano is a guitarist and composer from the Boston area. He has performed regularly throughout New England and California as a solo guitarist at various recitals, restaurants, private events, and weddings.



A Duet with Bert Seager and Sean Farias

Saturday, November 9th at 3:30pm

Bert and Sean will play a set of classic show tunes from the Great American Songbook. Bert Seager, has 15 CDs that have been released internationally.



Sean Farias, can be heard on numerous recordings of New England's most respected jazz, Celtic, gypsy, Latin, folk, pop/rock, and Balkan artists.

Are You Prepared?

Thursday, November 14th at 7:00 pm

This Brookline Police Department presentation will address three areas:

Elder Fraud, Senior Safety and Emergency Preparedness. Officers will cover how to prevent becoming a victim of fraudulent activity, ways to ensure your safety in the home and on the street, how to prepare for manmade and natural disasters/emergencies in our community and what the Town has done to ensure our community can prevent, respond to, and recover from these emergencies.



Atsuko Jozaki

Saturday, November 16 at 3:30pm

. Atsuko Jozaki's solo and ensemble performances show her wide range of study, spanning From Baroque pieces, Contemporary works, French pieces, and also orchestral experience. She currently serves on the faculties of the All Newton Music School and the Brookline Music School.



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BROOKLINE MUSIC SCHOOL CONCERT



On Wednesday, November 6, at 1:00 pm the Justin Meyer Trio will give a concert at the Senior Center, sponsored by the Brookline Music School and the Senior Center. The trio leader—Justin Meyer—is on the faculty of the Brookline

Music School. He is a very talented musician—playing the double bass and the bass guitar.

AUTUMN ADAPTATIONS FOR AGING SLOWER

Friday, November 15 at 1:00 pm come and learn about your individual protein requirements for a healthier body and mind. Our discussion of *nutrition, exercise, sleep, tension release and social support* will be facilitated by Estelle Record Stanley who is a readers of Deepak Chopra, Harvey Diamond, and Natasha Turner). Participants will have the opportunity to discuss their favorite guides.

TECHNOLOGY FOR VISUAL SUPPORT



Smartphones can help people with a visual impairment see.

Smartphones and tablets, with their flat glass touch screens, may not seem like the best technological innovation for people with vision differences and changes. But advocates say the devices could be the biggest assistive aid to come along

since Braille was invented in the 1820s. People with vision changes can use a Smartphone's voice commands to read, write, determine denominations of money, and figure out where they are using GPS and compass applications.

About 10 million people in the United States are visually impaired or blind. Some estimates predict that over the next 30 years, as the baby boomer generation ages, the number of adults with vision impairments could double.

With the touch of a finger a Smartphone will read a text message, email, and newspaper aloud. There are over one-hundred apps that offer more advanced support such as light detection, the weather, stock prices as well as Twitter and Facebook feeds for only 1.99.

Nick Bilton 9/29/13

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from Jovina Ting.

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from Claire Young & the Chinese Mah-Jong Group

Ruth Werksman & Ruth Geller's birthday

from Eleanor Small

Vera Sharma's birthday

from Friends of Vera Sharma

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HANDICAPPED ACCESS

The Town of Brookline does not discriminate on the basis of disability in admission to, access to, or operation of, its programs, services, or activities. If you need special accommodations, contact the Council on Aging at 617-730-2777.

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Foxwoods Casino

Saturday, November 2, 12:00 noon to 10:00 pm

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Cost: Residents-\$30 nonresidents-\$41

International Gem and Jewelry Show

on Friday, November 8, at 10:30 am. Marge will meet the group at 9:30 am at the Senior Center to discuss the event. To register, call The Brookline Recreation Department at 617-730-2082.

Cost: Residents-\$5 nonresidents \$8

Christmas Tree Shops/IKEA

Friday, November 22, 11:00 am to 4:00 pm

Cost: Residents-\$10 nonresidents \$14

Save The Date

World War II Museum 55+

Wednesday, December 4 9:00 am to 2:30 pm

The Museum of World War II is located in Natick, MA and is a unique experience. In addition to being the most comprehensive collection of original World War II artifacts anywhere in the world, the exhibition- nearly 7,000 pieces- integrates the human, political and military stories. It is an intense experience made more so by the fact most artifacts are not behind or under glass.



Cost: Residents \$10 nonresidents \$14

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

SENIOR CENTER THEATER CLUB

Mozart and Beethoven concert

Sunday, November 3, at 3:00 pm
at Symphony Hall

\$40

Camelot

Sunday, November 24, at 2:00 pm
at the New Repertory Theatre

\$39

For more information call 617-730-2770 to be added to the wait list.



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, November 8.** Call group leader Elaine Yanowitz at 617-713-0420 for additional information and time.

The Evening group will meet on **Thursday, November 21**—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.

From Judith

To the staff and volunteers at the Senior Center, Thank you for the good wishes and for the gift certificate. Both are greatly appreciated. I shall miss you all very much. It has indeed been a privilege working with and among you these past years. The experience has been more personally and professionally as rewarding as any other work I have done in my career.

The Senior Center and its mission has shaped my perceptions of, and respect for the workings of the world around me. And I hope that I have added my mark to maintaining and growing the Brookline senior community. Much love to all - Judith

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. For more information, call 617-730-2752.

VOLUNTEER NEWS

SHOP Program Maureen Deery, our volunteer coordinator, wants to encourage shut-in seniors to apply for grocery shopping help through the SHOP program. We have Brookline High School students signed up and ready to help you with your shopping needs. For more information call Maureen at 617-730-2743.



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REAP NEWS

The Retirement Engagement Alternatives Program (REAP) is now up and running. If you are a 60 plus resident of Brookline, seeking to occupy your retirement, with local volunteer work, or to enhance your income. call Deidre Waxman at 617-730-2767 for an interview.



Businesses and Organizations Seeking Volunteers! As the Senior Center and its partners begin the new Retirement Engagement Opportunities Program (REAP), they will begin screening and placing energetic and enthusiastic volunteers in local nonprofit organizations and offices. If you would like to train and work with a volunteer in your organization or business, call Deidre.

Tax Workoff There are 5 slots available in the Tax Workoff program at the Council on Aging including one position for an individual who enjoys writing assignments. If you are a Brookline income eligible resident 60 or older and you own your home call Deidre Waxman for more information at 617-720-2767.

November Job of the Month

Wanted: Someone to take minutes at The Council on Aging Meeting on the second Wednesday of most months from 1:00 to 2:00 pm. This is a paid position. For more information, call Ruthann Dobek at 617-720-2756.

MEDICARE PRESCRIPTION DRUGS

For many Medicare plans, the pharmacy you use could make a big difference in the cost of your drugs!

All Medicare drug plans and Medicare Advantage plans (HMOs, PPOs) have network pharmacies. Most pharmacies accept most plans. However, if you go to a pharmacy that is not in your plan's network, your drugs will not be covered.

This year more than half of the Medicare drug plans have preferred pharmacies in addition to network pharmacies. If your plan has preferred pharmacies, you may save money by using those pharmacies. Some generic drugs may cost \$0 at preferred pharmacies. Some plans also offer a mail-order program that allows you to get up to a 90-day supply of your covered prescription drugs sent directly to your home. This is sometimes a cheaper and easier way to fill your prescriptions.

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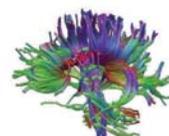


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ALZHEIMER'S DISEASE RESEARCH STUDY AT MGH:

Have you, or spouse, or loved one been diagnosed with Alzheimer's disease, dementia, or cognitive impairment? If so, you may be interested in the MATCH observational research study, currently underway at the Massachusetts General Hospital.

Brain Imaging Research Study of Aging, Cognitive (Memory) Impairment, Alzheimer's Disease, and Dementia: Adults with Alzheimer's disease (ages 60 and older) are wanted for a research study examining characteristics of normal aging and examining changes in the brain and cognition (thinking) in individuals with Alzheimer's disease, cognitive impairment, and dementia. This study takes place at the Massachusetts General Hospital Martinos Center for Biomedical Imaging in the Charlestown Navy Yard. The study requires up to four visits in 1-2 months, and is comprised of a clinical evaluation, a blood draw, a neuropsychological examination, and two or more brain imaging sessions. Participants will be paid up to \$425 for participation in the full study. For more information, please call MGH CENAGN at 617-643-7721 or email aegolblatt@partners.org.



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 mcosgrove-deery@brooklinema.gov or call at 617-730-2743. I will make sure that Dr. Salamon gets the questions and answers them in the Senior News and Events.*)

November 21 is Great American Smoke Out Day, so let's take a minute to review some facts about smoking in 2013. The good news is that there are fewer people smoking today than there were 50 years ago, about 20% of US adults. Around 16% of high school students smoke.

The bad news is that 1 out of every 5 deaths (more than 400,000 people) is caused by cigarette smoking every year in the U.S. and is the leading cause of preventable deaths.

Smoking causes several types of cancer: lung, throat, mouth, esophagus, stomach, pancreas, bladder, and cervix. People who smoke are far more likely to have a heart attack. Smoking causes most cases of chronic lung disease.

It's not only smokers who suffer, but also non-smokers who breathe in the smoke exhaled by smokers, known as "second hand smoke." Breathing secondhand smoke increases the risk for heart attacks, especially for people who already have heart disease. It also increases the risk of lung cancer and asthma, causing an estimated 3500 lung cancer deaths in the U.S. in non smokers. The only way to protect nonsmokers from secondhand smoke in indoor spaces is to eliminate indoor smoking. We in Massachusetts have come a long way in banning indoor smoking.

"Light" or low-tar cigarettes are no safer than regular cigarettes and do not reduce the health risks of smoking. Electronic cigarettes, also known as vaporizer cigarettes and e-cigarettes, are devices that people use, often

instead of tobacco cigarettes, that release doses of water vapor that may or may not include nicotine. E-cigarettes are powered by a small battery. There are several reasons marketers use to sell e-cigarettes:

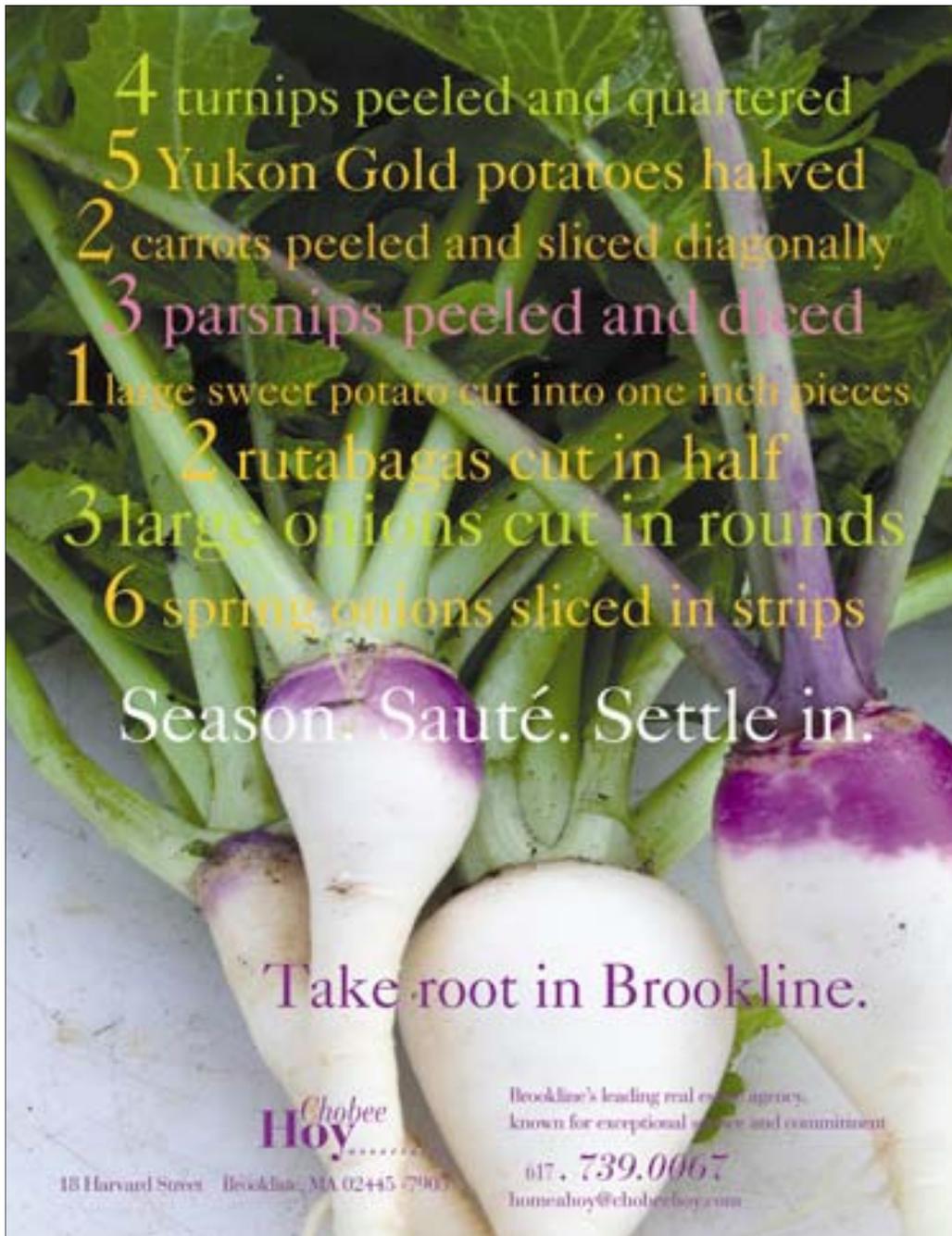
1. For smokers who don't plan to quit tobacco, e-cigarettes can be a way to "smoke" in smoke-free environments such as airplane lounges, restaurants, and workplaces.
2. For smokers who don't want to give up their nicotine addiction, switching to e-cigarettes may reduce the harm of their habit.
3. For smokers who want to quit, some firms suggest that e-cigarettes may help people transition from smokers to nonsmokers (the World Health Organization has asked marketers not to make this claim). E-cigarettes are **addicting**, contain carcinogens and other hazardous chemicals, They may be seen by many as a healthy alternative to tobacco smoking, but they do cause damage to the lungs.

QUESTION:

Regarding whether or not to get the shingles vaccine if you have already had shingles, there is not a 100 % correct answer. The CDC says:

ANSWER:

Even if you have had shingles, you can still receive the shingles vaccine to help prevent future occurrences of the disease. There is no specific time that you must wait after having shingles before receiving the shingles vaccine, though you should wait until the shingles rash has disappeared.



4 turnips peeled and quartered
5 Yukon Gold potatoes halved
2 carrots peeled and sliced diagonally
3 parsnips peeled and diced
1 large sweet potato cut into one inch pieces
2 rutabagas cut in half
3 large onions cut in rounds
6 spring onions sliced in strips

Season. Sauté. Settle in.

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