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

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

Brookline Community Aging Network
www.BrooklineCAN.org

HIGHLIGHTS

Celebrate the August Moon Festival on September 9. See p. 8

Learn about REAP at the Council on Aging Meeting on September 11. See p. 3.

Say "Farewell" to the editor on September 11. See p. 10.

Get your watch batteries replaced on September 12. See p. 15

Come to BrooklineCAN Annual Meeting and Welcoming Reception on September 16. See p. 12.

Get the skinny on Concussions on September 18. See p. 5.

Hear Levine Chapels on Your Life,Your Legacy on September 23. See p. 7.

SEPTEMBER 2013

IT'S NATIONAL SENIOR CENTER MONTH

And this year's theme is: *Senior Centers: Experts at Living Well.* The Senior Center has resources and tools to empower you all to make choices that will enhance your lives and help you become *experts at living well*.

The Senior Center offers a variety of health and fitness classes and lifelong learning opportunities and encourages your involvement in the Senior Center and the Brookline community. Whether it's trying Zumba (see p. 21) or Tai Chi (see p. 23), attending a literature or watercolor class (see pp. 22 and 23), learning about current health issues (see pp. 5 and 7) or enjoying a concert, all these activities add richness to your lives. So this September, celebrate the programming and services that enable older adults to become *experts at living well*.

In conjunction with National Senior Center Month are some other days/weeks of special note. September is also National Food Safety Month, Cholesterol Awareness Month, and Hunger Action Month. The week of September 22 through 28 is Active Aging Week, and September 22 is Falls Prevention Awareness Day (see The Health Page—p. 4—and Ask a Geriatrician—p. 28).

To celebrate Senior Center Month, get involved with our Senior Center. Volunteer for a committee or help with a program. Join the Brookline Community Aging Network (BrooklineCAN) and get involved in one of their many programs. Become an *expert at living well* while helping to make Brookline and its aging community stronger and more vibrant.

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

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SEPTEMBER HOLIDAYS

Monday, September 2, is Labor Day so the staff will have a holiday and the Senior Center will be closed. Labor Day American Style is traditionally celebrated with parades and picnics, BBQs and other summer fun. We look on it as the end of summer and in that weekend squeeze in as much loafing and fun as we can.

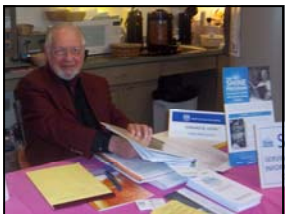
Of course, September often has some of the mildest, most beautiful days of the year, so it is in many ways the best of summer and fall.

On Sunday, September 8, I hope your families choose to honor you with celebration of Grandparents Day. And as an appropriate companion to National Senior Center Month, September 23 to 27 has been designated National Employ Older Workers Week (see REAP News on p. 25).

Native American Day on Friday, September 27, and International Day of Peace—Make a Difference Day on Saturday, September 21,

COUNCIL ON AGING MEETING

It's fall and the first Council on Aging meeting of the fall will be on **Wednesday, September 11,** at the Senior Center **at 1:00 pm**. At this meeting, Deidre Waxman, our REAP (Retirement Engagement Alternatives Program) coordinator will give us an overview of this new program that is expanding upon, and replacing, the old JOBS program. New needs of the aging community (especially with the advent of the "Baby Boomers" as members) call for a new approach to seniors volunteering and working, and REAP is attempting to help fill those parameters. Don't miss this meeting. Bring your friends. The meeting is free and open to the public.



Ed Levin—SHINE counselor

Sonia Wang—volunteer extraordinaire

29TH ANNUAL HOLIDAY CRAFT FAIR

Once again we have begun the planning for our annual Holiday Craft Fair, which will be held 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).

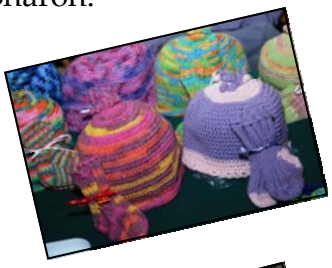
Planning meetings are already under way. However, there is still time for you to join the meetings and take part in the planning and execution of this popular annual event. There are still two meetings to go. Both are **at 1:00 pm** at the Senior Center.

- **Friday, September 27**—Planning the publicity and a general "check-in"
- **Monday, October 28**—Final logistics

And there will also be a special preview of the Fair that will be held at Town Hall toward the end of October.

For more information, call Julie Washburn at 617-730-2760 or Sharon Devine at 617-730-2769.

And if you are a crafty person and have goods that you might want to sell at the Fair—hand-knitted and other hand-crafted items, handmade jewelry or cards, photography, pottery, baked goods, whatever—contact Julie or Sharon.



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

Podiatry Clinic Routine foot care with Dr. John McLaughlin is available at the Health Clinic at the Senior Center on **Mondays, September 16 and 30 from 9:00 am to 12:00 noon**. Sessions, which last 15 minutes each, cost $30. Appointments are required. Call 617-730-2777.

Low Vision Group This peer-led support group for individuals with limited eyesight will meet at the Senior Center on **Wednesday, September 18, 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 Senior Center on **Thursday, September 19, from 9:00 to10:00 am**. She will also provide screenings:

- • On **Wednesday, September 4, from 2:00 to 3:00 pm** at the BPHD building at 11 Pierce Street
- • On **Wednesday, September 11, from 1:00 to 2:00 pm**, at Sussman House at 50 Pleasant Street
- • On **Wednesday, September 25, 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, September 30**, during the Chinese programs—**from 2:30 to 3:30 pm**.

National Fall Prevention Awareness Day is **September 22**. This day is intended to promote and increase public awareness about how to prevent and reduce falls among older adults. "This year's theme, *Preventing Falls—One Step at a Time* seeks to unite professionals, older adults, caregivers, and family members to play a part in raising awareness and preventing falls." (*From www.ncoa.org/FPAD)*

Each year in the United States, one out of three people aged 65 or older falls, and as a result, many experience injuries that threaten their independence and quality of life. On **Monday, September 24, from 10:00 am to 1:00 pm**, join legislators and other state officials, community-based organizations (including Councils on Aging), members of the Massachusetts Falls Prevention Coalition, and the general public at the Great Hall of the Massachusetts State House on Beacon Hill to learn how falls can be prevented and to celebrate some champions who are helping reduce the risk for falls. The event will include an interesting array of speakers, information booths, and light refreshments.

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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DON'T IGNORE YOUR MEDICARE MAIL!

It's that time of year again! If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO, PPO), you should receive information from your plan by the end of September. It is important to understand and save this information because it explains the changes in your plan for 2014.

During the annual Medicare Open Enrollment (October 15 through December 7), you can to CHANGE your plans for 2014. SHINE counselors can help you understand the changes, as well as other options you may have. Make your SHINE appointment early! The counselors are especially busy during the Open Enrollment period so do not wait until it is too late.

Trained SHINE volunteers offer free, confidential counseling on all aspects of Medicare and related health insurance programs. To schedule a SHINE appointment, call the Senior Center at 617-730-2777.

For other SHINE related matters, call 1-800-243-4636, then press or say 3. Once you get the SHINE answering machine, leave your name and number, and a volunteer will call you back, as quickly as possible.

BLOOD SUGAR SCREENING

Olga Abemelik, the nurse from Jewish Family & Children's Services, will be at the Senior Center on **Thursday, September 26, at 11 am** to provide blood sugar screening. As we age, this test is important in detecting the onset of diabetes.

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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 next on **Friday, September 13**. Call group leader Elaine Yanowitz at 617-730-2777 for additional information and time.

The evening group will meet on **Thursday, September 26**—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.

CONCUSSIONS

As we age, the risk of falling increases, and one serious result of falling might well be a concussion—a type of traumatic brain injury (TBI), caused by a bump, blow, or jolt to the head that can change the way the brain normally works.

Health care professionals may describe a concussion as a mild brain injury because they are usually not life-threatening. Concussions can also occur from a fall or a blow to the body that causes the head and brain to move quickly back and forth. The short– and long-term effects can be serious.

On **Wednesday, September 18, at 1:00 pm** at the Senior Center, join Dr. Peter Q. Warinner from the Department of Neurology at Brigham and Women's Hospital for a discussion about falls, concussions, and the brain. Dr. Warinner, who is board certified in both Neurology and Neuromusculoskeletal Medicine, has a special interest in concussions, head trauma, and TBI among seniors.

This program is co-sponsored by the Brookline Public Health Department and the Senior Center.

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 as well as information and referrals on **Wednesdays, September 4 and October 2, 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. (See also p. 28.)

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! (See also the COA meeting on p. 3 and more on REAP on p. 25.)

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.

YOUR LIFE, YOUR LEGACY

While we are all aware that death and dying are no one's favorite topic of conversation, both subjects are facts of life that need to be dealt with. Levine Chapels has put together an informational workshop on advance funeral planning as an outreach service to the Brookline community on the premise that no one should be uninformed and unprepared on the day they lose a loved one and that information is easier to digest in a familiar setting among family and friends.

On **Monday, September 23, at 1:00 pm**, Bob Nardone and an associate from Levine Chapels will present information on the advantages of prearranging a funeral. The workshop is non-denominational. Levine Chapels will provide handouts and will allow plenty of time for discussion and questions. They will also provide refreshments. And there will be no selling or soliciting by any member of the Levine staff. Preregistration for the workshop is required. Call 617-730-2770 to reserve your place for this workshop.

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THE MASSACHUSETTS SENIOR MEDICARE PATROL

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

The first of this series will be on **October 4** with Pat Park of the Massachusetts SMP. Bring in your Medicare statements/explanation of benefits letters. Pat will show you how to read them. If you have a question about a service that is listed on your Medicare statement (such as a physicians or lab work charges), bring both the statement that lists them and the date of your physician, lab, or hospital visit to your 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.

Northeastern University offering paid study

The Lifespan Emotional Development Lab at Northeastern University (just steps off the Orange Line Ruggles Station stop) is seeking healthy adults ages 60 and above to participate in research studies examining emotion and attention. Participants will be paid **$10 per hour** and will be provided with a free parking space.

If you are interested, please call the lab at

617-373-2678

AUGUST MOON FESTIVAL

Our Senior Center celebration of the August Moon Festival will be held on **Monday, September 9, from 12:30 to 2:00 pm**. This event, co-sponsored by the Senior Center and the Greater Boston Chinese Golden Age Center, is always colorful and lively. Tickets are $7 for the program ***and*** the yummy lunch. For more information and to make reservations, call 617-730-2770.

According to *TravelChinaGuide.com*: Since ancient times, Chinese Emperors offered sacrifices to the moon in autumn…. The big incense burn table was arranged with all kinds of food that were offered…. Many famous poems for praising the moon on the night of the festival

were created. Today sacrifice has been replaced by a simple appreciation of the moon. Members of a family usually eat and talk to their hearts content while they admire the bright moon. While looking up at the moon, people will think of their relatives far away and silently wish them well.

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PIATIGORSKY FOUNDATION CONCERT
—SAVE THE DATE—

Once more we are pleased to invite everyone to another Piatigorsky Foundation concert on **Wednesday, October 9 at 2:00 pm** at the Senior Center. The Piatigorsky Foundation is dedicated to making live classical music an integral part of everyday life for communities throughout the United States. Gregor Piatigorsky, the renowned Russian cellist for whom the organization is named, believed that music is not a luxury for an elite few, but a necessity of life for all.

The featured artists are Evan Drachman, cellist, and Richard Dowling, pianist.

Cellist Evan Drachman, Founder and Artistic

Director of The Piatigorsky Foundation, has combined musical talent with artistic vision to create a rich and varied career. He spends much of his time performing recitals, concerti, and chamber music in the United States and abroad.

Richard Dowling appears regularly across the United States in solo recitals, at chamber music and jazz/ragtime festivals, and as a guest soloist in concerto performances with orchestras. He has been acclaimed by audiences for his elegant and exciting style of playing which earns him frequent return engagements.

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AUTUMN BENEFIT
—SAVE THE DATE—

Wednesday, October 23—Mark that date on your calendars and plan on attending the 12th annual Autumn Benefit at the Senior Center. **Starting at 6:00 pm**, it is a gala event—our major fundraising event of the year. This year we are celebrating the renovations we will be doing at the Senior Center. The theme for the event—Renovate-Respect-Renew-Replenish—refers not only to the renovations we will undertake this year to make our building responsive to the changing needs of the Brookline senior community, but also focusing on how we respect, renew, and replenish our seniors.

The Senior Center will be transformed for the evening into a spectacular ballroom with hors d'oeuvres, wine, a sumptuous buffet, a dance band, and more. Tickets are $100 per person ($60 per senior). Or, if you can, become a sponsor, and be acknowledged in our program book. Sponsorship levels are:

- Bronze—for a $300 donation which includes 2 tickets
- Silver—for a $750 donation which includes 4 tickets
- Gold—for a $1500 donation which includes 6 tickets
- Platinum—for a $2500 donation which includes 8 tickets

Look for your invitation in the mail, at the Senior Center, or at the Senior Center web site—www.brooklineseniorcenter.org. Make reservations by Monday, October 14, at the latest. For more information, call Ruthann at 617-730-2756 or e-mail her at rdobek@brooklinema.gov.

COA Board of Directors Chair Agnes Rogers and Vice Chair Miriam Sargon at the 2012 Autumn Benefit. Photo by Jean Stringham.

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FAREWELL PARTY

Celebrate Judith's retirement and achievements on **Wednesday, September 11, at 2:30 pm** with talk and refreshments. Everyone is welcome.

MODERN BEADING WORKSHOP

This workshop for beginners and experienced beaders will meet at the Senior Center on **Wednesday, September 18, at 1:30 pm**.

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

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

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.

FROM THE EDITOR

This issue completes six years of *Senior News and Events* for me. I have enjoyed putting together the newsletter and hope that you all have found the content and variety both enlightening and entertaining.

However, all good things eventually come to an end, and this is my last issue as editor. I am retiring and moving to Virginia. I take with me wonderful memories and awe at the workings of the Brookline Senior Center and the Council on Aging.

I am taking this opportunity to thank you all for your encouragement and support for the past six years. And a special thank you to Rhona Hirschowitz, my loyal proofreader for her help and patience. Special thanks also go to Ruthann for her guidance and approval of the direction the newsletter has gone in and to the Senior Center staff and the COA Board of Directors for their help and encouragement.

I shall miss you all. Actually, I will still be around in September to help the transition to a new editor so I hope to be able to say "goodbye" to everyone individually. Bless you all. Stay happy, healthy, and active. Enjoy every moment of

"the last of life for which the first was made."

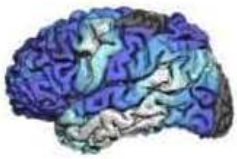
(from Robert Browning, *Rabbi Ben Ezra)*

—Judith Gimple, Newsletter Editor

ALZHEIMER'S DISEASE RESEARCH STUDY AT MGH:

Have you, or a 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 three 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 cenagn@nmr.mgh.harvard.edu.



FROM THE DIRECTOR

I want to give a special welcome to people who are reading this publication for the first time. Our *Senior News and Events* is a great way to be educated about important programs and services and to stay informed about all the fabulous events that happen in Brookline. No senior should ever be bored what with the wealth of activities that are available and the fact that many remain free because of the commitment of our nonprofit organization to keep program costs low. We are proud to mail this month's copy to a wider audience and encourage you to subscribe. Use the form on page 31 to stay abreast of all our exciting happenings!

September is Senior Center Month. This year's theme is ***Senior Centers: Experts at Living Well.*** I invite you to attend the Senior Center this month. We offer an exciting variety of classes and programs. All the different activities will help keep you feeling healthy and involved. Try Zumba® (p. 21), Tai Chi (p. 23), chair or mat Yoga (p. 23), a literary discussion class (p. 22), or join the Senior Chorus. You can even offer to teach a new class yourself. And as if all that is not enough to keep you involved, join our Theater Club (p. 26) for some great shows this fall.

Our Asian community celebrates the harvest and their gratitude for abundance at the Senior Center on September 9 with the August Moon Festival (p. 8), and our Jewish friends begin their New Year with Rosh Hashanah on September 5 and Yom Kippur on September 14. We extend our warm wishes to both communities as they celebrate these holidays. This is a great time of year. The weather is glorious and the trees begin to wear their fabulous fall colors. Enjoy the month.

Finally, I urge you to make plans to attend our annual Autumn Benefit on October 23 (p. 9). This year's theme is: Re**novate** Re**spect** Re**new** Re**plenish**. This annual event is our biggest fundraiser of the year. The evening is sure to be great fun. I guarantee you will have a phenomenal time of celebrating our community with scrumptious food, entertaining conversation, and mingling with your neighbors. Buy your tickets early, and show your support for the Senior Center.

—Ruthann Dobek, Director

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BROOKLINE CAN

On **Monday, September 16, from 5:00 to 7:00 pm, come to** the Senior Center for the Brookline Community Aging Network's (BrooklineCAN's) Annual Meeting and Welcoming Reception. Members, prospective members, friends—everyone—is invited. Come and learn more about this extraordinary town-wide effort. Also here's a chance to offer ideas for additional programs and to discover how you can help to make Brookline an even more livable community than it already is.

For more information about BrooklineCAN and learn how to join or to actually join the organization, access the web site www.brookline can.org. (See also *The Accessible Home* on p. 14.)

CANASTA GROUP

The new Canasta group, which has joined the Senior Center games community. It will meet on **Tuesdays, from 12:30 to 3:30 pm**. Everyone is welcome to join in the fun. No reservations are necessary.

If you want to learn to play, come and observe the game, then talk with Earl Anspach either at the game or by calling 617-730-2777 and leaving your name and number so that he can call you back. You can make arrangements for lessons with him.

MOUNT PLEASANT HOME

Announces the Grand Opening of our New Addition!

- 24-hour personal care assistance
- Private bedroom with full bath
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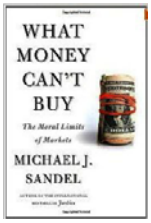
- Laundry and housekeeping
- Medication administration
- 100% accessible
- Leisure and wellness activities
- Steps from Jamaica Pond, on the Brookline Border

617-522-7600 **301 South Huntington Ave, Jamaica Plain**

PUBLIC ISSUES NONFICTION BOOK DISCUSSION GROUP

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



September 24
What *Money Can't Buy: The Moral Limits of Markets* by Michael J. Sandel (Farrar, Straus and Giroux)

October 22
The Swerve: How the World Became Modern by Stephen Greenblatt (W.W. Norton & Company).

PUTTERHAM BOOK DISCUSSION GROUP

This group meets on **Monday, September 16, from 2:00 to 3:00 pm,** at the Putterham Branch Library. The discussion leaders are Jean Kramer and Charlotte Millman. This month the book under discussion is *Brothers* by George Howe Colt—an idiosyncratic and masterful blend of memoir and history featuring both the author's three brothers and iconic brothers in history—the Booths, the Van Goghs, the Kelloggs, the Marx Brothers, and the Thoreaus.

Colt believes he would be a different man had he not grown up in a family of four brothers. He movingly recounts the adoration, envy, affection, resentment, and compassion in their shifting relationships from childhood through middle age, also rendering a volatile decade in American life—the 1960s. Some of the Colt men now have children; all have found their own paths; all now consider their brothers to be their closest friends. (*summary from Amazon.com)*

MOVIES FOR FILM LOVERS

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

September 3 104 minutes
Ruby Sparks 2012
In an effort to conquer his writer's block, a young novelist--who's having trouble duplicating the success of his earlier work--jots down all the attributes of his dream girl. Things get really weird when she suddenly comes to life. With Paul Dano, Zoe Kazan, and Chris Messina.

September 10 97 minutes
Crossing Delancey 1988
Try as she might, career woman Izzy Grossman (Amy Irving) can't escape her family's good intentions. She's a single gal with good friends and a great job, but her loving grandmother (Reizl Bozyk) is convinced that Izzy needs a man to be happy. Enter pickle vendor Sam (Peter Riegert), a local nice guy who just can't seem to win Izzy's heart.

September 17 105 minutes
The Other Son 2012
While preparing to enter the Israeli military for his compulsory service, young Joseph Silberg learns he was accidentally switched at birth with the son of an Arab couple from the West Bank--a shocking revelation that sends both families reeling. With Emmanuelle Devos, Pascal Elbé, and Jules Sitruk.

September 24 122 minutes
Frida 2002
Julie Taymor directs this Oscar-winning biopic of painter Frida Kahlo, focusing on her often rocky relationship with husband Diego Rivera and her controversial political and sexual reputation (she was a communist and openly bisexual). With Salma Hayek, Alfred Molina, and Antonio Banderas.

AT THE GALLERY

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

Monday, September 23
through
Tuesday, December 31

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

Reception with the artist
Friday, October 4 from 6:30 to 8:00 pm

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Do you know someone who does?

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1-800-243-4636

(1-800-AGE-INFO)

**Note:* The founding members of the Brookline Community Aging Network; Brookline Council on Aging, Center Communities of Brookline, Goddard House in Brookline & Jewish Family & Children's Services are proud to sponsor this event. BrooklineCAN promotes services and activities that enable older people to continue to live as independently as possible so that they remain a vital part of the town's social, cultural, and civic life. To learn more and to join, visit www.brooklinecan.org. See also BrooklineCAN on p. 12.)

THE ACCESSIBLE HOME*
—SAVE THE DATE—

The Brookline Community Aging Network (BrooklineCAN) in partnership with Brookline Adult & Community Education (BA&CE) presents an evening with Deborah Pierce, architect and author of *The Accessible Home* on **Thursday, October 3, from 7:00 to 8:30 pm** at Brookline High School at 115 Greenough Street.

How user-friendly is your house for all of life's twists and turns? Can older relatives or injured friends visit easily? A recent survey by AARP revealed that 84% of baby boomers would like to stay in their current homes during retirement, but only 16% have taken any steps to adapt their homes accordingly. As we age, there may be health issues that alter our lifestyles, and if we plan to stay put, important changes may need to be made.

Deborah Pierce, author of *The Accessible Home: Designing for All Ages and Abilities,* will lead you through the steps of universal design—from hiring the right architect to creating a beautiful and functional space. She'll discuss how ordinary people with extraordinary challenges help to create homes that restore capabilities, independence, and the grace of daily living.

The lecture is free but space is limited, so call 617-730-2770 to register. There will be a reception after the lecture. And Ms. Pierce's book will be available for sale at the reception.

Ms. Pierce will be on hand after the lecture for signing books.

EASY TRAVEL

Come to the Senior Center on **Thursday, September 12 at 1:30 pm** to take a guided tour of *Israel Now* with guide Alice Fastov.

BROOKLINE DAY

On Sunday, September 22, come one come all to the second annual Brookline Day Festival **from 11:00 am to 3:00 pm** at Larz Anderson Park! This event celebrates Brookline's residents and all the great things the Town of Brookline has to offer. It was created to promote a sense of community pride, town spirit, and interest in Brookline while educating residents about Brookline's wide variety of service organizations and programs—all in an atmosphere of fun. The day will include activities for all including inflatables, face painting, balloon artists, touch a truck, rock climbing wall, and much more! We will also have food trucks, live local bands, a pie-eating contest, trivia, and games! If you have a business that would like to become a part of Brookline Day 2013, call 617-730-2069.

WATCH BATTERY REPLACEMENT —NEW SERVICE—

On **Thursday, September 12, from 10:00 am to 12:00 noon**, Ben Rubin will be at the Senior Center to replace watch batteries. If the watch needs special work that cannot be fixed on the spot, Ben will take it to his shop and return it to the owner the next week. The charge for replacement will vary depending on the brand of watch, but the average price is $6. Ben will see people on a first-come-first-served basis so there could be some wait time involved. But be patient and your turn will come. Remember that this is a new service so we will use this first session to work out strategies and identify bugs in the system so that we can eliminate them.

Many thanks to Louise Fireman for recommending Ben and this service.

MEDICAL MARIJUANA 101 —SAVE THE DATE—

Are you confused about the new legislation that has passed through the legislature and the public vote? What does it do? How will be work? The Senior Center and the Brookline Public Health Department are sponsoring and planning a program in early October that will bring a panel of experts to the Senior Center to discuss the new law and to answer your questions. This event is still in the planning state so stay tuned to the Senior Center pages in the TAB and/or call 617-730-2777 for information on day and time.

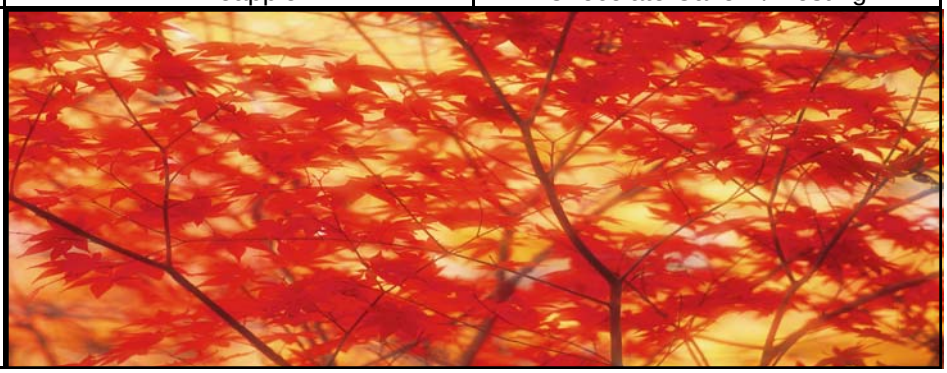
MODERN DANCE AND MOVEMENT

Lynn Modell's ever-popular workshop will meet on two **Fridays in September—the 20th and the 27th—at 2:00 pm**. This is an excellent way to exercise and have fun at the same time. And for only $2 per session. Imagine that!

ONE-ON-ONE COMPUTER SESSIONS

There will be one-on-one computer sessions for the computer phobic on **Tuesday afternoons in September**. Call 617-730-2777 and 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. Appointments are required.

Springwell Nutrition Program SEPTEMBER 2013

MONDAY	TUESDAY	WEDNESDAY
2) **Senior Center closed.** **No Meal Service**	3) HOT Florentine Soup, Chicken Cacciatore, Creamy Parm Polenta, Brussels Sprouts, Oat Bread COLD Roast Beef w/Swiss Cheese, Lettuce Leaf & Lite Mayo, Macaroni Salad, Spinach & Mandarin Salad, Lite Italian Dressing, Multigrain Bread Fresh Fruit	4) HOT Cream of Sweet Potato Soup, Sloppy Joes on Hamburger Bun, Roasted Potatoes, Cole Slaw COLD Turkey Chef Salad, Potato Salad, Oat Grain Bread Tropical Fruit
9) **August Moon Festival** **No Springwell Meal Service**	10) HOT Beef Vegetable Soup, Whole Grain Stuffed Shells w/Tomato Sauce & Meatball, Parmesan Cheese, Zucchini & Red Pepper, Multigrain Bread COLD Grilled Chicken Caesar Salad w/ Caesar Dressing, German Potato Salad, Scali Bread Fresh Fruit	11) HOT Veggie Burger w/American Cheese on Wheat Hamburger Roll, Potato Salad, Garden Salad, Lite Italian Dressing COLD Tuna Salad w/Lettuce Leaf, Multigrain Bread, Three-bean Salad, Summer Squash Salad Pears
16) HOT Escarole Bean Soup, Whole Grain Cheese Lasagna Rollup w/Marinara & Meatball, Riviera Vegetable Blend, Oat Bread COLD Roast Beef w/Provolone, Lettuce Leaf & Lite Mayo, Wheat Bread, Beet Salad, English Pea Salad Pears	17) **<u>August Birthday Lunch</u>** HOT Cream of Sweet Potato Soup, Pot Roast, Beef Gravy, Baked Potato w/ Sour Cream & Margarine, Jardinière Style Vegetables, Multigrain Bread COLD Seafood Salad w/Lettuce Leaf, Garden Salad, Lite Italian Dressing, Pasta Salad w/Cheese, Rye Bread Peaches	18) HOT Chicken Stew, Brown Rice, Broccoli & Cauliflower, Wheat Roll COLD Egg Salad w/Lettuce Leaf & Mustard, Orzo Vegetable Salad, Cole Slaw, Oat Bread Oatmeal Raisin Cookie
23) HOT Mushroom Barley Soup, Honey Mustard Chicken, Red Bliss Potatoes, Italian Green Beans, Oat Bread COLD ***Ham Salad, Rye Bread, Pasta Vegetable Salad, Tomato Pepper Salad Vanilla Pudding	24) HOT Meatball Sub w/Tomato Sauce & Mozzarella Cheese, Caesar Salad w/Caesar Dressing, Roasted Zucchini & Carrots COLD Turkey w/Provolone Cheese, Lettuce Leaf & Lite Mayo, Purple Cabbage Cole Slaw, Potato Salad, Multigrain Bread Pineapple	25) HOT Clam Chowder, Salmon Boat, Dill Sauce, Roasted Potato, Spinach, Wheat Bread COLD Roast Beef w/American Cheese, Lettuce Leaf & Lite Mayo, English Pea Salad, Summer Squash Salad, Oat Bread Chocolate Cake w/Frosting
30) HOT Cream of Mushroom Soup, Roast Pork, Cinnamon Apple Glaze, Baked Potato w/Sour Cream & Margarine, Pumpernickel Brea COLD Turkey w/Provolone Cheese, Lite Mayo, Rye Bread, Summer Potato Salad, Riviera Salad Applesauce		

THURSDAY	FRIDAY
5) **Labor Day Special** HOT Wild Teriyaki Salmon Filet, Lo Mein Noodles w/Oriental Vegetable Blend, Spinach & Mandarin Orange Salad, Lite Italian Dressing COLD California Chicken Salad w/Lettuce Leaf, Wheat Bread, Carrot Raisin Salad, Macaroni Salad Boston Cream Cup	6) HOT Macaroni & Cheese, Baked Tomato Half, Garden Salad, Lite Italian Dressing, Wheat Roll COLD Egg Salad w/Lettuce Leaf, Riviera Salad, English Pea Salad, Pumpernickel Bread Peaches
12) HOT Beef Stew, Corn, Wheat Bread COLD Seafood Salad w/Lettuce Leaf, Potato Salad, Spinach & Mandarin Salad, Lite Italian Dressing, Rye Bread Tropical Mixed Fruit	13) HOT Cream of Potato Soup, Potato Crunch Fish w/Lemon Sauce, Herbed Brown Rice, Summer/Spring Vegetable Blend, Rye Bread COLD Oriental Chicken Salad w/Lettuce Leaf, Lo Mein Pasta Salad, Garden Salad, Lite Italian Dressing, Wheat Bread Lorna Doones
19) HOT Vegetable Soup, Broccoli Mushroom Quiche, Roasted Potatoes, Red Peppers & Onion, Tossed Garden Salad, Lite Italian Dressing, Pumpernickel Bread COLD ***Ham w/Swiss Cheese & Lettuce Leaf, German Potato Salad, Tomato Red Pepper Salad, Multigrain Bread Ambrosia	20) HOT Breaded Fish Sticks w/Lemon Sauce, Tartar Sauce, Cole Slaw, Chuckwagon Corn, Rye Bread COLD Turkey Chef Salad, Potato Salad, Scali Bread Fresh Fruit
26) HOT Minestrone Soup, Turkey, Broccoli, Penne Casserole, Carrots, Apple Cinnamon Muffin COLD Vegetarian Chefs Salad, Lite Italian Dressing, Garden Shell Pasta, Scali Bread Fresh Fruit	27) HOT ***Hot Dog on Hot Dog Roll w/ Ketchup, Mustard & Relish, Baked Beans, Cole Slaw COLD Tuna Salad w/Lettuce Leaf, Multigrain Bread. Lo Mein Pasta Salad, Spinach and Mandarin Salad Peaches

All meals include 8 oz. of 1% milk and margarine.
Note that soups may have chicken, beef, or shellfish bases and that all soups come with crackers.

Low sugar desserts are available, and need to be ordered with the site manager.

*****Higher Sodium Content. Menu subject to change. $1.75 suggested donation.**

Note that 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.

Reservations must be made by 11:00 am on the weekday before the day on which you want to eat.

LUNCHEON SPECIALS FOR SEPTEMBER

Reservations for ALL luncheons 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, September 5,** celebrate ***Labor Day*** with Springwell at a ***special*** lunch.

And on **Tuesday, September 17**, come to ***the Senior Center Birthday Party*** for everyone born in September. The sponsor of this lunch has happily provided a complimentary lunch and a small gift to all September birthday celebrants so be sure to let us know if you or someone in your party has a September birthday when you make your reservations.

Dine with the ***Let's Go Out to Lunch bunch*** at 12 noon on **Tuesday, September 24**, at Chef Chow's House at 230 Harvard Street in Brookline.

SEPTEMBER AT A GLANCE*

Monday, September 2
Labor Day. Senior Center is closed.
Tuesday, September 3
1 pm Movie for Film Lovers—"Ruby Sparks"
Wednesday, September 4
9 am-12 noon BLAB Lawyer
2-3 pm Blood pressure screening with Barbara Westley, nurse from Brookline Public Health Department (BPHD), at the BPHD building
Thursday, September 5
12 noon Labor Day Special lunch
Monday, September 9
12:30-2 pm August Moon Festival***
Tuesday, September 10
1 pm Movie for Film Lovers—"Crossing Delancy"
Wednesday, September 11
1 pm Council on Aging meeting—Deidre Waxman on REAP
1-2 pm Blood pressure screening with Barbara Westley, nurse from BPHD, at Sussman House
2:30 pm Farewell Party for the Editor
Thursday, September 12
10 am-12 noon Watch Battery Replacement
11-12 am Ask a Nurse
1:30 pm Easy Travel—Israel Now with Alice Fastov
Friday, September 13
Afternoon Alzheimer's Caregivers Support group—call for time
Monday, September 16
9 am-12 noon Podiatry Clinic
2-3 pm Putterham Book Discussion group—*Brothers* by George Howe Colt
7 pm BrooklineCAN Annual Meeting and Welcoming Reception
Tuesday, September 17
12 noon September Birthday Lunch
1 pm Movie for Film Lovers—"The Other Son"
Wednesday, September 18
1 pm Low Vision Group
1 pm Concussions talk with Dr. Peter Q. Warinner
Thursday, September 19
9-10 am Blood pressure screening with Barbara Westley, nurse from the BPHD
1:30-2:30 pm Zumba® Gold free session
Friday, September 20
2 pm Modern Dance and Movement
Saturday, September 21
Sunday, September 22
National Fall Prevention Awareness Day
11 am-3 pm Brookline Day at Larz Anderson Park
Monday, September 23
New Gallery show opens—paintings by Mary Gallagher
8:45-10:15 am Strength Training for Seniors**
10 am-12;30 pm Introduction to Watercolor**
10:30-11:30 am Senior S-T-R-E-T-C-H**
1 pm Your Life, Your Legacy (funeral planning)
1-3 PM Advanced Studies in the Book of Exodus**
Tuesday, September 24
8:30-9:30 am Zumba® Gold-Toning for Seniors**
9-10 am Public Issues Nonfiction Book Discussion Group—*What Money Can't Buy* by Michael J. Sandel

Center Communities of Brookline

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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 scarlsen@hrca.harvard.edu

Center Communities of Brookline
Hebrew SeniorLife

10 am-1 pm Fall Prevention Awareness event at the State House in Boston
10:30 am-12:30 pm Literary Discussion Group: Fall**
12 noon Let's Go Out to Lunch bunch dines at Chef Chow's House
1 pm Movie for Film Lovers—"Frida"
2-3 pm Yoga for Older Adults (Chair class)**
3-4 pm Yoga for Older Adults (Mat class)**

Wednesday, September 25
8:45-10:15 am Strength Training for Seniors**
9:30-11:30 am iPhone Tutorial for Seniors
10:15-11:45 am Telling Your Story**
10:30-11:30 Senior S-T-R-E-T-C-H**
11:45 am-1:45 pm Computer Basics for Seniors**
1-2 pm Blood pressure screening with Barbara Westley, nurse from BPHD, at O'Shea House
1-3 pm Reading Melville's *Moby Dick***

Thursday, September 26
11 am Blood sugar screening with Olga Abemelik, nurse from Jewish Family & Children's Services
11:45 am-1:45 pm Facebook for Seniors**
1:30-2:30 pm Zumba® Gold regular sessions begin
Evening Alzheimer's Caregivers Support Group—call for time

Friday, September 27
1 pm Holiday Craft Fair planning meeting
2-3 pm Tai Chi for Seniors**

Saturday, September 28

Sunday, September 29

Monday, September 30
8:45-10:15 am Strength Training for Seniors**
9 am-12 noon Podiatry Clinic
9:30-11:30 am iPad Tutorial for Seniors**
10 am-12:30 pm Introduction to Watercolor**
10:30-11:30 am Senior S-T-R-E-T-C-H**
2:30-3:30 pm Blood pressure screening with Jinghong Yang from the Greater Boston Chinese Golden Age Center

When I'm Gone…

by Lila Sesholtz

The things I'll miss,
My granddaughter's kiss,
My daughter's eyes
So bright, so wise.
The house resounds with happy sounds
When they are here.
I'll try to store them in my head
So I can retrieve them when I'm dead.
And remember and hold them ever dear.

ONGOING SENIOR CENTER EVENTS

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

Tuesday
9 am-12 noon Reiki Therapy***
9:30 am-4:30 pm Fitness Center open***
10 am Flexibility, Resistance Training, and Balance Exercise
10:15 am Brookline Bees, Quilters
12 noon French Conversation
12 noon-4 pm BETS
12:30-3:30 pm Canasta Group
1 pm Movies for Film Lovers
1 pm Bingo
2-4 pm Senior Center Food Distribution Site (hours are approximate)
2-3 pm Exercises for Health and Rejuvenation
3-4:45 pm Latino instrumental and vocal music sessions***
One-on-One Computer Sessions***

Wednesday
9-10 am Living Our Values
9:30 am Bowling at Ron's 20th Century Bowling Alley in Hyde Park*
9:30 am-4:30 pm Fitness Center open***
10:30 am Retired Men's Club
12 noon-4 pm BETS
12:30 pm Bridge
2-3 pm ESL Conversation Group
2-4 pm Open Computer Lab

Thursday
9:30 am-4:30 pm Fitness Center open***
10:30 am and 1:30 pm Knit and Crochet
12 noon-1 pm Intermediate Spanish class***
1:15-2:15 pm Beginning Spanish class***
1:30 pm Russian Tea Room—For more information, call Rita Kropp at 617-730-2106
1:30 pm-Dusk Brookline Farrmers' Market at Centre Street West parking lot
2:30-3:30 pm Spanish Conversation group***

Friday
9 am Bridge
9:30 am Solemates Walking Group
10 am-3 pm Fitness Center open***
10:30 am Current Events Discussion Group
10:30 am Senior Chorus
12:30-3 pm Reiki Therapy***
12:30-2 pm Basic Computer Class in Spanish***
1-2 pm Meditation in 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.*

Brookline Health Care Center
A HealthBridge Management Company

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

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

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

For more information, please contact our Admissions Department at **617-991-2580**

Our rehabilitation professionals are also supported with every medical specialty through consultation services coordinated in-house.

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

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

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

Brookline Health Care Center

A Nursing and Rehabilitation Center

99 Park Street, Brookline, MA 02446 • 617-731-1050

www.healthbridgemanagement.com

416172

ELF

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

Call 617-730-2777 to borrow or donate an item or even multiple items, and you will be connected with a staff social worker who will help you. Because of space limitations and other guidelines, ELF is not able to accept all items you might have to donate, so please call us before dropping items off.

Get in shape and have fun doing so in this dynamic and effective fitness program. Zumba® Gold at the Senior Center will resume with a free **session on Thursday, September 19**, and continue on 8 consecutive **Thursdays from September 26 through November 14 from 1:30 to 2:30 pm**. The cost for the whole 8-weeks of sessions will be $45. As always, drop-ins are always 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.

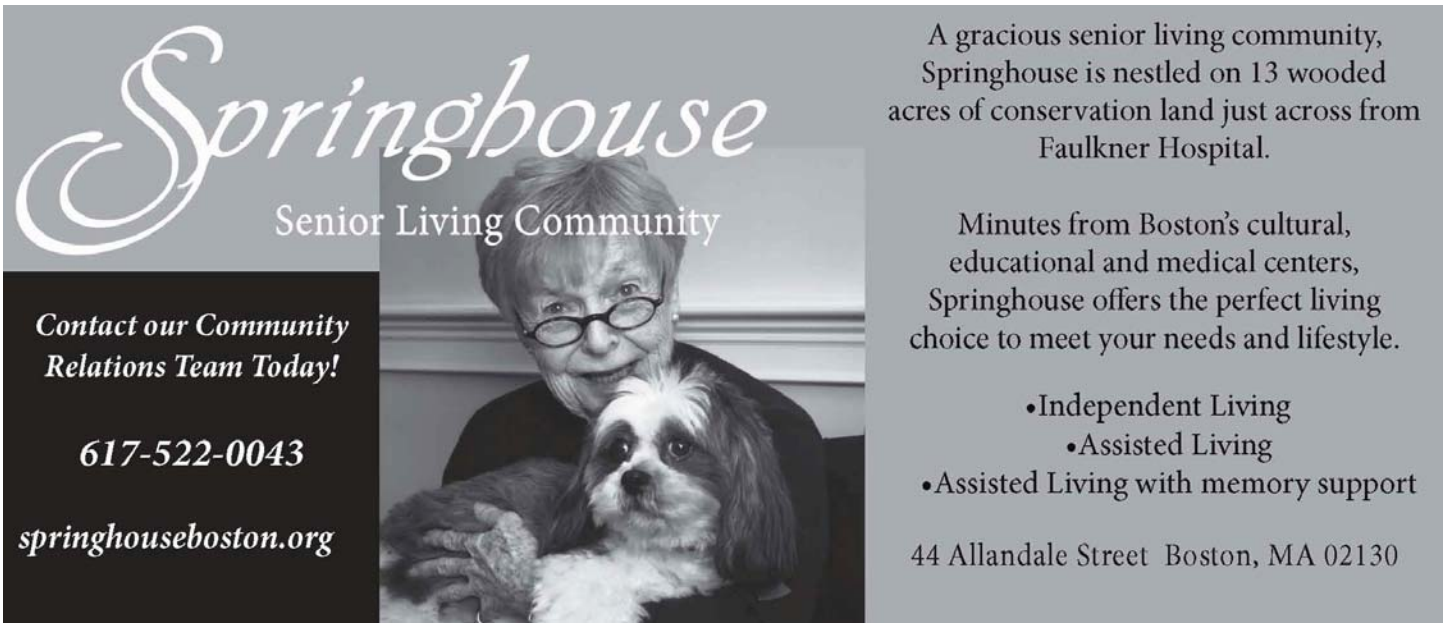
Akemi Minami, certified Reiki therapist, offers individual, 25-minute appointments to Brookline seniors age 60 and older and Senior Center volunteers on **Tuesdays from 9:00 am to 12:00 noon and Fridays from 12:30 to 3:00 pm** at a special, discounted rate—a donation of $7 per session. You can also buy 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 and/or to schedule an appointment, call 617-730-2777.

FRENCH CONVERSATION

Brush up your French conversational skills **every Tuesday in September at 12:00 noon** at the Senior Center in pleasant and congenial surroundings with the French Conversation group led by Agnes Serenyi.



BROOKLINE ADULT & COMMUNITY EDUCATION FALL 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. Fall courses are:

HUMANITIES

Telling Your Story: Senior Seminar in Autobiographical Writing
Jean Kramer and Irving Schwartz, Instructors
Co-sponsored by the Council on Aging
$70. Course Code: **H065**
8 Wednesdays, 10:15-11:45 am begins September 25.

Literary Discussion Group: Fall
Caroline Foley, Instructor
$135. Course Code: **HL00**
9 Tuesdays, 10:30 am-12:30 pm begins September 24.

Reading Melville's 'Moby Dick'
Low Taylor, Instructor
$126. Course Code: **HU68**
8 Wednesdays, 1:00-3:00 pm begins September 25.

Advanced Studies in the Book of Exodus
Judy Weiss, Instructor
$126. Course Code: **H100**
8 Mondays, 1:00-3:00 pm begins September 23.

COMPUTERS FOR SENIORS

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

Computer Basics for Seniors
Michael Toon, Instructor
$73 Course Code: **C312**
Section 1: 4 Wednesdays, 11:45 am-1:45 pm begins September 25
Section 2: 4 Wednesdays, 11:45 am-1:45 pm begins October 30

Introduction to the Internet for Seniors
Michael Toon, Instructor
$73 Course code: **C103**
4 Wednesdays, 9:30-11:30 am begins October 30

Getting to Know Your Digital Camera
Phyllis Mays, Instructor
$79 Course Code: **C174**
5 Tuesdays, 11:45 am-1:45 pm begins October 1

NEW TECHNOLOGIES FOR SENIORS

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

Facebook for Seniors
Michael Toon, Instructor
$73 Course Code: **C267**
4 Thursdays, 11:45 am-1:45 pm begins September 26

iPhone and iPad Tutorials for Seniors
Marjorie Wein, Instructor
$42 Course Code: **C313**
Section 1(iPhone): 2 Thursdays 9:30-11:30 am begins September 25
Sept 25 and Oct 2

Section 2 (iPad): 2 Mondays, 9:30-11:30 am begins September 30

iTunes Tutorial for Seniors
Marjorie Wein, Instructor
$21 Course Code: **C295**
1 Monday, 9:30-11:30 am October 21

Kindle Tutorial for Seniors
Joyce Graff, Instructor
$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

HEALTH AND YOGA

Yoga for Older Adults
Steffi Shapiro, Instructor
$74 Course Code: **W044**
Section 1 (Chair class): 9 Tuesdays 2:00-3:00 pm begins September 24

Section 2 (Mat class): 9 Tuesdays 3:00-4:00 pm begins September 24

Tai Chi for Seniors
Vincent Chu, Instructor
$72 Course Code: **W219**
7 Fridays 2:00-3:30 pm begins September 27

DANCE AND FITNESS

Zumba® Gold-Toning for Seniors
Mary Stevenson, Instructor
$63 Course Code: **D223**
6 Tuesdays 8:30-9:30 am begins September 24

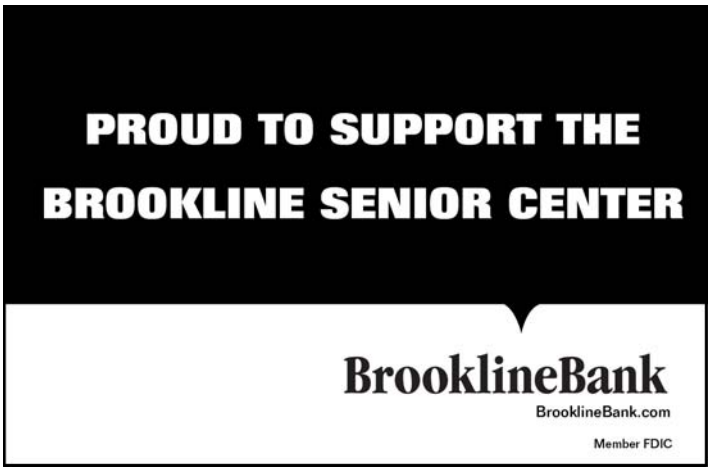
Balance and Strength for Seniors
Nancy Murphy, Instructor
$63 Course Code: **D332**
6 Fridays 1:00-2:00 pm begins October 4

Senior S-T-R-E-T-C-H
Steve Shain, Instructor
Co-sponsored by the Council on Aging
$82 Course Code: **D009**
Mondays and Wednesdays (meets 2 times per week for 9 weeks) 10:30-11:30 am begins September 23

Strength Training for Seniors
Steve Shain, Instructor
Co-sponsored by the Council on Aging
$91 Course Code: **D077**
Mondays and Wednesdays (meets 2 times per week for 9 weeks) 8:45-10:15 am begins September 23

ARTS

Introduction to Watercolor
Anthony Riccardi, Instructor
$160 Course Code: **A002**
9 Mondays 10:00-12:30 am beginning September 23



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 improvise posture, balance, lung capacity, overall joint health, and movement. Fee: $5/session. For more information, call Julie at 617-730-2760 or Sharon at 617-730-2769.

SENIOR SCENE

Hostess Betty Joel will tape a new interview—on the new Retirement Engagement Alternatives Program (REAP) with REAP coordinator Deidre Waxman at the end of August. This program will begin airing early in September.

Senior Scene airs on BATV on Thursdays at 7:00 pm with repeats on Fridays at 1:00 pm and Sundays at 7:30 pm.

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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.

REAP NEWS

The Retirement Engagement Alternatives Program (REAP) was officially launched at a very well-attended meeting of people interested in discovering and considering options and possibilities in and around retirement. Both paid and volunteer opportunities were presented at the meeting and we are grateful to our expert panelists: Anne Spangler, Mia Louik, Carol Lieberman and Maureen Cosgrove-Deery for sharing their knowledge.

More information will be available at the Council on Aging meeting on Wednesday, September 11—see p. 3—and on Senior Scene—see p. 24. To join this program and for yet more information, contact Deidre Waxman at 617-730-2767 or dwaxman@brooklinema.gov.

A three-session workshop called ***Boomers Shifting Gears: Exploring and Creating Engaging Opportunities After 55*** with a focus on making thoughtful transitions will be held on **Mondays, September 23 and 30 and October 7, from 3:00 to 5:00 pm** at the Senior Center.

Mia Louik, instructor for this highly interactive workshop, will help you deal with such things as:

- Transitioning away from your primary work/career
- Not retiring but changing direction
- Discovering new possibilities

The workshops will include activities to help you create a personal plan to move forward in this next phase of your life.

The workshops will cost $120 for the three sessions. Since the workshop is limited to 12 people, call Deidre Waxman at 617-730-2767 or e-mail her at dwaxman@brooklinema.gov to register.

There are still a few places in the ***Tax Workoff program***, so if you are a Brookline resident and are interested in participating in this program, call Deidre Waxman to find out if you qualify to participate.

Attention 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, contact Deidre Waxman at dwaxman @brooklinema.gov.

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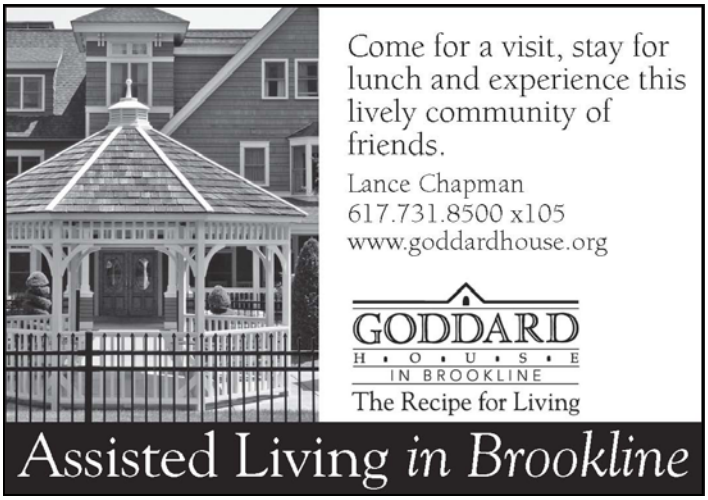
BROOKLINE RECREATION ADULT EXCURSIONS

Peabody Essex Museum
Friday, September 6, 9:00 am to 3:00 pm
The Peabody Essex Museum in Salem combines the collections of the former Peabody Museum of Salem and the Essex Institute and is located in the downtown Salem Historic District. The museum holds one of the major collections of Asian art in the United States. Its total holdings include about 1.3 million pieces and 24 historic buildings. We will have lunch and explore downtown Salem after the tour of the museum. *Cost: Residents-$20, nonresidents $27.*

And in October and November, excursions are planned to:

- Honey Pot Hill Orchards (Friday, October 4)
- Wrentham Outlets (Thursday, October 24)
- Foxwoods Casino (Saturday, November 2)
- Bead Expo (Friday, November 8)
- Christmas Tree Shops/IKEA (Friday, November 22)

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

All the Way $39
Sunday, September 15 (1:30 pm *at the American Repertory Theatre in Cambridge*
It's 1963 and an assassin's bullet catapults Lyndon B. Johnson into the presidency. A Shakespearean figure of towering ambition and appetite, this charismatic, conflicted Texan hurls himself into the Civil Rights Act, a tinderbox issue emblematic of a divided America.

Great Expectations $20
Sunday, September 29 at 1:30 pm. *at the Senior Center. Discussion and refreshments after the performance.*
Charles Dickens's story of Pip, who rises from poverty to wealth through the intercession of an unknown benefactor and whose arrogance is humbled when he falls in love with the cold, manipulative Estella.

And in October and November:

The Jungle Book (Sunday, October 6, at 2:00 pm at the Huntington Theatre) $30

Rancho Mirage (Sunday, October 20, at 2:00 pm at the New Repertory Theatre) $39

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 and reservations, call 617-730-2770.

PAWSOX REPRISE

This was a smash hit! We arrived in time to see a super ballpark and were seated in the best box seats—right behind the season ticket holders. We saw an exciting game of baseball (completed in 3 hours) and we won 6 to 5!

The food was varied and tasty and our hungry crowd – kept going back for more! Most of us expressed a strong interest in future trips to Pawtucket.

Ted Shamitz

STAFF AND VOLUNTEER NEWS

We bid a fond farewell to summer helpers:

- Clarissa Miller who is off to her freshman year at Johnson and Wales in Providence. Good luck in college, Clarissa. We know you will shine!
- Kerri Hamberg who returns to graduate school at Salem State. We are grateful for your being part of our intern program in the 2012-2013 academic year and for staying on to help us this summer.

And welcome to our new interns for the 2013-2014 academic year. When you see their new, friendly faces, introduce yourselves and make them feel at home.

On the Van scene, there is great news—we have a new van driver—Jason Kobayashi. And there is more great news—the van hours have been expanded. The van will be working on an expanded schedule. It will now be running Monday through Friday! To use the service, call 617-730-2750 and leave a message for Jason. He will get back to you pronto.

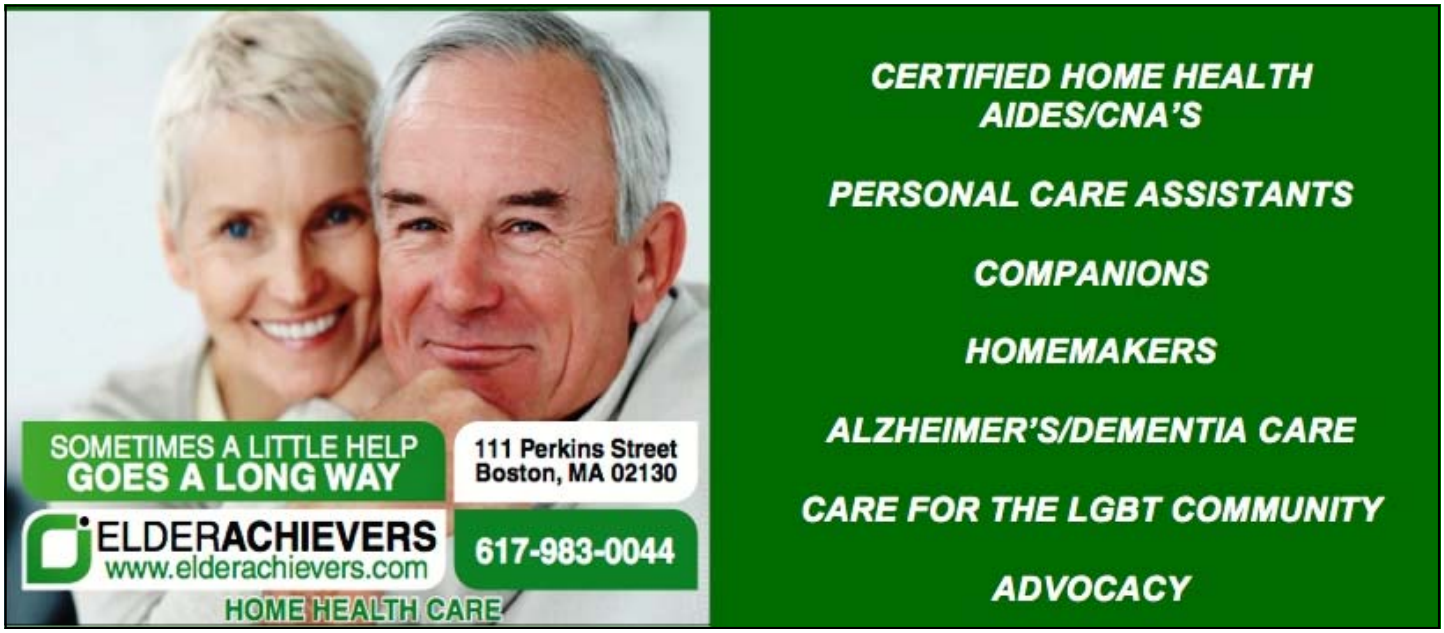
The van will pick you up at your home, bring you to the Senior Center, and take you home again—all for a contribution of $1 per ride ($2 round trip)—a real bargain and a great boon to the Brookline senior community. Remember that this service is funded by contributions and that your fares and, even better, your contributions to the Van Fund help maintain this essential service. Think about contributing what you can frequently.

And more exciting news—Brookline Rotary has once again generously taken on paying for gasoline for the Van. This is indeed a princely offer as the price of gasoline is on the rise once again and represents a sizeable chunk of the operating expenses of the Van.

Let's hope this bodes well for the donations we receive at the 12th Annual Autumn Benefit on October 23 that also helps support the Van and other Senior Center programs. See p. 9 for more on the Autumn Benefit.

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.



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: I am very afraid of falling. What can I do to prevent a fall?

Answer: When I ask patients what is the most important health issue for them, most will say they want to maintain their independence. Few events can threaten independence as quickly as breaking one's hip (a "hip fracture"). A hip fracture occurs as a result of two factors: osteoporosis and a fall.

Osteoporosis is a condition of weak bones. But since September 22 is National Fall Prevention Awareness Day, I will concentrate on the *falls* part of the equation and discuss ways to prevent falling. Falls occur for many reasons, and each reason can be mitigated to decrease the chance of falling.

For example, many medicines—such as prescription painkillers, sleeping pills, antihistamines, and blood pressure pills—increase the risk of falling by causing a sudden drop in blood pressure after taking the pills and then standing up. It is important to review your med list with you doctor to see if any can be reduced or stopped. If not, taking the pills at different times of the day instead of all at the same time can decrease the sudden low blood pressure effect. It also helps to wait a few seconds after you stand up to start walking to let your blood pressure get back to normal.

Environmental factors can also cause someone to trip and fall. There should be good lighting, especially at night, lighting a path to the bathroom. Stairs should have rails on both sides and the rails should always be used. Keep clutter away, including foot stools and little rugs. Wear good supportive shoes with ties or Velcro closings. If you want to wear slippers, get good supportive slippers with rubber bottoms that stay on your feet and won't slip. If you feel a cane or a walker would help your balance, use one!

In addition to the above, research has found that two interventions are very helpful in preventing falls:

1. Taking 1000 IU of Vitamin D every day
2. Regular physical activity (which means doing something at least 5 days a week) that increases your leg muscle strength and balance, such as Tai Chi or walking.

Each of these actions can help reduce your risk of falling!!

DRAWING FOR PLEASURE

The **Figure Drawing** class, taught by Louise Weinberg, will resume on **Thursday, September 19 and run on Thursdays from 9:30 to 11:45 am through December 19 (no class on November 21 or 28)**. Please note that there will be a small model fee for these classes.

The **Drawing and Watercolor** class, taught by Alexandra Rozenman will resume **from 2:30 to 4:30 pm on Fridays from September 20 through December 20 (no class on November 29).** These classes are designed to help you find your balance between reality and abstraction and rediscover the world in images through exciting exercises. Bring a sketch, an image, or a study from the masters to use as your model.

There are openings in both classes for people with some drawing experience. For more information and to register, call 617-730-2770.

MASS COLLEGE OF PHARMACY WORKSHOPS—SAVE THE DATES

The students at the Mass College of Pharmacy and Health Sciences will be back with workshops on topics of general interest to us all on the third Thursday of every month starting in October. Scheduled as of press time are sessions on:

- Over-the-counter cough and cold medications on October 17
- Heartburn and GERD on November 21

Stay tuned to the Senior News and Events for more details.

MBTA SENIOR ACCESS PASS

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, and 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.

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 **start** on **September 12 and run on Thursday afternoons from 1:15 to 2:15 pm,** in small groups in a relaxed, friendly atmosphere.
3. 10-week Intermediate Spanish classes also **start on September 12 and 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** with instructor Gillian De Lear.
6. Basic Computer Class in Spanish on **Fridays from 12:30 to 2:00 pm**.

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

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.

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 August donors:

Annual Appeal Donors Ruth Adler (supporting the Van Fund), Lai Bing Ma Chin, R. Honey Gordon, Alexandra Hawiger, Gertrude Jonas, Lawrence Ruttman, and Arsen Tashjian

BrooklineCAN Donors Ethel Blumenthal, Jonatha & Robert Ceely, Eleanor Clarkson, Elizabeth Ehnes, Alexandra Hawiger, Nancy Nitikman, R.K. (Shelley) Schwartz, and Sam & Ina Starobin

To David & Louise Weinberg ***for their gift in honor of*** Ruthann Dobek

To Eleanor Small and Ruth Werksman for their gifts in memory of Sara Rossi

And a special "Thank You" goes to our ***sponsors for the 12th Annual Autumn Benefit***:

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FROM THE BOARD PRESIDENT

On Wednesday, October 23 at 6:00 pm, come to the Senior Center's 12th Annual Autumn Benefit. This year's theme is: REnovate, REspect, REnew, and REplenish the Senior Center!

The evening will include great food (catered by Vine Ripe Caterer), raffles, and entertainment. Proceeds will go toward important improvements that the Town does not pay for:

- REPLENISH our equipment, furniture, and supplies
- REPLACE our 10-year-old van
- RENEW our van driver's salary and fund our Fitness Coordinator
- RESPECT our elders through extended hours, including some weekend and evening activities.

Sponsorships are welcome from individuals, companies, and nonprofit organizations. For more information, contact Ruthann Dobek at rdobek@brooklinema.gov or 617-730-2756. We also welcome gift certificates, merchandise, and services to be raffled. Tickets will be $65 for seniors (over 65), $100 for all everyone else.

I, the board, and the entire Senior Center family thank you?
Elizabeth (Betsy) Pollack, President, Senior Center Board

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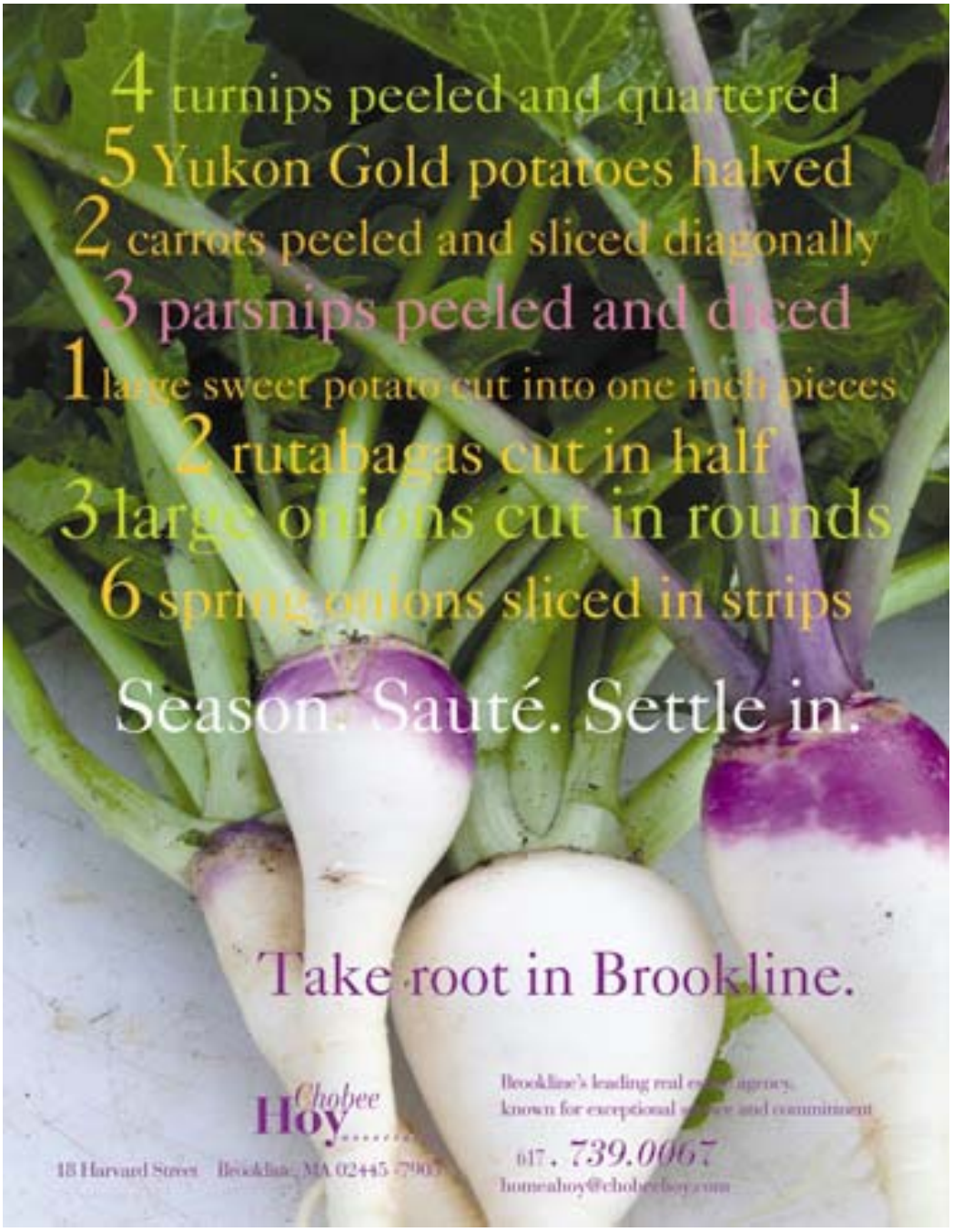

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