TOWN OF BROOKLINE
SENIOR NEWS AND EVENTS

Council on Aging

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

Brookline Senior Center
93 Winchester Street
Brookline, Massachusetts 02446

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

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

Brookline Community Aging Network
www.BrooklineCAN.org

HIGHLIGHTS

Wednesday, February 5 at 1:00 pm
Rick Landwehr Trio. See p. 3

Wednesday, February 19 at 1:00 pm
The Silver Leaf Gospel Singers return. See p. 3

Monday, February 24 at 1:00 pm
Breast Cancer Awareness Workshop. See p. 3

FITNESS CENTER HOURS:

Monday—Friday 8:30 am—4:30 pm.
For more in formation contact Sharon Devine 617-730-2769.

FEBRUARY 2014

BLACK HISTORY MONTH

Since 1976, every US president has officially designated the month of February as Black History Month. An annual celebration of achievements by black Americans and a time for recognizing the central role of African Americans in US history. The event grew out of Negro History Week, the brainchild of noted historian Carter G. Woodson and other prominent African Americans. Other countries around the world, including Canada and the United Kingdom, also devote a month to celebrating black history.

The theme for Black History Month in 2014 is: "Civil Rights in America" chronicling the important milestones by African-Americans and others in the battle for civil rights and equal treatment under the law. 150 years ago, on January 1, 1863, the Emancipation Proclamation set the United States on the path of ending slavery. A century later, on August 27, 1963, hundreds of thousands of Americans, blacks and whites, joined the March on Washington to the memorial of Abraham Lincoln, the author of the Emancipation Proclamation, in pursuit of the ideal of equality of citizenship. It was also on this occasion that Martin Luther King, Jr. gave his famous speech: "I Have a Dream."

(from History.com)

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The Town of Brookline Senior News & Events

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The Town of Brookline Senior News and Events is published monthly by the Brookline Council on Aging, 93 Winchester Street, Brookline, MA 02446.

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

FEBRUARY HOLIDAYS

The Senior Center will be closed on Monday, February 17, for President's Day—the day on which we remember the birthdays of Presidents George Washington and Abraham Lincoln. And, of course, there is Valentine's Day on Friday, February 14. We don't close for this holiday but it holds a special place in many hearts as the most romantic day in the year.

February is Black History Month, American Heart Month and Canned Food month. This may be a nice time to make a donation to your local food pantry. The winter months after the holidays are difficult for food pantries to stay open because they do not receive enough food. Some items you might like to donate include: canned tuna and chicken, soups, pasta sauce, jelly and peanut butter.

This year we celebrate the XXII winter Olympic beginning on February 6 in Sochi, Russia. Some Americans to watch are Mikaela Shiffin, Julia Mancuso and Lindsey Vonn in the skiing, Max Aaron, Figure Skating and Sarah Hendrickson, in Ski Jumping, and the USA Hockey team.

BROOKLINE MUSIC SCHOOL CONCERT

This month's Brookline Music School concert is on **Wednesday, February 5, at 1:00 pm** at the Senior Center. Featured will be Brookline Music School faculty drum and percussionist Rick Landwehr Trio.

Mr. Landwehr has performed and/or recorded with Ape 7, The Boston Jazz Trio, Tamandua, Daniel Bennett Group, Ra Quartet, Brant Grieshaber, Cirkestra, Lemonpeeler, and many more. He also played percussion on the soundtrack to the film Darkon. This series is co-sponsored by the Brookline Music School and the Brookline Senior Center

SILVER LEAF GOSPEL SINGERS

On **Wednesday, February 19 at 1:00 pm**, the Silver Leaf Gospel Singers will perform at the Senior Center. Deacon Randy Green has led the Silver Leaf Gospel Singers for over 60 years, and he's still stirring audiences to their feet with his old-time, toe-tapping, heart-lifting sound. The group of men, all in their 70s and 80s, perform a form of *a cappella* singing called "jubilee," full of call and response. Don't miss these Boston treasures. Their motto testifies to the strength of the commitment of the group: "Coming together means progress. Keeping together means success."

BREAST CANCER WORKSHOP

Fenway Community Health will conduct a workshop on **Monday, February 24 at 1:00 pm.** Join us for an interactive workshop exploring how healthy choices, body awareness and regular screening can reduce your risk for breast cancer. The program will dispel common myths, discuss risk factors and address barriers to screening. This event is designed to be very participatory. It provides a lot of information about breast cancer and breast health but also allows for participants to share their knowledge and experiences. This workshop is for older women and will be facilitated by two health educators from Fenway Health. To register, call 617-730-2770.

THE HEALTH PAGE

Beth Israel Deaconess Medical Center

Ask a Nurse The nurse from the Greater Medford Visiting Nurse Association will visit the Senior Center on **Thursday, February 6 at 11:30** am to do blood pressure screening and 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, February 7 and 21 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 be on vacation in January and February . They will resume **on March 19, 2014.**

Blood Pressure Screening Barbara Westley, the nurse from the Brookline Public Health Department (BPHD), will provide blood pressure screening at the following locations:
Barbara will provide screenings at the Senior Center on **Thursday, February 20, from 9:00 to 10:00 am.**

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

Exercise Regularly Regular Exercise is a basic tenet of good health and can help seniors feel better and enjoy life. Join the Fitness Center at the Senior Center or one of the many gyms in Brookline, or one of the adult activities available through Brookline Recreation—tennis, swimming, or golf (or even ice skating in the winter) are good ways to exercise as are BA&CE exercise classes.

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

The Health Page is sponsored by: Beth Israel Deaconess Medical Center

HARVARD MEDICAL SCHOOL TEACHING HOSPITAL

Find-a-Doctor 800-667-5356
bidmc.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 Newsletter.*

February 2014 Flu

We are now in the midst of flu season, so I was asked to write about this year's flu. One can catch the flu all year round, but it is far more common in the winter, which is why it is called the "seasonal flu."

The flu is caused by a virus. This virus changes every year, which is why we need to get flu shots every year. It is passed easily from person to person when someone sneezes or coughs. Little drops of virus are spread into the air where someone else breathes them in. They can also land on a surface, such as food, a telephone, a remote control device or door handle, where they can survive for up to 24 hours. That's why it is so important to wash your hands frequently to prevent catching or spreading the flu.

The symptoms of the flu are different from a cold. One may get a fever, headache, aching muscles, and/or cough. Usually these symptoms go away within a few days, though the cough may last 2-3 weeks. Generally, there is no need to see your doctor, as the treatment is fluids and possibly acetaminophen. However, sometimes symptoms become worse and can include shortness of breath or worsening cough, in which case you should call your doctor to be sure there is no secondary pneumonia.

If the flu is diagnosed by way of a nasal swab test, it may help to take anti-viral flu medicines such as Tamiflu or Relenza. However, these also have side effects, so they often are not used. Regular antibiotics are not effective against viruses. These are not prescribed unless there is a pneumonia, which occurs on top of the flu.

Of course, the best is not to catch the flu, if possible. The most important protection is to get the flu vaccine. It is still not too late. The flu vaccine is made of a dead flu virus. You CANNOT get the flu from the flu vaccine, even though many people still hold onto this belief. It is possible to feel a little achy as your body develops antibodies over the 2 days after the flu shot, but this is not the flu.

In addition to frequent hand washing, clean your phone, computer, door handles and other surfaces frequently during flu season. Try to cough or sneeze into a tissue or into your upper arm/elbow joint, so as not to contaminate your hands.

SHINE NEWS:

The Affordable Care Act Exchanges and Medicare

Medicare beneficiaries should know the following: The health insurance exchanges are for people without health insurance, but not for Medicare beneficiaries. Beneficiaries who have Medicare Part A and B meet the requirement for health insurance. Medicare supplement plans (Medigaps) are not sold in the health insurance exchanges. In most cases, it is illegal to sell health insurance exchange policies to Medicare beneficiaries. People with Medicare do not need to re-enroll or get new Medicare cards.

To schedule a SHINE appointment, call your local Senior Center. For other SHINE related matters, call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Once you get the SHINE answering machine, leave your name and number. A volunteer will call you back, as soon as possible.

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 $47,450; a couple's, $54,200. See p. 7

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 **return in March** to consult with legal expertise on matters of law **.** This service is offered free of charge, and no appointment is needed.

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

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

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

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

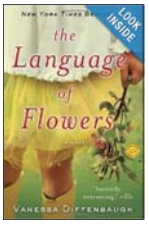
SHINE counselors Sonia Wong, Ed Levin, and Sybil Levisohn are on hand at the Senior Center to help individuals explore their health-insurance options. For an appointment with a SHINE counselor, call 617-730-2777.

2014 SOCIAL SECURITY Cost of Living Adjustment-Social Security and Supplemental Security Income (SSI) beneficiaries will receive a 1.5 percent COLA increase for 2014.

PUTTERHAM
BOOK DISCUSSION GROUP

Jean Kramer and Charlotte Millman, discussion leaders for the Putterham Book Discussion group meet at the Putterham Branch Library on **Mondays from 2:00-3:00 pm.** Books are available at the Putterham Branch Library and new members are always welcome.

February 24, *Defending Jacob* by William Landay (2014 Brookline Reads Selection) "Even with unexpected twists and turns, the two narratives interlock like the teeth of a zipper, building to a tough and unflinching finale. This novel has major motion picture written all over it." *The Boston Globe*



March 17, *The Language of Flowers* by Vanessa Diffenbaugh
After a childhood spent in the foster-care system, Victoria is unable to get close to anybody, and her only connection to the world is through flowers and their meanings. *From Amazon.com*

FY2014 Median family Income Limits for housing, BETS, and other income based offerings.

House hold Size	Extremely Low Income (0-30%)	Very Low Income (31-50%)	Low income (51-80%)
1	$19,800	32,950	47,450
2	22,600	37,650	54,200
3	25,450	42,350	61,000
4	28,250	47,050	67,750
5	30,550	50,850	73,200
6	32,800	54,600	78,600
7	35,050	58,350	84,050
8	37,300	62,150	89,450

SAVE THE DATE

Drinking, Drugs & Rock 'n Roll: Substance Use by Older Adults and Boomers in a New Age.

On **Wednesday, March 5, from 6:30-8:00, pm** the Brookline Community Aging Network and Brookline Department of Public Health in partnership with Brookline Adult and Community Education, will sponsor this educational and informative event.

Shaped by the social revolution in the 60's, Woodstock and the Vietnam war, over 50 percent of a new generation of seniors have used illegal drugs recreationally, along with alcohol, and many are continuing into their later years. How do recreational drugs and alcohol use affect our health as we age?

Join Carol Girard, M.A , project manager at the Mass Department of Public Health Bureau of Substance Abuse Services and her colleague, Eric Hardt, M.D. of the Boston Medical Center for a discussion of substance use and aging in the new age of older adults. From a public health perspective, they will discuss the research on current use and projections for the future. On the extreme end, substance abuse is expected to double in adults over 50 between 2005 and 2020. Does this shock or surprise you? Bring your questions and viewpoints for this important discussion.

This program is free and preregistration is not required. However to insure seating or for more information call 617-730-2770.

Thrifty Threads

at United Parish Church,
210 Harvard Street, Brookline

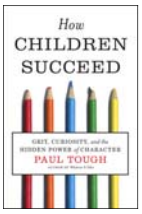
Open Friday and Saturday from 11:00 am to 4:00 pm

Children's, Men's, Women's clothing

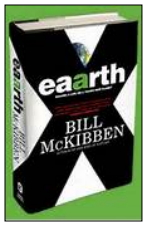
PUBLIC ISSUES NONFICTION BOOK DISCUSSION GROUP

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.**



February 25 *How Children Succeed:* Grit, Curiosity, and the Hidden Power of Character by Paul Tough (Houghton Mifflin Harcourt)



March 25 *Eaarth:* Making a Life on a Tough New Planet by Bill McKibben (Times Books/Henry Holt and Company)

April 22 *Proof of Heaven*: A Neurosurgeon's Journey into the Afterlife by Eben Alexander, III, MD (Simon & Schuster, Inc)

May 27 *The Big Thirst*: The Secret Life and Turbulent Future of Water by Charles Fishman (Free Press/Simon & Schuster, Inc)

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, February 14**. Call group leader Elaine Yanowitz at 617-713-0420 for additional information and time.

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

INCOME TAXES

Once again, we face the inevitability of filing income taxes. And again help will be available at the Senior Center, courtesy of the AARP tax prep service. At present, our preparers plan to be here **on Tuesdays** starting **February 11**. We have started to take appointments for tax preparation help, and since this service is extremely popular, sign up as soon as possible so as to not miss out. If it turns out that things will not be ready in time for the earliest appointments to be honored, we will save time for rescheduling. To make an appointment, call 617-730-2777.

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

MOVIES FOR FILM LOVERS

Come to the Senior Center **Tuesdays in February 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.

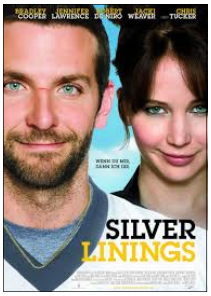
The Butler
Tuesday, February 4

2013
This film tells the story of a White House butler who served eight American presidents over three decades. The film traces the dramatic changes that swept American society during this time, from the civil rights movement to Vietnam and beyond, and how those changes affected this man's life and family.
Stars: Oprah, Forest Whitaker, John Cusack

Once
Tuesday, February 11

2006
A modern-day musical about a street singer and an immigrant and their eventful week in Dublin, as they write, rehearses and record songs that tell their love story.

Taken from Amazon



Silver Linings Playbook
Tuesday, February 18

2012
After a stint in a mental institution, a former teacher moves back in with his parents and tries to reconcile with his ex-wife. Things get more challenging when he meets Tiffany, a mysterious girl with problems of her own.

Martin Luther King Jr. I Have a Dream
Tuesday February 25
1986 (25 minutes)
Relive one of the seminal moments in the history of the Civil Rights movement with these fascinating excerpted clips from Rev. Dr. Martin Luther King Jr.'s landmark speech on the steps of the Lincoln Memorial in 1963. This includes King's last speech as footage of the beautiful eulogy delivered by friend Bobby Kennedy.

Please join us after the film for a discussion of the times with Senior Center volunteer, Janice Denton.

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SENIOR CENTER THEATER CLUB

Handel and Haydn Society: Vivaldi Gloria **45**
Sunday, February 23 at 3:00 pm
at Symphony Hall
Harry Christophers and the Period Instrument Orchestra and Chorus are joined by soprano Nathalie Paulin and members of H&H's Young Women's and Young Men's Choruses for Vivaldi's Gloria. The program closes with Handel's inspiring *Foundling Hospital Anthem*, which ends with the "Hallelujah" chorus from *Messiah*.

Witness Uganda **$39**
Sunday, March 9 at 2:00 pm *at ART, Cambridge.*
When Griffin, a young man from New York City volunteers for a project in Uganda, he finds himself on a journey that will change his life forever. Inspired by a true story, this rousing new musical staged by Tony-Award-winning director and A.R.T. Artistic Director Diane Paulus exposes the challenges confronted by American aid workers around the world and explores the question: "Is changing the world possible?"

The Seagull **$25**
Sunday, March 23 at 2:00 pm *at the Huntington Theater.*

A Midsummer's Night's Dream **$20**
Sunday, April 6 at 2:00 pm at the *Brookline Senior Center*– Discussion with the Cast and refreshments included.

The Shape She Makes–World Premier **$39**
Sunday, April 27 at 2:00 pm *at ART Cambridge***.**

On The Verge **$39**
Sunday, May 4 at 2:00 pm *at the New Repertory Theatre, Watertown.*

For more information and reservations, call Ted Shamitz 617-487-5573 or the Senior Center 617-730-2770.

REAL ESTATE TAX EXEMPTION

Sandy Spector is providing a one to one Real Estate Tax exemption information drop in session on **Monday, February 3 from 10:00 am to 12:00 noon** at the Senior Center. If you are eligible for any of the Brookline Real Estate tax exemptions, your paperwork needs to be to the Assessors Office by the last week in March.

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. **We have implemented the following changes: Number distribution will begin at 11am and the first 50 numbers will be randomly drawn from a container.**

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.

THE SOLEMATES

Walking is a great way of keeping fit. It gets 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 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.**

Eric Glassoff, MBA
Vice-President / Broker / REALTOR®
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COLDWELL BANKER MLS ABR e-PRO

Coldwell Banker Brookline
1375 Beacon St., Brookline, MA 02446

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Office & Fax: (617) 431-5010
Email: eglassoff@comcast.net
Web: BostonRealEstateExperts.com
Owned and Operated by NRT Incorporated

ZUMBA® FOR EVERYONE

Get in shape and have fun doing so in this dynamic and effective fitness program. Zumba® Gold at the Senior Center will take place for the 8 weeks from **Thursday, January 16 through Thursday, March 6 at 1:30 pm.** The cost for the 8 week session is $45 or $7 per session. It is still free for Brookline Housing Authority residents thanks to a generous grant from Brookline Community Fund.

FREE eight week session of Zumba® at Morse Apartments Community Room 90 Longwood Ave. beginning on **Wednesdays in February from 10:00 am to 11:00 am.** This program is a combination of Latin salsa, cardio workout & interval moves with a dynamic & effective fitness system to help you get into shape while having fun.

FREE eight week sessions Ageless Grace at Morse Apartments Community Room 90 Logwood Ave, on **Wednesdays in February from 2:00 pm to 2:45** pm. Easy to learn chair based fitness and wellness exercise program that builds confidence while you have fun.

Sponsored by Friends of Brookline Public Health and the Brookline Senior Center

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www.HSM-Move.com

GODDARD HOUSE EVENTS

On **Thursday, February 6 from 5:30-7:00** pm join us for the Turtle Creek Winery Lecture and wine tasting featuring Winery owner Kip Kumler. Refreshments include cheese cake and more to compliment this fine local wine.

Saturday, February 8 at 3:30 pm Dissipated Eight or D8

Middlebury College's premier and oldest all male cappella group will perform. The group is on tour in our area and will be providing us an afternoon of music.

Sunday, February 9 at 3:30 Patrice Monahan Jazz Trio. PMJ has been together since 2009 bringing their enthusiastic rhythm section to many events.

Sunday, February 23rd at 3:30 pm Piano Concert with Erik Gustafson, an American composer, who has written for numerous occasions and for diverse performing forces. He has completed over one hundred works including five commissions within the past two years.

SPECIAL REQUEST FROM SENIOR DECORATORS

The Senior Center Decorators are in need of the rolls from toilet paper, paper towels and wrapping paper. If you have some extra rolls please bring them to the Senior Center so that Jean Doherty and her decorators can make beautiful arrangements for us to enjoy.

MODERN BEADING WORKSHOP

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

Marge Harvey will be on hand to instruct and help. At each workshop you will be able to learn modern techniques of beading using thin Soft Flex and crimps. Combine old beads and broken strands for new and interesting designs. This is a wonderful opportunity to make 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.

Note: Class is weather permitting.

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

Research conducted at Boston College

Complete pen-and-paper and computerized tasks.
Receive $10/hr. For information, call Sarah Scott at
617-552-6949 or e-mail canlab@bc.edu.

PROUD TO SUPPORT THE BROOKLINE SENIOR CENTER

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POETRY CORNER

STILL I RISE

You may write me down in history
With your bitter, twisted lies,
You may tread me in the very dirt
But still, like dust, I'll rise.

Does my sassiness upset you?
Why are you beset with gloom?
'Cause I walk like I've got oil wells
Pumping in my living room.

Just like moons and like suns,
With the certainty of tides,
Just like hopes springing high,
Still I'll rise.

Did you want to see me broken?
Bowed head and lowered eyes?
Shoulders falling down like teardrops.
Weakened by my soulful cries.

Does my haughtiness offend you?
Don't you take it awful hard
'Cause I laugh like I've got gold mines
Diggin' in my own back yard.

You may shoot me with your words,
You may cut me with your eyes,
You may kill me with your hatefulness,
But still, like air, I'll rise.

Does my sexiness upset you?
Does it come as a surprise
That I dance like I've got diamonds
At the meeting of my thighs?

Out of the huts of history's shame
I rise
Up from a past that's rooted in pain
I rise
I'm a black ocean, leaping and wide,
Welling and swelling I bear in the tide.
Leaving behind nights of terror and fear
I rise
Into a daybreak that's wondrously clear
I rise
Bringing the gifts that my ancestors gave,
I am the dream and the hope of the slave.
I rise
I rise
I rise.

Maya Angelou

THE LIBRARY

I meet unlikely neighbors each Tuesday and Thursday morning when I volunteer at the Coolidge Corner library to tidy the shelves, return misplaced books to their proper place, and cull extra copies,.
Here is Malcolm X next to Virginia Woolf, each engrossed in their own search for freedom.
John Winthrop, a pillar of New England propriety alongside P. G. Wodehouse, satirical master of affections.
The Hamilton's, Alexander and Gabriele, celebrated chief of magical meals, opposite Williams Ted and Tennessee, symbols of physical and intellectual spheres.
When I faced a 4 volume series. *A History of Private Life from Pagan Rome to the Great War.* A sadness befell me as the reality of the ticking clock settled in.

Ruth Geller
12/25/13

HOW TO DESCRIBE FRAN P?

When you need her, she'll be here.
But other times she'll disappear.
Telephone is ringing,
Fran is singing.
You know she's somewhere near.
Just when you think she's gone too far,
Here's Fran.
She ran out to move her car.

Lila Sesholtz

BROOKLINE RECREATION ADULT EXCURSIONS

Museum of Fine Arts
Friday, February 7 from 10:00 am to 3:00 pm

Join your friends for a private guided tour as we explore one of the most comprehensive art museums in the world. The collection encompasses nearly 450,000 works of art.
Cost: Residents-$27 Nonresidents-$37

Taza Chocolate Tour
Friday, February 28 from 11:00 am to 2:00 pm
At the Taza Chocolate Factory in Somerville, Mass, crafts stone ground chocolate from bean to bar. Taza founder Alex Whitmore took his first bite of stone ground chocolate while traveling in Oaxaca, Mexico, and came home so inspired that he decided to create a chocolate factory! We will learn how Taza makes 100% Stone Ground, Mexican-style organic dark chocolate, sample delicious Stone Ground Dark Chocolate and see vintage chocolate making machines!
Cost: Residents-$10 Nonresidents $14

Boston Flower and Garden Show
Friday, March 14 from 11:30 am to 4:00 pm
Enjoy a Burst of Color: Celebrating the Container Garden! Spend the afternoon at the Boston Flower & Garden Show, Boston's biggest horticultural event at the Seaport World Trade Center.
Cost: Residents-$24 Nonresidents-$33

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.

BROOKLINE ADULT & COMMUNITY EDUCATION FALL OFFERINGS

Brookline Adult & Community Education (BA&CE) offers many courses at the Senior Center each term, and the Winter term is no exception. For more information about these courses, consult the BA&CE Winter 2014 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

TECHNOLOGY
Kindle Tutorial For Seniors

Joyce Graff, Instructor
Co-sponsored by the Council on Aging
$42. Course Code: **C278**
2 Mondays, 11:45 am-1:45 pm
begins February 3.

iPADS For Senior

Marjorie Wein, Instructor
Co-sponsored by the Council on Aging
$21. Course Code: **C317**
1 Monday 9:30-11:30 am February 10

Computer Basics For Seniors
Michael Toon, Instructor
Co-sponsored by the Council on Aging
$73 Course Code: **C312**
Sec. 02 (Intermediate):
4 Wednesdays, 11:45 am-1:45 pm. Begins February 12.

LIBERAL ARTS
Exploring Holiness in the Book of Leviticus
Judy Weiss, Instructor
$115 Course Code: **H602** Sec. 01:
6 Mondays, 1:00-3:00 pm. Begins January 27.

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 **Fridays at 10:30 am** and make a joyous sound with the group led by Zohra Shaw.

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.

LET'S GO OUT TO LUNCH BUNCH

On Tuesday, February 25 at 12:00 noon the Let's Go Out to Lunch Bunch is going to Carlo's Cucina Italiana,131 Brighton Ave. Carlo's Cucina Italiana features authentic Italian cuisine with daily specials. Call 617-730-2770 for reservations and transportation.

MASS COLLEGE OF PHARMACY WORKSHOPS

The students at the Mass College of Pharmacy and Health Sciences will be back with workshops on topics of general interest to us. The scheduled sessions on:

- Thursday, February 13, at 1:00 pm
- Thursday, March 27, at 1:00 pm
- Thursday, April 10, at 1:00 pm

Watch the Tab for more information on the topics to be discussed.

SENIOR SCENE

Senior Scene host Betty Joel has scheduled a new program on the Age Friendly Cities Initiative which is a member designee of the World Health Organization. Her guest will be Nancy Daly, Co-chair of the Age Friendly Initiative and member of the Board of Selectman, Roger Blood, Chair of the Housing Advisory Board and Frank Caro, Co-Chair of the Age Friendly Initiative. This program will focus on Brookline's participation and housing. Look for this new Senior Scene show in February. 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**.

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 3:00 pm** at the Senior Center.

This supportive group—led by Janet Kleiner, an experienced teacher of ESL, discusses interesting and useful topics like talking to your doctor, spare time activities, and current news stories. For more information and to register, call Julie at 617-730-2760.

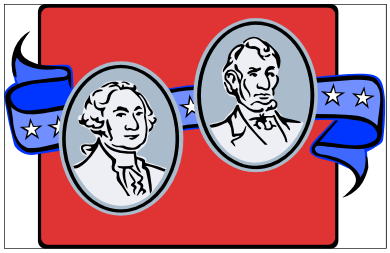
MODERN DANCE AND MOVEMENT

Lynn Modell's ever-popular workshop will meet on Friday, February 7 and 14 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!

TOUR THE SENIOR CENTER

The Senior Center is offering weekly, escorted tours of the Center Monday through Friday. You need to sign up for the tours ahead of time. To sign up for a tour, call 617-730-2770.

Springwell Nutrition Program FEBRUARY 2014

MONDAY	TUESDAY	WEDNESDAY
3) **HOT** Macaroni and Cheese(V), Collard Greens and Onions, Wheat Roll. **COLD** Chicken Salad on Oat Bread, Lettuce Leaf, German Potato Salad, Beet Salad **Fresh Fruit**	4) Split Pea Soup **HOT** Salmon Boat w/ Lemon Dill Sauce, Sweet Potato, Green Beans & Waxed Beans, Rye Bread. **COLD** Turkey and Provolone on Multigrain Bread, Lettuce Leaf, Lite Mayo, Corn Salad, Coleslaw. **Pineapple**	5) Broccoli Cheese Soup **HOT** Swedish Meatballs, Egg Noodles, Candied Carrots & Parsnips, Oat Bread. **COLD** Mediterranean Tortellini Salad (V), Caesar Salad w/ Dressing, Wheat Roll. **Mandarin Oranges**
10) Clam Chowder **HOT** Sweet Potato Crusted Fish, Chuckwagon Corn, Jardinière Vegetables, Rye Bread. **COLD** Turkey with Provolone, Lettuce Leaf, Lite Mayo, Summer Potato Salad, Tomato Red Pepper Salad, Multigrain Bread. **Pears**	11) Minestrone Soup **HOT** Pot Roast w/ Gravy, Boiled Parsley Potatoes, Ratatouille, Multigrain Bread. **COLD** Grilled Chicken Caesar Salad, Croutons, Parmesan Cheese, Corn Salad, Wheat Roll, Pesto Pasta Salad **Snack N Loaf**	12) **HOT** Hot Dog***, Baked Beans, Coleslaw, Ketchup, Mustard, Relish, Hot Dog Roll. **COLD** Egg Salad on Rye Bread(V), Lettuce Leaf, Garden Salad, Lite Italian Dressing, Tri-Color Pasta Salad, Rye Bread. **Peaches**
17) Presidents Day 	18) **BIRTHDAY LUNCH** Vegetable Soup **HOT** Alaskan Krunch Lite Fish Sandwich, Tartar Sauce, Sweet Potatoes, Wax Beans. **COLD** BBQ Chicken w/ Mozzarella and Red Onion, Macaroni Salad, Riviera Salad, Scali Bread. **Chef's Choice Dessert**	19) Italian Garden Vegetable Soup **HOT** Tortellini w/ Marinara(V), Spinach and Mushrooms, Whole Wheat Garlic Roll. **COLD** Seafood Salad, Lettuce Leaf, Tri-Color Pasta Salad, Carrot Pineapple Salad, Multigrain Bread. **Fresh Fruit**
24) Oriental Vegetable Soup **HOT** Chicken Paprika, Garlic Mashed Potatoes, Broccoli and Cauliflower, Multigrain Bread. **COLD** Ham***and Cheese, Mustard, Lettuce Leaf, Carrot Raisin Salad, Macaroni Salad, Oat Bread. **Vanilla Pudding w/ Topping**	25) Italian Garden Vegetable Soup **HOT** American Chop Suey, Cabbage, Oat Bread. **COLD** Egg Salad on Wheat Bread(V), Lettuce Leaf, Corn Salad, Tomato Red Pepper Salad. **Pears**	26) Mushroom Barley Soup **HOT** Beef Stroganoff, Buttered Noodles, Carrots, Rye Bread. **COLD** Breaded Chicken Patty, Mayo, Lettuce Leaf, Orzo Vegetable Salad, Cucumber Dill Salad, Hamburger Roll. **Mandarin Oranges**

- **ALL MEALS INCLUDE 8 OZ. OF 1% MILK AND MARGARINE, 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, $2.00 SUGGESTED DONATION**
- **You can obtain a copy the monthly menu online at: www.springwell.com**
- **(V) denotes vegetarian entrees. Soups contain beef, chicken, or shellfish base, and are not vegetarian.**

THURSDAY	FRIDAY
6) Italian Ditalini Soup **HOT** Chicken w/ Creamy Italian Sauce, Roasted Potatoes, Red Peppers and Onion, Italian Blend Vegetables, Whole Wheat Bread. **COLD** Egg Salad on Oat Bread(V), Lettuce Leaf, Orzo Vegetable Salad, Summer Squash Salad. **Rice Pudding w/ Topping**	7) Cream of Pumpkin Soup **HOT** Broccoli Mushroom Quiche(V), Home Fried Potatoes, Tossed Garden Salad, Lite Italian Dressing, Multigrain Bread. **COLD** Roast Beef with Swiss Cheese, Lettuce Leaf, Mayo, Greek Pasta Salad, Carrot Pineapple Salad, Rye Bread. **Chocolate Chip Cookie**
13) Beef Consommé w/ Vegetables **HOT** Stuffed Shells w/ Tomato Sauce(V), Parmesan Cheese, Spinach, Wheat Bread. **COLD** Seafood Salad on Lettuce Leaf, Corn Salad, Tomato Cucumber Salad, Oat Bread. **Fresh Fruit**	14) **Valentine Day Special** Tomato Basil Soup, Chicken w/ Apple Bread Stuffing, Gravy, Potatoes, Roasted Red Peppers and Onions, Tuscany Blend Vegetables, Snowflake Dinner Roll **Cheesecake**
20) Cream of Tomato Soup **HOT** Meatloaf w/ Gravy, Red Bliss Potatoes, Carrots, Rye Bread. **COLD** Cranberry Juice, Cottage Cheese Fruit Plate (V), Summer Potato Egg Salad, Apple Cinnamon Muffin. **Mandarin Oranges**	21) Potato Chowder Soup **HOT** Roasted Turkey w/ Gravy, Butternut Squash, Cranberry Sauce, Green Beans, Wheat Dinner Roll. **COLD** Roast Beef w/ America Cheese on Oat Bread, mayo, English Pea Salad, Roman Blend Salad. **Pineapples**
27) Seafood Chowder **HOT** Krunch Lite Fish Sticks, Tartar Sauce, Roasted Red Bliss Potatoes, Peas, and Wheat Bread. **COLD** Roast Beef and Swiss Cheese, Lettuce Leaf, Lite Mayo, Spinach Mandarin Orange Salad, Tri-Color Pasta Salad, Multigrain Bread. **Fresh Fruit**	28) **HOT** Lentil Stew(V), Green Bean, Whole Wheat Dinner Roll, Tossed Salad with Lite Italian Dressing. **COLD** Chef Salad with Turkey, Lite Italian Dressing, Balsamic Vinaigrette Pasta Salad, Dinner Roll. **Chocolate Cake with Frosting**

SPECIALS FOR FEBRUARY

Reservations for ALL Springwell lunches must be made by 11:00 am on the weekday preceding the day on which you want to have lunch. For reservations for Monday, call the previous Friday by 11:00 am. For reservations call **Peggy Connor 617- 730-2747**. Lunch is served at 12:00 noon unless otherwise noted.

Friday, February 14, is ***Valentine's Day***, and Springwell is having a special lunch. Don't miss this treat.

And **Tuesday, February 18**, is our monthly ***Birthday Lunch***. Don't forget to tell us if you or someone in your party has a February birthday when you call for reservations.

On **Tuesday, February 25 at 12:00 noon,** the Let's Go Out to Lunch Bunch is going to Carlo's Cucina Italiana. See p. 15 for

more information.

FEBRUARY AT A GLANCE*

Monday, February 3
10:00 am—12:00 pm Real Estate Tax Exemption workshop
11:45-1:45 BA&CE *Kindle Tutorial For Seniors* **
Tuesday, February 4
1:00 pm Movies for Film Lovers *The Butler*
Wednesday, February 5
1:00 pm Brookline Music School Concert
Rick Landwehr Trio
Thursday, February 6
5:30-7:00 pm Goddard House Lecture *Turtle Creek Winery* **
Friday, February 7
10:00-3:00 Brookline Recreation Adult Excursion *Museum of Fine Arts* **
2:00 pm Modern Dance
Saturday, February 8
3:30 pm Goddard House Music with *Dissipated Eight Cappella group*
Sunday, February 9
3:30 Goddard House Event *Patrice Monahan Jazz Trio*
Monday, February 10
9:30-11:30 BA&CE *iPADS For Senior* **
11:45-1:45 BA&CE *Kindle Tutorial For Seniors* **
Tuesday, February 11
1:00 pm Movies for Film Lovers *Once*
Wednesday, February 12
11:45-1:45 Brookline BA&CE *Computer Basics For Seniors* **
1:00 pm COA Orientation
Thursday, February 13
1:00 pm Mass College of Pharmacy Workshop
Friday, February 14
12:00 noon Springwell Valentine Day Lunch
2:00 pm Modern Dance
Afternoon Alzheimer's group call for details.
Monday, February 17
Senior Center Closed
Tuesday, February 18
12:00 noon Springwell Lunch
Wednesday, February 19
11:45-1:45 Brookline BA&CE *Computer Basics For Seniors* **
1:00 pm Silver Leaf Gospel Singers
1:30 pm Modern Beading Workshop
Sunday, February 23
3:00 pm *Handel and Haydn Society: Vivaldi Gloria at Symphony Hall*
3:30 pm Goddard House Event *Piano Concert with Erik Gustafson, American composer*
Monday, February 24
1:00 pm Breast Cancer Workshop ***
2:00-3:00 pm Putterham Book Discussion Group *Defending Jacob* by William Landay
7:00 pm Panel discussion *Defending Jacob* moderated by Hank Phillippi Ryan at the Brookline Main Library .
Tuesday, February 25
9:00-10:00 am Public Issues Nonfiction Book Discussion Group *How Children Succeed:*
12:00 noon Let's Go Out to Lunch Bunch Carlo's Cucina Italiana
1:00 pm Movies for Film Lovers *I Have a Dream* clip and discussion
Wednesday, February 26
11:45-1:45 Brookline BA&CE *Computer Basics For Seniors* **
Thursday, February 27
1:00 pm Brookline reads Senior Cinema Event
1:00-3:00 pm Brookline BA&CE *Exploring Holiness in the Book of Leviticus* **
Alzheimer's Evening group call for details.
Friday, February 28
11:00—2:00 Brookline Recreation Adult Excursion *Taza Chocolate Tour* **

ONGOING SENIOR CENTER EVENTS

Monday

8:30 am-4:00 pm Fitness Center Open membership required
8:45-10:15 am Strength Training for Seniors **
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
12:30-4:00 pm Bridge
1:00-3:00 pm Exploring Holiness in the Book of Levitcus**
1:00-3:30 Scrabble
2:00-4:00 pm Open Computer Lab
2:30 pm Chinese programs

Tuesday

8:30 am-4:00 pm Fitness Center Open membership required
One-to-One Computer Sessions ***
AARP Tax Appointments ***
9:00-12:00 noon Reiki Therapy ***
10:00 am Flexibility, Resistance Training, and Balance Exercise
10:15 am Brookline Bees, Quilters
10:30 Literary Discussion Group **
12:00 Springwell Lunch ***
12:00 noon French Conversation
12:00-4:00 pm BETS
12:30-3:30 pm Canasta Group***
1:00 pm Bingo
1:00 pm Movies for Movie Lovers
1:00-3:00 pm Brookline BA&CE *Exploring Holiness in the Book of Leviticus* **
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 Mat Class **

Wednesday

8:30 am-4:00 pm Fitness Center Open membership required
8:45-10:15 am Strength Training for Seniors **
9:00-10:00 am Living Our Values
10:00-11:00 am Zumba at Morse Apt. 90 Longwood
10:30-11:30 am Senior S-T-R-E-T-C-H***
10:15-11:45 am Telling Your Story**
12:00 noon Springwell Lunch ***
12:30 pm Bridge
2:00-2:45 pm Ageless Grace at Morse Apt. 90 Longwood
2:00-4:00 pm Open Computer Lab
2:30 pm Spanish Conversation Group ***
3:00 pm ESL Conversation Group

Thursday

8:30 am-4:00 pm Fitness Center Open membership required
9:30 Drawing for Pleasure Figure Drawing ***
9:30 Art for Pleasure and Watercolor Class ***
10:30 am Arthritis Exercise ***
10:30 am and 1:30 pm Knit and Crochet
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 pm Zumba Gold
2:00-4:00 pm Open Computer Lab
2:30-3:30 pm Spanish Conversation Group ***
3:30-4:30 pm Boot Camp fir seniors ***

Friday

8:30 am-4:00 pm Fitness Center Open membership required
9 :00 am Bridge
10:00 am Solemates Walking Group ***
10:00 am Project Volunteer
10:30 am Current Events Discussion Group
10:30 am Senior Chorus
12:00 noon Springwell Lunch ***
12:00-2:00 pm Basic Computer Class in Spanish ***
1:00-2:00 pm Meditation in Movement
1:00-2:00 pm Bootcamp for Seniors **
2:00-3:30 pm Tai Chi for Seniors**

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

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

MEDICARE PATROL

The Massachusetts Senior Medicare Patrol (SMP) will be at the Senior Center to help seniors with their Medicare statements and to provide explanations of benefits letters on **Friday, February 7 from 10:00 am to 12:00 noon**

RENOVATION UPDATE

The first phase of the renovation project is complete and things are looking great! Check the daily schedule in the morning for updated information. As always, we appreciate your patience as we strive to make the Senior Center even better!

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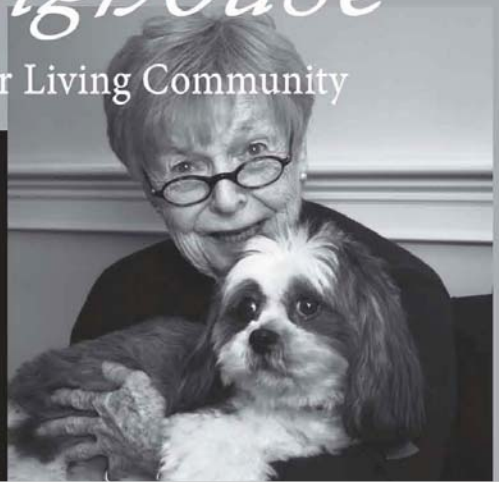
Springhouse
Senior Living Community



Contact our Community Relations Team Today!

617-522-0043

springhouseboston.org

A gracious senior living community, Springhouse is nestled on 13 wooded acres of conservation land just across from Faulkner Hospital.

Minutes from Boston's cultural, educational and medical centers, Springhouse offers the perfect living choice to meet your needs and lifestyle.

- Independent Living
- Assisted Living
- Assisted Living with memory support

44 Allandale Street Boston, MA 02130

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.

EASY TRAVEL

Will return in March with a tour of Martha's Vineyard with Mimi Katz **on Thursday, March 6th at 1:30pm.** February Easy Travel was cancelled due to the renovation.

CONTEMPORARY ELEGANCE
Meets the Spirit of Boston.

GET TO KNOW
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WITHIN THE CITY
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- Activities, events, and outings for every interest
- Getting involved in our resident clubs
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homeinstead.com

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.

SPANISH IMMERSION

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

1. One-hour, one-on-one Spanish conversation sessions with native seniors from many Latin American countries.
2. 10-week Beginning Spanish classes 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 **will run on Thursdays from 12:00 noon to 1:00 pm**.
4. Spanish conversation small group meetings on **Wednesdays at 3:00 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.**
6. Basic Computer Class in Spanish on **Fridays from 12:30 to 2:00 pm**.

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

SPANISH IMMERSION

!!CONVERSACIÓN EN GRUPO!!

Spanish Group Conversación **Thursdays 2:30 pm!** Join us for 10 weeks Spanish Group conversation. Practice Spanish and enjoy the language. Vamos a empezar 10 semanas de conversaciones para practicar su español y disfrutarlo ¿DONDE? **Thursdays, January 9 through March 13 at 2:30 pm.** en el Brookline Senior Center for more information call 617-953-7016 or email brookline.spanish.imersion@gmail.com

MOUNT PLEASANT HOME

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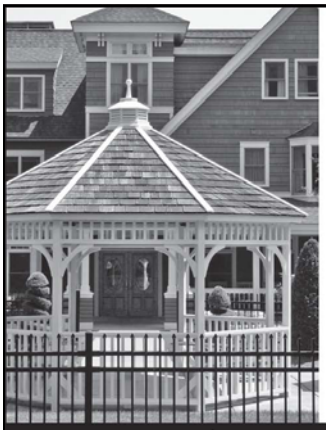

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FROM THE DIRECTOR

What we do matters… As the throngs of elders crammed into our limited space due to the renovation project, I am in awe of what we accomplish on a daily basis. We provide not only a safe haven for our elders but also a vibrant community center. I want to take a moment and recognize the importance of our work. I thank this incredible community of people who enrich the lives of Brookline's elders.

February brings some of the coldest weather and with it some winter blues. We at the Senior Center are here to help make the days go by in a warm and enjoyable way with lots of wonderful programs and activities. One of my favorite programs that will be sure to help you beat the blues happens this month. We welcome back the famous gospel group, the Silver Leaf Singers, who will perform on Wednesday, February 19 at 1:00 pm.

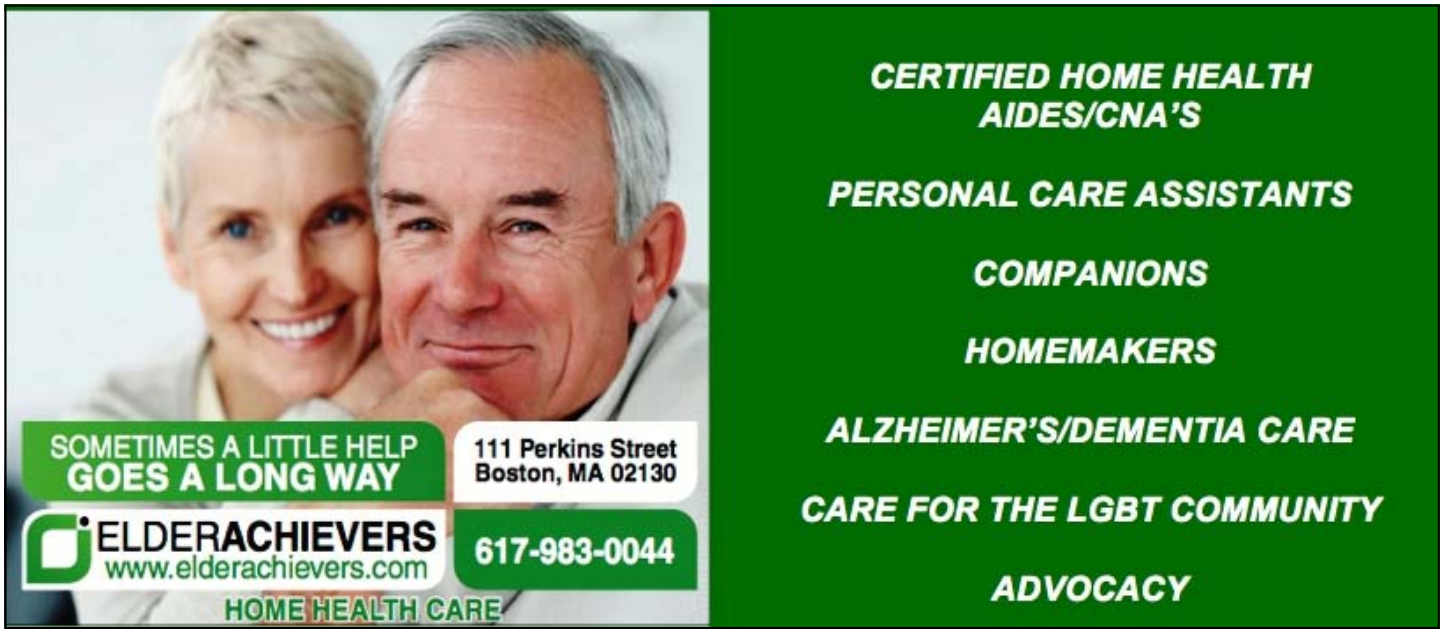
I am always inspired by our elders who bundle up and refuse to let the weather get them down. Your hearty disposition warms us all! So much is happening at the senior center that will keep your blood pumping. For example, check out the fitness center and Zumba or Modern Dance classes. In addition, our theatre club offers weekend programs.

I continue to be very concerned about the high cost of heating. If you have turned down your thermostat to save money, make sure you wear some warm fleece. Please call our information and referral desk if you are having trouble with your heating bills for some assistance. We are also helping with food stamp applications now called SNAP. In addition, for frugal living always, come to the Center for a nutritious hot meal and visit our food program on Tuesdays.

Finally, I want to wish a warm welcome to Jamie Donchin who is joining our staff as a HELP counselor. Many of you may recall that Jamie was a Social Worker intern with us in 2011. She is a graduate of Wheelock College and Boston College School of Social Work. She has fabulous social work skills and we are thrilled she is going to be on our team.

A wonderful reminder that the days are getting longer as the light returns this month. On January 1 – the sunset was at 4:22, on February 1 5:12 and by the February 28 5:44 – giving us more sunshine each day even though we are in the midst of winter.

Ruthann Dobek-Director



FROM THE BOARD PRESIDENT

A special thank you to all of you who made an end of the year donation to the Senior Center. Due to the generosity of the community, we are in the process of scheduling several weekend events. Watch the Tab and the March News and Events for more information.

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

COUNCIL ON AGING MEETING

February is traditionally the winter vacation of the Council on Aging (COA) board meetings, and this February is no exception. There will not be a COA board meeting this month.

That being said, everyone (new board members, old board members, and interested members of the public) are invited to an orientation meeting for new board members that will take place on **Wednesday, February 12 at 1:00 pm.** Come and learn about the COA board's mission and the working of the group.

Consider leaving a legacy to the Senior Center. Your bequest now is a gift of hope—and a way of making sure the Senior Center will be here to support others. No gift is too small! Call Ruthann Dobek, Director at 617-730-2756 today, and help insure a bright future for the Senior Center .

Certified SHINE (Medicare) Volunteer Counselors Needed!!

If you are looking for a challenging volunteer opportunity and you enjoy learning about complex topics and solving problems, the SHINE program may be just what you are looking for!

Through an intensive training program, SHINE (**S**erving **H**ealth **I**nsurance **N**eeds of **E**veryone) Counselors become certified to explain health insurance options. They work one-on-one with Medicare beneficiaries to educate, answer questions, solve problems, and screen for low-income programs that help with health-care costs.

The spring SHINE training will begin in mid April and run for two days per week over a six-week period. For more information about becoming a SHINE Counselor, call Dorene Nemeth, MetroWest Regional SHINE Director at (508) 532-5980 x 4109. Bilingual, bicultural and minority individuals are encouraged to apply.

SHINE is administered by the Massachusetts Executive Office of Elder Affairs in partnership with Councils on Aging, Aging Services Access Points and other local agencies.

REAP VOLUNTEER OPPORTUNITY

REAP includes both the Wisdom Works and the Boomers Shifting Gears programs. We are seeking an experienced Marketing/Public Relations Professional for our expanding programs who would welcome the opportunity to work with our staff, to attract younger seniors, in Brookline and surrounding communities, to join our program offerings to groups of "Baby Boomers" in the Brookline area.

This is a volunteer position with a flexible work schedule. If you are a retired Public Relations/Marketing professional or scaling back your work towards retirement, we would be happy to hear from you to discuss this position. For information please contact Deidre Waxman 617-730-2767.

Calling all Job and Volunteer work seekers:
REAP will offer a Jobs and Volunteer search support team on Tuesdays, March 11, 18, 25 and April 1 from 2:00-3:00 pm.

This networking group is open to all job and volunteer seekers. The goal is to facilitate your search through communication and resource sharing strategies. The group facilitators will be Deidre Waxman and Mia Louik. There is no charge but registration is required. To register ,contact Deidre Waxman at 617-730-2767 or email: dwaxman@brooklinema.gov

Businesses and Organizations Seeking Volunteers!
The REAP program has begun 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 Waxman 617-730-2767.

PUPPET SHOWPLACE VOLUNTEERS

Box Office Volunteers are needed at the Puppet Showplace on Thursdays and Fridays at 10:00am and Saturday and Sunday at either 12:15 or 2:15. Volunteers will stuff and hand out playbills, greet patrons and explain the seating arrangement inside the theatre, usher performances and regulate proper behavior in the theatre during shows, collect discarded playbills and other trash in the theatre after patrons have cleared the area, and assist in cleaning the theatre and lobby areas.

PUPPET PLAYTIME VOLUNTEERS

On Wednesday mornings from 9:15 am-12:00 pm volunteers assist with the set up of toys in the theatre space before show time, greet patrons and invite them to remove their shoes and get comfortable for the Free Play portion of the morning, usher performances and assist with the clean up of toys after Free Play.
And finally you will sanitize toys post-performance in the kitchen sink and put toys away.

MARKET RESEARCH POSITION

A Market Research firm is seeking project based telephone research assistants to phone businesses to do market research analysis. All research is conducted over the phone and involves cold calling to respondents in their place of business. Projects typically last 2-3 weeks. Steady work not guaranteed but those who perform well may be asked back. There is no selling involved but the ability to connect with and convince people to participate in these studies is vital. Pay range $13-$22 hr based on experience. Contact Deidre Waxman for requirements for this position 617-730-2767.

50 YEARS AGO IN FEBRUARY 1964

Winter Olympic Games in Innsbruck, Austria.
US female Figure Skating championship won by Peggy Fleming.
Muhammad Ali (Cassius Clay) TKOs Sonny Liston in 7 for heavyweight boxing title.
France & Great-Britain sign accord over building the channel tunnel.
Beatles land at NY's JFK airport, for 1st US tour.
Baskin-Robbins introduces Beatle Nut icecream.
Rep Martha Griffiths address gets civil rights protection for women being added to the 1964 Civil Rights Act.
Average yearly income $5,880
Loaf of bread .21 cents
Charlie Finley signs a 4 year lease to keep A's in Kansas City.
US House of Reps accept law on the civil rights.
LBJ reveals US secretly developed the A-11 jet fighter.
"Foxy" opens at Ziegfeld Theater NYC for 72 performances.
FAA begins 6 month test of reactions to sonic booms over Oklahoma City.
Indiana Governor Mathew Walsh tries to ban "Louie Louie" for obscenity.
GI Joe, debuts as a popular American boy's toy.
Top Movies: My Fair Lady and Mary Poppins
60% of Americans are smokers.
First Class postage stamp .5 cents

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In Memory of:

The beloved husband of Mrs. Elinor Kaplan ***From*** Elinor Kaplan.

The parents of Harry and Nancy Johnson ***From*** Harry and Nancy Johnson.

Robert Goldstone ***From*** Shirle Goldstone.

Mark Leipman ***From*** Carolyn & Ted Colton.

Mildred Adelson ***From*** Jonatha Ceely.
Sumner Kaplan ***From*** Ruth Kaplan & Toby Kusmer
John F. Dobek ***From*** Patricia H. Dobek
Lily Daily ***From*** Laurie & Jeff Lasky
Minna Bauman ***From*** Francine Bauman

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STAFF AND VOLUNTEER NEWS

Welcome to Jamie Donchin who is joining our staff as the HELP councilor. Many of you may remember that Jamie was a social work intern with us in 2011. She is a graduate of Wheelock and Boston College of Social Work.

SHOP We 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 grocery shopping needs. For more information call 617-730-2743.

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

Do you know someone who does?

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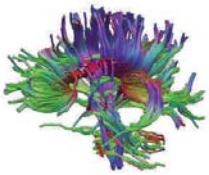
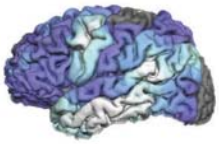
ALZHEIMER'S DISEASE RESEARCH STUDY AT MGH:

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 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 aegoldblatt@partners.org.

BROOKLINE READS 2014

A community reads together. Brookline chose ***Defending Jacob*** a novel by William Landay. Set in Newton, *Defending Jacob* strikes very close to home. It gets to the heart of who we are as families and as members of a close knit community.

A gripping tale of murder, the search for justice, and the anguish of parental love. Defending Jacob asks us to face the dark psychological issues: is there such thing as the 'murder gene'? How well do we know our own children? How much should parents protect their children when they pose a threat to society?

A panel discussion moderated by award winning author and investigative reporter Hank Phillippi Ryan will be held at the Main Library on **Monday, February 24 at 7:00 pm.**

Save The Date on **Wednesday, March 12 at 7:00 pm** William Landay, author of *Defending Jacob* will speak to us about his award winning book at Brookline High School.

These exciting events are free and open to the public so don't miss it.

BROOKLINE SENIOR CINEMA

Brookline Reads chose *Defending Jacob* by William Landay as the Brookline reads selection 2014. On **Thursday, February 27 at 1:00 pm** the Brookline Senior Center and Coolidge Corner Senior Cinema will present *The Bad Seed* (1959) based on the play by Maxwell Anderson. Housewife Christine Penmark, finds out that her own mother is a cold-blooded killer and she begins to suspect that her 8 year old daughter, Rhoda might also be the victim of some faulty genetic wiring.

Please join us after the film for refreshments and a discussion of the common themes between the movie and the 2014 Brookline Reads selection, "Defending Jacob." Frances Lang, LICSW, Brookline Community Mental Health Center will facilitate the discussion.

FRENCH CONVERSATION

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

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Happy Birthday to:

Eleanor Small *From* Ruth Geller and Ruth Werksman

A Big Thank You: to Jackie Wright for donating the raffles she won from Spanish Immersion Event.

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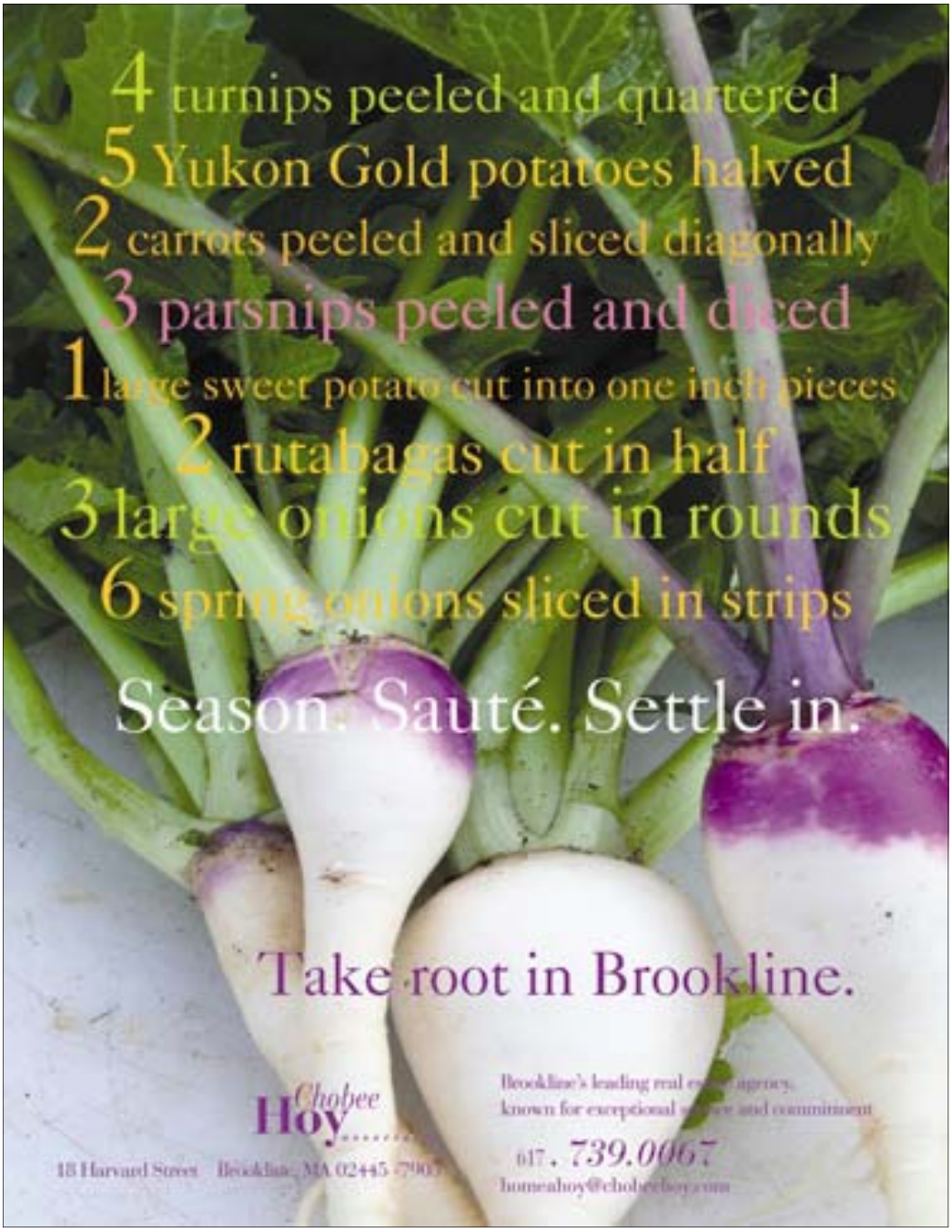

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