

# TOWN OF BROOKLINE SENIOR NEWS AND EVENTS

Council on Aging

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

Brookline Senior Center  
93 Winchester Street  
Brookline, Massachusetts 02446



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

**Brookline Council on Aging**  
[www.brooklinema.gov](http://www.brooklinema.gov)  
[www.brooklineseniorcenter.org](http://www.brooklineseniorcenter.org)

**Brookline Community Aging Network**  
[www.BrooklineCAN.org](http://www.BrooklineCAN.org)



## HIGHLIGHTS

Learn about Good Germs/Bad Germs on Monday, January 13. See p. 8

The Brookline Music School Concert on Wednesday, January 15 will feature friend Emilian Badea. See p3.

Come and enjoy Chinese New Year on Monday, January 27. See p. 3

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 .



JANUARY 2014

## BROOKLINE CLIMATE WEEK



will run from **January 20 through January 26**, there will be events and displays throughout town. Please join in the celebration of where we live, what artists and experts have to say,

and ways to take local climate action. You too can take steps to a greener future. Brookline Climate Week will be chock full of events like The 3R Depot: Reduce, Renew, Recycle, and the Brookline Food Court extravaganza. You can pick up Youth Sports Gear, at the Re-Create Zone, bring in your eyeglasses, and cell phones, to be collected by the Senior Center, shred your paper and much more. New! The Depot Food Court. Meet at Brookline Town Hall, Saturday, January 25. The Brookline Commission on Women will be collecting children's clothing ages 0-5 at the Public Safety Building, on Friday January 24, and Saturday, January 25.

Brookline Climate Week 2014 is a collaboration of Climate Action Brookline with town groups, non-profits, businesses and volunteers working toward the goal of reducing Brookline's carbon footprint by reaching 85% of Brookline households and reducing our carbon footprint 25% by 2020.

Join your friends and neighbors and enjoy and learn at Brookline Climate Week 2014. For more information as plans are firmed up and the list is updated, contact [info@ClimateActionBrookline.org](mailto:info@ClimateActionBrookline.org) and [www.climateactionbrookline.org](http://www.climateactionbrookline.org).



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<b>The Town of Brookline Senior News &amp; Events</b> <b>BROOKLINE COUNCIL ON AGING (COA)</b>
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## JANUARY HOLIDAYS

The Senior Center will be closed on **Wednesday, January 1 (for New Year's Day)** and on **Monday, January 20 (for Martin Luther King, Jr., Day)**.

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**Friday, January 31** is the start of Chinese New Year according to the Chinese calendar. Chinese New Year always falls in either January or February, and each year is represented by one of the

twelve animals of the Chinese Zodiac. In the year 2014 we celebrate the Horse.

January is also the month we celebrate National Blood Donors Awareness, Hot Tea and Oatmeal. Trivia Day is on Saturday, January 4 and Make a Dream Come True Day is on Monday, January 13.



January is traditionally a time to resolve to improve ourselves in the shiny new year that has just started. We always strive to do better—albeit to broaden our horizons generally or to accomplish specific tasks of betterment. In the coming pages, you will find many suggestions for how to accomplish resolutions for 2014.

## SOCIAL BULLYING

*How Can You make a Positive Difference?*

On **Wednesday January 8 at 2:00 pm** Bullies grow old just like the rest of us. Research has shown that as many as 20% of older adults experience bullying and this can lead to depression and social isolation. There are things that we can all do to help. Marsha Frankel, LICSW, and Kathy Burnes, M.Ed., of JF&CS will share with us information about social bullying in older adults and explore with us ways to safely intervene whether we are the victim or observe others being bullied.



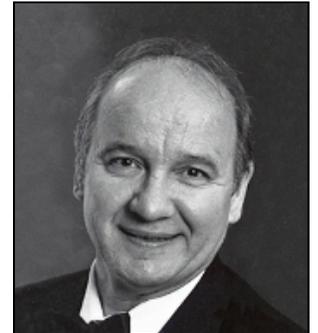
## CHINESE NEW YEAR

Celebration Chinese New Year on **Monday, January 27, 2014 from 12:30-2:00 pm**. The festivities are always colorful and the food is plentiful and delicious. This event is cosponsored by Greater Boston Chinese Golden Age and the Senior Center. Tickets are \$7.00 and they will go on sale on Monday January 13, 2014 at 617-730-2770.



## BROOKLINE MUSIC SCHOOL CONCERT

On **Wednesday, January 15, at 1:00 pm**, the Brookline Music School and the Senior Center are happy to sponsor the return of one of our favorite Brookline Music School faculty members—



Emilian Badea accordionist. Mr. Badea has performed with Boston Ballet, Boston Lyric Opera, Boston Classical Players, Boston Academy of Music, New Hampshire Symphony, and Rhode Island Philharmonic. He is also on the faculty of the University of Massachusetts, Boston.

Note: Due to the Holiday this event is later than usual.

## EASY TRAVEL

On **Thursday, January 9 at 1:30 pm** travel with Alice Fastov, Coordinator as she visits points of interest in Massachusetts. Alice will take you to the Colonial Inn in Concord and the Peabody Essex Museum in Salem. And then off to the Isle of Shoals and the lovely shops of Kennebunkport Maine.





## *Ask a Nurse Special time for*

**January** The nurse from the Greater Medford Visiting Nurse Association will visit the Senior Center on Thursday, January 9 at 11:30 am to do blood pressure screening and help you with your health questions. For more information call 781-396-2633.

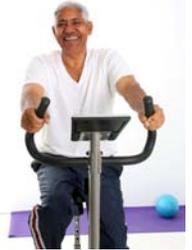


**Podiatry Clinic** Routine foot care with Dr. John McLaughlin is available at the Health Clinic at the Senior Center on **Fridays, January 3, 17 and 31 from 9:00 am to 12:00 noon**. Sessions, which last 15 minutes each, cost \$30. Appointments are required. Call 617-730-2777.

**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**.

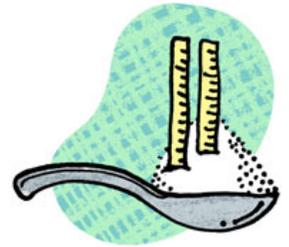
**Blood Pressure Screening** Barbara Westley, the nurse from the Brookline Public Health Department (BPHD), will provide blood pressure screening on **Wednesday, January 8 from 1:00 pm to 2:00 pm** at the BPHD building at 11 Pierce Street. **Note:** There will no other Blood Pressure screenings during January.

**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.



## **Blood sugar screening**

The nurse from Jewish Family & Children's Services, will be at the Senior Center on **Thursday, January 23 at 11 am** to provide blood sugar screening. As we age, this test is important in detecting the onset of diabetes.



**The Brookline Health Department** has a limited quantity of state-supplied zoster vaccine (Shingles) for UNINSURED adults, 60 years of age and older. If you meet these criteria, please call Barbara Westley at 617-730-2320 to make an appointment.

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

## 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](mailto: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.*

**Question:** When do you see a cardiologist: before or after you have a heart attack? If before you have a heart attack, what symptom or symptoms should you have that would warrant seeing a cardiologist?

**Answer:** Because we know better what causes heart disease and how to prevent it, the number of deaths from heart disease has been cut in half over the last 50 years. Much of this is because we now know that prevention means getting regular exercise, eating less meat and more fruits and veggies, not smoking, and keeping blood pressure, blood sugar and weight in a healthy range.

However, heart disease is still the Number 1 killer in the US. Usually, your primary care physician (PCP) can manage the issues of blood pressure, sugar and advice on weight and smoking. However, if your heart problems are more complicated, you may need to see a cardiologist, to help prevent a 1<sup>st</sup> or 2<sup>nd</sup> heart attack.

Chest pain (also called angina) is one of the most common reasons to see a cardiologist. Angina can be caused by blockage in your arteries (blood vessels), which may narrow the arteries so much, that enough blood and oxygen can't get through, especially during physical activity. This can cause a heart attack. An EKG can often show if a heart attack has occurred. A cardiologist may also order further testing to determine the presence and extent of heart disease, such as a stress test, an ultrasound (echocardiogram) or a cardiac catheterization.

Other reasons to seek the advice of a cardiologist are when your heart is not beating regularly (arrhythmia) which may cause palpitations. Also, if your heart is not pumping adequately, causing fluid to build up in your lungs

(called congestive heart failure), this can cause shortness of breath. Other symptoms of possible heart disease include:

Pressure, squeezing, or a feeling of heaviness in your chest, even if it's not severe, lightheadedness or fainting. Pain or pressure in your neck, jaw, back, or arm. Paleness, breaking out in a cold sweat, or feeling strong, rapid, or uneven heart beats. Difficulty catching your breath.

***If you think you or a friend may be having a heart attack, call 911. For most people, chewing one uncoated aspirin while you wait for help is a good idea, as it can help restore blood flow to the heart.***

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## SENIOR SERVICES

The Brookline Senior Center and the Council on Aging (COA) offer a wide variety of programs and activities to help the Brookline senior community in everyday ways. Among the services offered to all seniors, including those who are intent on Aging Well at Home are:

**BETS** (Brookline Elder Taxi System), the taxi discount program that allows income-eligible Brookline residents over 62 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 Note:** Due to construction BLAB The Brookline Legal Assistance Bureau volunteer lawyer will not be at the Senior Center to consult with legal expertise on matters of law until March.

A **FILE OF LIFE** provides individuals with emergency medical identification cards to be used both at home and away from home. This is a very important program. It should be part of

your emergency preparedness. For more information on the File of Life, call 617-730-2777, and leave your name and phone number. The Senior Center's File of Life Coordinator, Ruth Geller, will call you back as soon as possible.

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

**REAP** The Retirement Engagement Alternatives Program is replacing the old JOBS program. This new program is based on working together to help occupy your retirement, call 617-730-2767

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

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

### **2014 SOCIAL SECURITY**

Cost of Living Adjustment Based on the increase in the Consumer Price Index from the third quarter of 2012 through the third quarter of 2013, Social Security and Supplemental Security Income (SSI) beneficiaries will receive a 1.5 percent COLA increase for 2014.

## LET'S GO OUT TO LUNCH BUNCH

Dine with the *Let's Go Out to Lunch Bunch* at **12:00 noon on Tuesday, January 28** at the Mandarin Gourmet, 1020 West Roxbury Pkwy, Chestnut Hill For reservations and transportation, call 617-730-2770.



## MODERN DANCE AND MOVEMENT

Lynn Modell's ever-popular workshop will meet on **Fridays January 24 and 31 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!



## MODERN BEADING WORKSHOP

This workshop for beginners and experienced beaders will not meet in January but **will return on Wednesday, February 19**.



## 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.

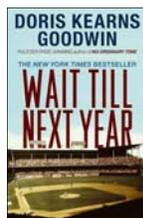
## LIVING OUR VALUES

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.

## PUBLIC ISSUES NONFICTION BOOK DISCUSSION GROUP

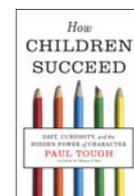
Tom Faulhaber is challenging your thinking every month with a nonfiction book discussion group centered on public issues, history, current events and other non-fiction topics.

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**.



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

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



## 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.



**January 27**, *The Prime of Miss Jean Brodie* by Muriel Spark

**February 24**, *Defending Jacob* by William Landay (2014 Brookline Reads Selection)

**March 17**, *The Language of Flowers* by Vanessa Diffenbaugh



# 2014

## ACUPUNCTURE FOR PAIN

On **Thursday, January 16 at 11:00 am** Hudson Doyle, director of acupuncture services at New England's oldest acupuncture center and past president of the Massachusetts



Acupuncture Society, will discuss how acupuncture can address pain naturally and reduce the need for toxic pharmaceutical drugs.

Pain is the most common complaint brought to a doctor and narcotic painkillers have become the most frequently prescribed drugs in the United States. Yet the endemic rates of addiction and death due to these drugs have prompted the FDA to urge tighter restrictions on them. Meanwhile, more and more Americans every year are using acupuncture as a natural alternative to treat their pain. Join us to learn more about how acupuncture can address pain naturally and reduce the need for toxic pharmaceutical drugs. Space is limited so call 617-730-2770 to register.

## 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.

## GOOD GERMS/BAD GERMS



On **Monday, January 13 at 1:00 pm** Home Instead is sponsoring a program with Dr. J. S. Shipman, the Community Service Representative and Health Educator from

the Home Instead Senior Care. You will learn about the microbes that keep us healthy and how they battle the microbes that make us sick. You will also learn some nutritional tricks to help the germs that keep you healthy, and how to make good germ foods, like yogurt, at home. Light refreshments and a door prize will be provided. Space is limited so call 617-730-2770 to register.

## PHYSICAL THERAPY PRESENTATION

On **Monday, January 6 at 1:00 pm** Jeff Goldman, of Newton Physical Therapy, will facilitate a brief discussion on the importance of manual therapy as part of a holistic treatment for chronic pain. And he will discuss and demonstrate the benefits of Cranio-Sacral therapy for difficult physical and/or emotional pain and how physical and emotional pain interact.

The mind-body connection and why physical pain often leads to emotional suffering and even depression. The difference between traditional manual physical therapy and Cranio-Sacral therapy to address chronic pain syndromes will also be discussed. People will be able to ask questions about a particular condition and participate in a demo if they would like.

## CRAFTING WITH CLAY

Join Erica Sawyer to create unique gifts using home made clay and a variety of other materials. This special event will be held on **Friday, January 17 from 2:00-3:00 pm** at the Senior Center. Space is limited so register early by calling 617-730-2770.

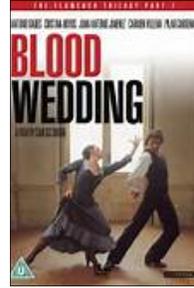
## MOVIES FOR FILM LOVERS

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

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



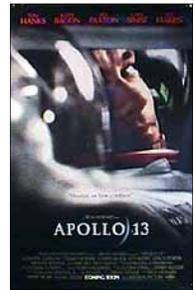
Tuesday, January 7  
151 minutes  
**Funny Girl**  
1968  
The life of comedienne Fanny Brice, from her early days in the Jewish slums of the Lower East Side, to the height of her career with the Ziegfeld Follies, including her marriage to and eventual divorce from her first husband, Nick Arnstein.



Tuesday, January 21  
67 minutes  
**Carlos Saura's Blood Wedding**  
1981  
Federico Garcia Lorca's revenge play "Blood Wedding" was adapted into a flamenco-ballet by Alfredo Manas. Many consider Blood Wedding to be among the best dance films ever made.



Tuesday, January 14  
143 minutes  
**Skyfall**  
2012  
In this latest installment of the Bond franchise, Bond's loyalty to M is tested as her past comes back to haunt her. As MI6 comes under attack, 007 must track down and destroy the threat, no matter how personal the cost.



Tuesday, January 28:  
140 minutes  
**Apollo 13**  
1995  
Three astronauts must devise a strategy to return to earth safely after their spacecraft undergoes massive internal damage. Starring Tom Hanks, Bill Paxton and Kevin Bacon



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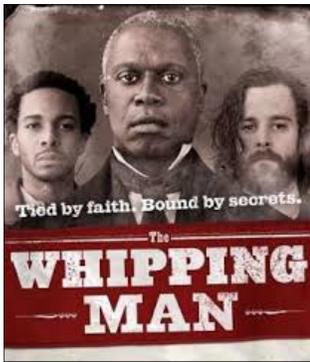
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## SENIOR CENTER THEATER CLUB



***The Whipping Man* \$39**  
**Sunday, January 26 at**  
**2:00 pm at The New Repertory Theatre in Watertown.**  
 As the Civil War ends, a Jewish Confederate soldier returns home to find that only his two former slaves, raised as Jews in

his household, remain. As they cobble together a Passover Seder, they grapple with a changing social order, newfound freedom, and long-buried secrets that threaten them all. This story of self-definition, discrimination, and the pain of being an outsider forces all three men to ask what their futures hold in a new world of freedom. The Village Voice calls it "wonderfully satisfying."

***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.

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## TAX EXEMPTION

Sandy Spector is providing tax exemption information on **Monday, January 6 from 10:00 am to 12:00 noon** at the Senior Center.

## POETRY CORNER

How do you get ready to die?  
Do you give away your summer clothes?  
Maybe you won't be here to wear them again.  
Who knows!  
Do you stop watering your plants when they're dry?  
Who will take care of them? Not I.  
How do you get ready to die?  
Just call people and say good-bye.

*Lila Sesholtz*



Editors Note:

This poem was submitted by an active Senior Center participant. While it might seem dark to some, this is the season of darkness. Please let us know your thoughts and submit your own poetry.

## 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, January 10**. Call group leader Elaine Yanowitz at 617-713-0420 for additional information and time.

The Evening group will meet on **Thursday, January 30**—call Susan Kanian-Andriole at 617-730-2754 for time and for other information. This group is full at the moment. However, Susan will be happy to put you on the waiting list or give you a referral to another local group.

## ONE-ON-ONE COMPUTER SESSIONS

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



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## BROOKLINE WINTER FARMERS MARKET



The Brookline summer farmer's market has closed for the season, but a new winter indoor market has opened at the Arcade Building in

Coolidge Corner. The Brookline Winter Farmer's Market is open on Sundays from 12:00 to 5:00 pm. Vendors will feature everything from gourds to fish. Eat healthy and enjoy fresh locally grown produce.

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## SENIOR CENTER FOOD DISTRIBUTION SITE

There is free food distribution at the Senior Center every **Tuesday from 2:00 to 4:00 pm**. Get a number in the coffee lounge. Do not go down to the basement until your number is called.

A variety of food is available at the site—many choices of bread and rolls and lots of produce. Bring a bag to carry your choices home. Also bring a lot of patience and courtesy so everyone enjoys the process and conflicts are avoided.

In order for everyone to receive a fair allocation of the food, it is imperative that no one takes any food before it is inventoried by the workers at the Food Distribution program.

This not only helps assure a fair distribution and an orderly process, it also is in compliance with health code regulations. This program is very busy and depends on the generous donation of time by many volunteers. To volunteer to help, see Lydia Pearl at the Senior Center on Tuesday mornings. **We have implement the following changes: Number distribution will begin at 11am and the first 50 numbers will be randomly drawn from a container.**

## FUEL ASSISTANCE

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

The recertification package includes a pre-printed application, instructions for completion and a prepaid reply envelope to use to return the application and the updated income documentation. For help filling out the applications call the Senior Center at **617-730-2777** for an appointment.

## MEDICARE ADVANTAGE PLAN

Between January 1 and February 14, you can leave your plan and switch to Original Medicare, but you *cannot* switch to another Medicare Advantage Plan. If you drop your Medicare Advantage plan during this period, you will be able to join a Medicare Prescription Drug Plan to add drug coverage. Your Original Medicare coverage and your prescription drug coverage will begin the first day of the month after your enrollment. You may also add a supplement or Medigap plan at this time. For those with Prescription Advantage or getting “Extra Help” paying for prescription drugs: You can change your plan anytime during the year. Those with Prescription Advantage can do this only *once* each year. Those with “Extra Help” can change every month.

Trained SHINE volunteers can help you! To schedule a SHINE appointment, call your local Senior Center. For other SHINE related matters, call 1-800-AGE-INFO (1-800-243-4636).

## OBSERVATION STATUS

Medicare beneficiaries need to be aware of a new situation when you go to an emergency room. **Observation Status** is a new term which means you are not admitted to the hospital but are in the same location as people who are admitted. You will have a room and receive the same care as someone who is admitted to the hospital for care. Unless you ask, you may not know if you are on an observation status or if you are actually admitted for treatment. If you are not admitted in the traditional way, it will not be considered a qualifying event. This means if you need follow up care, after leaving the hospital, Medicare will not pay. So it is important to ask “Am I on observation status” when you are required to stay in the hospital.

## 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, **January 3 from 10:00 am to 12:00 noon** by appointment only call 617-730-2777.

## 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.

## SENIOR SCENE



Senior Scene host Betty Joel is scheduled to tape a new program in January.

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.**

## 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.**

## 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.

## 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.

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

Do you know someone who does?

**If so, please call us!**

**1-800-243-4636**

(1-800-AGE-INFO)



## 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 resume on

**Thursday, January 9 at 1:30 pm.** The first session is free and the subsequent 8 week sessions will run from **Thursday, January 16 through Thursday, March 6 at 1:30pm.** The cost for the 8 week session is \$45 or \$7 per session but 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 **Wednesday, January 8 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, beginning on **Wednesday, January 8 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*



## WHAT HAPPENED 50 YEARS AGO IN JANUARY

3<sup>rd</sup> Jack Paar Show, shows a clip of the Beatles singing "She Loves You"

5<sup>th</sup> Pope Paul VI visits Jordan & Israel

7<sup>th</sup> Bahamas becomes self-governing

8<sup>th</sup> President Lyndon B. Johnson declares "War on Poverty"

10<sup>th</sup> Panama severs diplomatic relations with US

16<sup>th</sup> "Hello, Dolly!" opens at St. James Theater NYC for 2,844 performances

23<sup>rd</sup> 24th Amendment to the United States Constitution ratified, barring poll tax in federal elections

27<sup>th</sup> Margaret Chase Smith (Sen-R-Maine) tries for Republican Pres bid

29<sup>th</sup> 9th Winter Olympic games open in Innsbruck, Austria

31<sup>st</sup> US report "Smoking & Health" connects smoking to lung cancer



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**ADVOCACY**

MONDAY	TUESDAY	WEDNESDAY
<p>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: <a href="http://www.springwell.com">www.springwell.com</a></p> <p>(V) denotes vegetarian entrees. Soups contain beef, chicken, or shellfish base, and are not vegetarian.</p>		<p>1) No Meal Service</p> 
<p>16) Italian Ditalini Soup Hot Veggie Burger(V) with American Cheese on Roll, Ketchup Pkt, Roasted Red Potatoes, Honey Glazed Carrots. Cold Tuna Salad Sandwich on Oat Bread, Lettuce Leaf, Coleslaw, Orzo Vegetable Salad. <b>Fresh Fruit</b></p>	<p>7) Hot Stuffed Shells with Tomato Sauce, Meatball, Parmesan Cheese, Zucchini and Red Pepper, Multigrain Bread. Cold Roast Beef with American Cheese on Scali Bread, Lettuce Leaf, Lite Mayo, German Potato Salad, Broccoli Tomato Salad. <b>Pears</b></p>	<p>8) <b>New Years Special</b> Hot Ham with Apple Glaze***, Baked Potato with Sour Cream, Roasted Root Vegetables, Garlic Wheat Dinner Roll. Cold Chef Salad with Turkey, Pesto Pasta Salad, Lite Italian Dressing, Multi-grain Bread. <b>Pumpkin Bread Chocolate Chip Pudding</b></p>
<p>13) Cream of Pumpkin Soup Hot Broccoli Mushroom Quiche(V), Green Beans, Red Bliss Potatoes, Scali Bread. Cold BBQ Chicken with Red Onions and Mozzarella Cheese on a Roll, Lettuce Leaf, German Potato Salad, Carrot Pineapple Salad. <b>Chocolate Pudding with Topping</b></p>	<p>14) Vegetable Chicken Soup Hot Baked Chicken with Gravy, Baked Potato with Sour Cream, Margarine, Broccoli and Cauliflower, Oat Bread. Cold Egg Salad Sandwich(V) on Rye Bread, Lettuce Leaf, Macaroni Salad, Tomato Red Pepper Salad. <b>Chocolate Cake with Frosting</b></p>	<p>15) Hot Beef Stew, Corn, Wheat Bread. Cold Ham Salad Sandwich on Oat Bread, Lettuce Leaf, Orzo Vegetable Salad, Garden Salad, Lite Italian Dressing. <b>Tropical Mixed Fruit</b></p>
<p>20) Martin Luther King Jr. Day No Meal Service</p> 	<p>21. Seafood Chowder Hot Salmon Boat with Dill Sauce, Rice Pilaf with Brown Orzo, Oriental Vegetable Blend, Wheat Bread. Cold Turkey w/ Provolone Cheese, Multigrain Bread, Lettuce Leaf, Lite Mayo, 3 Bean Salad, Cauliflower Carrot Salad. <b>BIRTHDAY CAKE</b></p>	<p>22) Mushroom Barley Soup Hot Meatball Sub with Tomato Sauce and Mozzarella Cheese, Zucchini and Red Pepper. Cold Chicken Salad Sandwich on Rye Bread, Pasta Vegetable Salad, Broccoli Tomato Salad. <b>Pineapple</b></p>
<p>27) Cream of Tomato Soup Hot Roast Pork with Raisin Pineapple Sauce, Baked Potato with Sour Cream, Beets, Multigrain Bread. Cold Seafood Salad on Rye Bread, Lettuce Leaf, Tomato Red Pepper Salad, Macaroni Salad. <b>Applesauce</b></p>	<p>28). Beef Consommé w/Vegetables Hot Stuffed Peppers with Tomato Sauce, Creamy Parmesan Polenta, Carrots, Wheat Bread. Cold Cranberry Juice, Chef Salad with Ham, Lite Italian Dressing, German Potato Salad, Dinner Roll. <b>Fresh Fruit</b></p>	<p>29) Vegetable Barley with Spinach Soup Hot Greek Chicken, Lemon Olive Rice, Green Beans, Oat Grain Bread. Cold Turkey with Swiss Cheese on Multi-grain Bread, Lettuce Leaf, Lite Mayo, Riviera Salad, Three Bean Salad, <b>Chocolate Pudding with Topping</b></p>

# Happy New Year

## LUNCHEON SPECIALS FOR JANUARY

THURSDAY	FRIDAY
2) Hot Macaroni and Cheese(V)***, Italian Green Beans, Whole Wheat Roll. Cold Roast Beef with Swiss Cheese on Pumpkin, Mayo, Lettuce Leaf, Balsamic Vinaigrette Pasta, Beet Salad. <b>Fresh Fruit</b>	3) Minestrone Soup Hot Potato Crunch Fish with Lemon Sce, Mashed Potatoes, Cabbage, Rye Bread. Cold Egg Salad Sandwich(V) on Oat Bread, Lettuce Leaf, Riviera Salad, English Pea Salad. <b>Oatmeal Raisin Cookie</b>
9) Cream Of Sweet Potato Soup Hot Chicken A L'Orange, Chuckwagon Corn, Collard Greens and Onion, Whole Wheat Bread. Cold Seafood Salad on Rye Bread, Lettuce Leaf, Potato Salad, Spinach and Mandarin Salad, Lite Italian Dressing <b>Chefs Choice Dessert</b>	10) Cream of Tomato Soup Hot Alaskan Krunch Lite Fish Sandwich on Roll, Tartar Sauce, Sweet Potato Wedges, Coleslaw. Cold Oriental Chicken Salad on Wheat Bread, Lettuce Leaf, Lo Mein Pasta Salad, Garden Salad, Lite Italian Dressing. <b>Pineapple</b>
16) Tomato Basil Soup Hot Sweet Potato Crusted Fish, Cream Sauce, Herbed Brown Rice, Spinach and Mushrooms, and Rye Bread. Cold Turkey Chef Salad, Lite Italian Dressing, Garden Shell Pasta Salad, Scali Bread. <b>Fresh Fruit</b>	17) Lentil Spinach Soup Hot Cheese Lasagna Roll up with Marinara Sauce, Meatball, Riviera Vegetable Blend, Wheat Roll. Cold Seafood Salad on Multigrain Bread, Coleslaw, Pasta Salad with Cheese. <b>Pears</b>
23) Minestrone Soup Hot Honey Mustard Chicken, Red Bliss Potatoes, Peas and Onions, Oat Bread. Cold Mediterranean Tortellini Salad(V), Caesar Salad with Dressing, Croutons, Parmesan Cheese, Wheat Roll with Margarine. <b>Fresh Fruit</b>	24) Hot Hotdog***, Baked Beans, Coleslaw. Cold Tuna Salad Sandwich on Multigrain Bread, Lettuce Leaf, Lo Mein Pasta Salad, Purple Cabbage Coleslaw. <b>Peaches</b>
30) Hot Lentil Stew(V), Brown Rice, Roasted Root Vegetable, Wheat Bread. Cold California Chicken Salad, Lettuce Leaf, English Pea Salad, Carrot Pineapple Salad, Oat Bread. <b>Mixed Fruit</b>	31). Hot Seafood Alfredo Casserole, Peas and Onions, Tossed Garden Salad, Lite Dressing, Rye Bread. Cold Roast Beef with Provolone Cheese, Lite Mayo, Tomato Cucumber Salad, Summer Potato Salad, Wheat Bread. <b>Fruit Loaf</b>

Reservations for ALL Springwell lunches must be made by 11:00 am on the weekday preceding the day on which you want to have lunch. For reservations for Monday, call the previous Friday by 11:00 am. Call 617-730-2770 for reservations. Lunch is served at 12:00 noon unless otherwise noted.

Enjoy Apple Glazed Ham with baked potato with Sour cream and Roasted Root Vegetables at *Springwell's New Years Special Lunch* on **Wednesday, January 8.**

And on **Tuesday, January 21,** celebrate January birthdays at the monthly *BirthDay Lunch*. Don't forget to tell us if you or



someone in your party has a January birthday when you call to make reservations.

And on **Tuesday, January 28,** the *Let's Go Out to Lunch Bunch* will be dining at the Mandarin Gourmet (see p. 7) for more information.



## JANUARY AT A GLANCE\*

### Friday, January 3

9:00 am 12:00 pm Podiatry Clinic \*\*\*  
10:00 am –12:00 pm Medicare Patrol Services

### Sunday, January 5

3:30 pm Guitar and Violin Duo at Goddard House \*\*\*

### Monday January 6

10:00 am Tax Exemption Information  
1:00 pm Physical Therapy Presentation

### Tuesday, January 7

1:00 pm Movies for Film Lovers: *Funny Girl*

### Wednesday, January 8

1:00 pm COA Meeting  
1:00-2:00 pm Blood Pressure Screening at the Brookline Public Health Department on Pierce street.

2:00 pm Social Bullying: How you can make a positive difference

### Thursday, January 9

11:30-12:30 am Ask a Nurse  
1:30 pm Easy Travel with Alice Fastov  
1:30 Zumba Gold Free

### Friday, January 10

Afternoon Alzheimer Support Group \*\*\*

### Sunday, January 12

3:30 pm Pianist Anne Braudy at Goddard House \*\*\*

### Monday, January 13

1:00 pm Good Germs/Bad Germs presentation

### Tuesday, January 14

1:00 pm Movies for Film Lovers: *Skyfall*

### Wednesday, January 15

1:00 pm Brookline Music School Concert with Emilian Badea

### Thursday, January 16

11:00 am Acupuncture for Pain with Hudson Doyle \*\*\*

### Friday, January 17

9:00 am 12:00 pm Podiatry Clinic \*\*\*  
2:00-3:00 pm Crafting with Clay

**Sunday, January 19** 3:30 Concert at Goddard House \*\*\*

### Tuesday, January 21

1:00 pm Movies for Film Lovers: *Carlos Saura's Blood Wedding*

### Thursday, January 23

11:00 am Blood Sugar screening with JF&CS

### Friday, January 24

2:00 pm Modern Dance and Movement

### Saturday, January 25

3R Depot

### Sunday, January 26

2:00 pm Theatre Club: *The Whipping Man*  
3:30 pm Concert at Goddard House \*\*\*

### Monday, January 27

12:30-2:00 pm Chinese New Year \*\*\*  
2:00-3:00 pm Putterham Book Group: *The Prime of Miss Jean Brodie*

### Tuesday, January 28

9:00 am Public issues Discussion Group: *Wait Till Next Year*

12:00 noon Let's Go Out to Lunch Bunch \*\*\*

1:00 pm Movies for Film Lovers: *Apollo 13*

### Friday, January 31

9:00 am 12:00 pm Podiatry Clinic \*\*\*  
2:00 pm Modern Dance and Movement

## ON GOING SENIOR CENTER EVENTS

### Monday

8:45-10:15 am Strength Training for Seniors \*\*  
9:30-4:30 Fitness Center open \*\*\*  
10:00-11:30 am Poetry Workshop \*\*\*  
10:30-11:30 am Senior S-T-R-E-T-C-H \*\*  
1:00-3:00 pm Exploring Holiness in the book of Leviticus \*\*  
12:00 noon Springwell Lunch \*\*\*  
12:00-4:00 pm BETS  
12:30-4:00 pm Bridge  
1:00-3:00 pm Advanced Studies in the Book of Exodus\*\*  
1:00-3:30 Scrabble  
2:00-4:00 pm Open Computer Lab  
2:30 pm Chinese programs

### Tuesday

One-to-One Computer Sessions \*\*\*  
9:00-12:00 noon Reiki Therapy \*\*\*  
9:30-4:30 Fitness Center open-membership required  
10:00 am Flexibility, Resistance Training, and Balance Exercise  
10:15 am Brookline Bees, Quilters  
10:30 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  
 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**

8:45-10:15 am Strength Training for Seniors \*\*  
 9:00-10:00 am Living Our Values  
 9:30-4:30 Fitness Center Open \*\*\*  
 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 pm ESL Conversation Group  
 2:00-2:45 pm Ageless Grace at Morse Apt. 90 Longwood  
 2:00-4:00 pm Open Computer Lab

**Thursday**

9:30 Drawing for Pleasure Figure Drawing \*\*\*  
 9:00 Art for Pleasure and Watercolor Class \*\*\*  
 9:30-4:30 Fitness Center Open—membership required \*\*\*  
 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  
 2:00-4:00 pm Open Computer Lab  
 2:30-3:30 pm Spanish Conversation Group \*\*\*

**Friday**

9 :00 am Bridge  
 10:00 am Solemates Walking Group \*\*\*  
 10:00 am-3 :00 pm Fitness Center open \*\*\*  
 10:00 am Project Volunteer  
 10:30 am Current Events Discussion Group  
 10:30 am Senior Chorus  
 12:00 noon Springwell Lunch \*\*\*  
 12:00-2:00 pm Basic Computer Class in Spanish \*\*\*  
 1:00-2:00 pm Meditation in Movement  
 2:00 pm Modern Dance  
 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](http://www.brooklineadulted.org) to register*  
*\*\*\* Registration Required .*

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# 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.

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- 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



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The Brookline Community Aging Network (BrooklineCAN) is a member-driven, all-volunteer organization that helps older residents—and everyone in town—maintain a high quality of life. Through its web site, publications, and educational programs, BrooklineCAN informs seniors about the many services and activities available to them. Recently, members have created online guides to apartment buildings and condominiums with elevators and to public restrooms in commercial areas. The organization also advocates for age-friendly changes and improvements. Annual membership is \$25 per individual and \$40 per household. Call 617-730-2777 or see <http://www.brooklinecan.org/> to become a member.

### SAVE THE DATE

*Drinking, Drugs and Rock N Roll-Substance use by older adults and boomers in the new age.*



On March 5, 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.

Carol Girard, M.A , project manager at the Mass Department of Public Health Bureau of Substance Abuse Services, will discuss the considerations of substance use and aging. Over 50% of a new generation of seniors have used recreational drugs and continue to use them.

Come and learn what the issues with combining recreational drugs and alcohol with prescription medications may mean. Watch the Brookline Tab and the News and Events Newsletter for more information.

### 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 **Thursday afternoons** 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.

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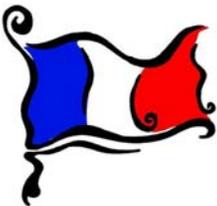
## MEDITATION IN MOVEMENT



One of our lovely ongoing programs is Meditation in Movement

with instructor Jennifer Winslow. In this class for seniors on **Fridays from 1:00 to 2:00 pm** at the Senior Center, the focus is on gentle, simple movements to improve posture, balance, lung capacity, overall joint health, and movement. Fee: \$5/session. For more information, call Sharon at 617-730-2769.

## FRENCH CONVERSATION



Enjoy a relaxed and friendly conversation in French while you hone your language skills

**Tuesdays in January at 12:00 noon.** The group is led by Agnes Serenyi.

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## ART FOR PLEASURE

Drawing, Painting and Mixed Media Classes On **Thursdays, January 9, through March 20 from 9:30-11:30 pm**. Come, relax and enjoy yourself. Whether you are new to art or someone who launches into a painting with great abandon, this class is for you. Use your own sketches, photographs or magazines, poetry, or any art source as a starting point. Draw, make a collage, or study from the masters. It is best to bring your own materials (paint, paper, containers, brushes, etc.). No oil paints allowed. Some additional materials will also be available for the group to share. If you do not have your own paper, two pieces, of good paper will be available at each class for a \$10 fee. To register call 617-730-2758.

We wish a fond farewell and thank you to Alexandra Rozenman who is leaving us to focus on her new art school.

## 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.

## 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](mailto:brookline.spanish.imersion@gmail.com)

## BROOKLINE RECREATION

On Friday, January 10 at 11:00 am we will be taking a tour of the JFK Library & Museum. Visit the Library & Museum which is dedicated to the memory of our nation's thirty-fifth president. Independently tour the museum which portrays the life, leadership and legacy of President Kennedy. Trip Pick Up/Drop Off will be at Soule Recreation Center and the Brookline Senior Center. Fee Resident: \$15 Non-Resident: \$21.

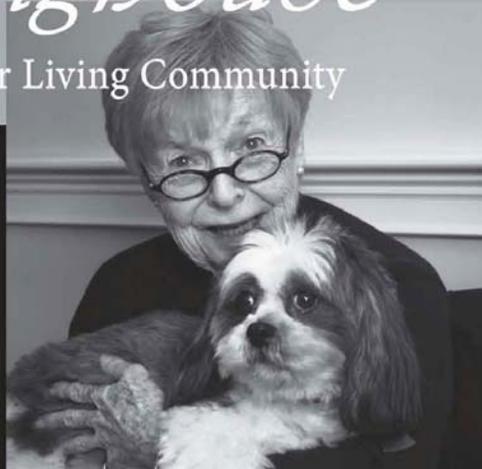
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## GODDARD HOUSE EVENTS



**Sunday January 5th at 3:30pm**  
**Guitar and Violin Duo**  
**Slava Tolstoy with Ben Powell**

Guitarist and Musical Director, Slava Tolstoy' background includes studies of composition and guitar performance at St.-Petersburg Jazz Conservatory and Berklee College of Music. Violinist, Ben Powell, soloist has given recitals in The Purcell Rooms in London's Queen Elizabeth Southbank complex. Currently Ben is finishing his studies at Berklee College of Music and performs on a regular basis with Boston Philharmonics.

**Sunday January 12th at 3:30pm**

**Pianist Anne Braudy** studied piano at the New England Conservatory of Music, the University of Michigan School of Music, and with Rosetta Goodkind of the Juilliard School of Music. She lives in Brookline. Anne will bring a piano program of preludes, dances, and other wondrous piano music including music from Bach, Chopin, Schubert, Bartok, Debussy, Mozart, and Gershwin to Scott Joplin.



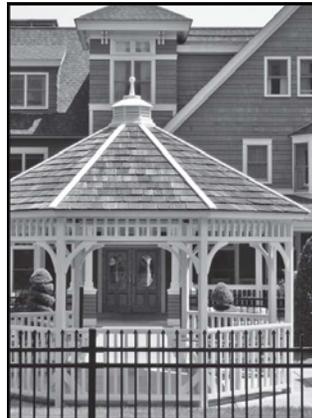
**Sunday, January 19th at 3:30pm**  
**Concert with Paul Broadnax and Peter Kontrimas**

Pianist and vocalist Paul Broadnax is best known for his "King Thing" (Nat Cole's singing and playing), and the powerful influence of Joe Williams.



**Sunday, January 26th at 3:30pm**  
**Piano concert with Mark Tavenner**

Mark attended Berklee College of Music. Mark regularly entertains in residential settings in the Boston area performing live piano, keyboard, and vocals in various styles including swing, polka, waltz, and Latin.



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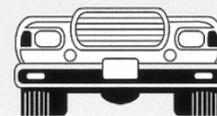
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## COUNCIL ON AGING MEETING

On **Wednesday, January 8 at 1:00 pm**. Rhonda Glyman, Executive Director of Center Communities of Brookline, Joanna Shapiro, Administrative Director for the Hebrew Senior Life's Department of Medicine will discuss the new geriatric medicine practice with us.

## RENOVATION UPDATE

The first phase of the renovation project is complete. Please be aware that the location of some programs will be impacted by the renovation. We will be working with these groups to develop short term alternative spaces in the coming weeks. 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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## 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.

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**GODDARD HOUSE  
DINNER LECTURE:**

*Turtle Creek Winery and the Art of Craft Wine-making* **Tuesday, February 6 from 5:30 to 7:30 pm.** Kip Kumler will take you on a tour of Turtle Creek Winery and lecture on wine from a small local craft winery. The focus will be on the quality of local wines. Seating is limited so call 617-731-8500 ext. 130 to register.

*In Memory of Deborah Brass*

We remembered Deborah for her sweet and giving personality. Debra was an Active Member of the Council on Aging, a knowledgeable Shine Councilor and an Council on Aging Board member who will be missed by all who knew her.

**THE PARC PROGRAM**

If you are the caregiver of a senior or disabled person who lives in Brookline and need help navigating Brookline’s parking restrictions, the Parking Access for Resident’s Caregivers (PARC) program is here to help you. It is a service provided through the Brookline Council on Aging in cooperation with the Transportation Department to help obtain temporary parking permits for caregivers.

Eligibility criteria:

- You must be a Brookline resident, or a Caregiver for a Brookline resident.
- Caregiver who drives, whose working time exceeds 2 hours at a time or involves working overnight

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

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### *In Honor of:*

Julie Washburn *from* Ted Shamitz  
The Chinese Mah Jong program *from* Claire  
Yung & the Chinese Mah Jong Group  
Naomi Podhorzer *from* Claire Lurie – support-  
ing the Van Fund  
Evelyn Roll & Ruthann Dobek *from* Judith &  
Herman Chernoff  
Mrs. Charlotte Sokoloff *from* The Tatelman  
Family Foundation  
The Tuesday "Bread" volunteers *from* Emilie  
Drooker  
Sonia Wong *from* Lorraine Tobin  
Rose Feldman *from* Elsa Jakob  
Betty Joel *from* Sonia Wong

### *In Memory of:*

John F. Dobek *from* Patricia H. Dobek-  
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Sheldon Rotenberg *from* Friedenthal-Haase,  
Martha & Wolfgang Haase  
Debra Brass *from* Ruthann Dobek  
Sheldon Rotenberg *from* Hilde Rotenberg  
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Alberta & Roger Lipson-honoring Carol &  
Frank Caro

## STAFF AND VOLUNTEER NEWS

Shira Hermosa's last day at the Senior Center was December 6. We wish her well in her new venture.

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



**Library Program** If you would like a volunteer to bring you books from the library or if you would like to volunteer to deliver books please call 617-730-2742



### *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 (Serving Health Insurance Needs of Everyone) 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.*

### ***Volunteer Opportunity of the Month***

If you are an early riser and enjoy making coffee and visiting with others in the morning please call 617-730-2743

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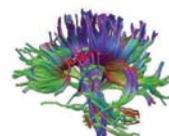



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### **ALZHEIMER'S DISEASE RESEARCH STUDY AT MGH:**

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

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



## FROM THE DIRECTOR

Happy New Year to All!

I am always eager to start the New Year with a new calendar and make my annual list of goals and resolutions. I also like to start January by expressing my gratitude for my many blessings. I hope you will join me.

The Senior Center is here to help you fill your days with creative, interesting activities and programs and making new friends. We are here to help you achieve your goals whether it is exercising, volunteering, learning something new or staying healthy.

Whatever your interest- please consider getting to know the senior center as one of your personal goals this year. Resolve to donate your time and talents that will make us the best senior center around.

As most of you are aware, the Renovation Project has begun. We appreciate your patience and tolerance during this time. We understand that there have been disruptions; hopefully the project will be completed in a timely fashion. Stay tuned for updates.

I want to thank those of you who made generous donations during this holiday seasons it will make a difference for so many Brookline seniors. Thanks to your generosity we look forward to extended hours and purchasing the necessary supplies. Look in future News and Events for weekend offerings.

I am especially grateful for those who included kind words with their holiday wishes, here are some of my favorites: We are so grateful and appreciate all the wonderful people that make the Center so supportive, caring, interesting and fun place to be.

Thank you for all you do to add comfort to thousands of us living here in Brookline! The Center is ever more brilliant and offers so many programs.

There are hopeful signs that the economy is slowly improving. We remind all that the Senior Center continues to be a great bargain and place to stretch your dollar. We offer free bread and produce on Tuesdays and a hot and nutritious lunch every day for a mere donation. Our concerts and movies are free and many of our classes are a great value. In addition, transportation at subsidized rates is available. Our staff and volunteers provide benefit counseling and direct assistance with fuel assistance, food stamps, income taxes and more.

I wish each one of you a happy, healthy and prosperous 2014. Remember to resolve to be kind and welcoming to all.

*Ruthann Dobek, Director*

## FROM THE BOARD PRESIDENT

The Brookline Senior Center gratefully accepts donations to its nonprofit arm. These donations are completely tax-deductible to the giver. We use your gifts to keep the van running as well as to fund furnishings, improvements, and innovative programs for the Senior Center.

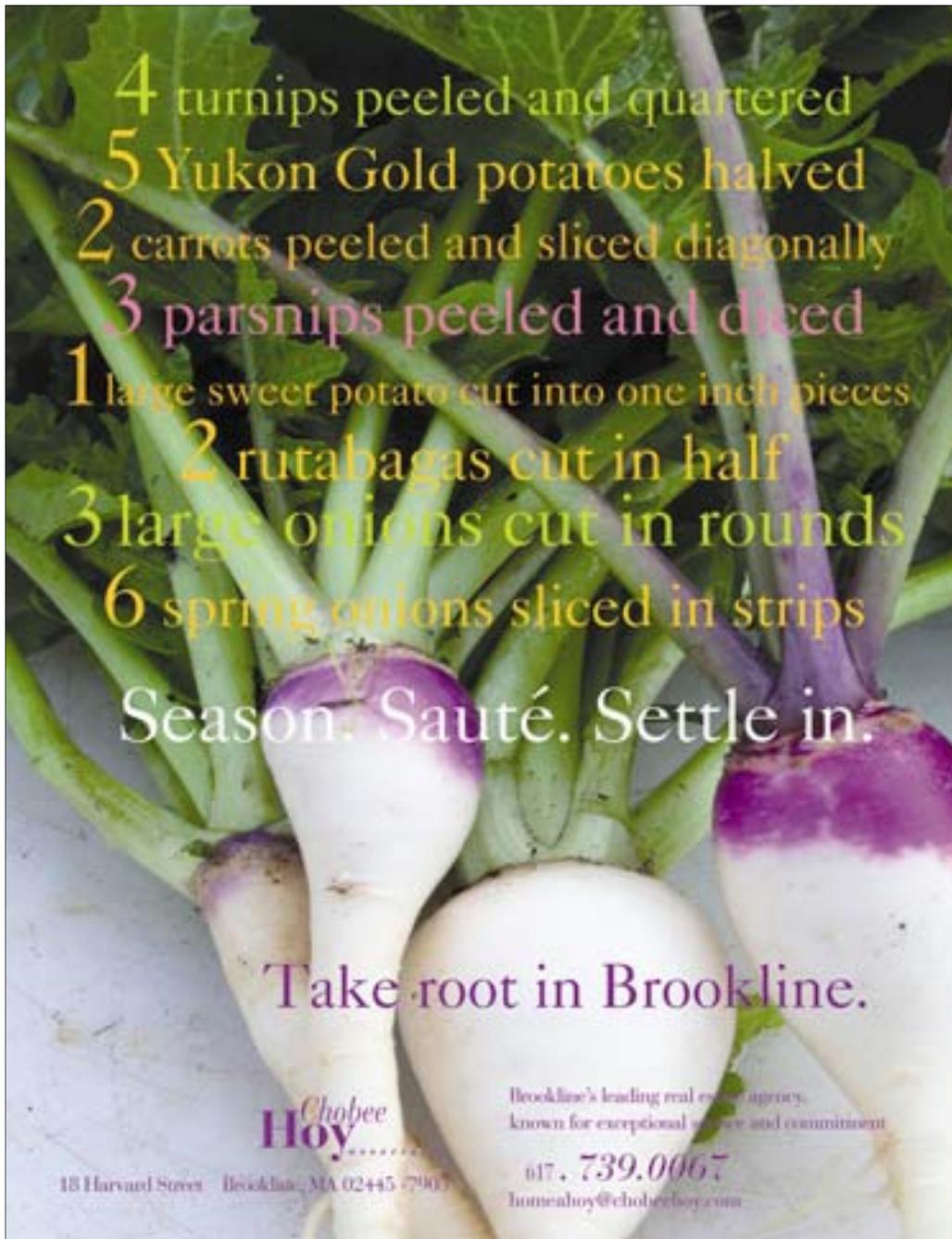
To all our friends and benefactors, please consider a New Year tax-deductible gift to the Senior Center. We need community support to sustain our strong Senior Center. Please be as generous as you can be.

We want to give a special thanks to all the donors who have so generously made end-of-year donations.

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

### 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.



4 turnips peeled and quartered  
5 Yukon Gold potatoes halved  
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2 rutabagas cut in half  
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