TOWN OF BROOKLINE
SENIOR NEWS AND EVENTS

Council on Aging

Published with help from the BrooklineM ulti-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
www.brooklineseniorcenter.org

Brookline Community Aging Network
www.BrooklineCAN.org

JANUARY 2018

THE RADICAL KING
THE FIERCE URGENCY OF NOW

Please join together for Brookline's celebration of the life and values of Dr. Martin Luther King, Jr. on **Monday, January 15 at 3:00 pm** at the Coolidge Corner Theatre.
The theme for this year's event is "The Radical King-- The Fierce Urgency of Now." Dr. Chad Williams, Associate Professor and Chair of the Department of African and Afro-American Studies at Brandeis University, is our keynote speaker. Dr. King, as civil rights activist and moral leader, was much more radical in his time than he is now remembered. Dr. Williams will ask us to think about how Dr. King's words and actions can be applied to today's troubling times. This event is free but to guarantee a seat you must reserve a ticket beforehand. Reserved tickets are available on EventBrite until Sunday, January 14.

FROM THE EDITOR
THANK YOU

To Tim Sullivan for getting the newsletter printed every month on a very tight deadline, Rhona Hirschowitz for her dedication to proofreading the newsletter, Sonia Wong for her commitment to the Ads and Thank You page and Dotty Bell and her crew for getting the newsletter mailed on time every month.

RECREATIONAL MARIJUANA INFORMATION SESSION

Wednesday, January 3 at 1:00 pm

The Massachusetts Cannabis Control Commission ("CNB"), expects to begin accepting applications by marijuana establishments for recreational marijuana licenses on April 1, 2018. If applications are approved by the CNB, these licenses would allow recreational marijuana establishments to open for business as early as June 1, 2018. ***Continued on P.3***

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

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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 27 for subscription/renewal form.

JANUARY OBSERVANCES

The Senior Center will be closed on **Monday, January 1 (New Year's Day) and on Monday, January 15 (Martin Luther King, Jr. Day).**

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 be it 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 2018.

RECREATIONAL MARIJUANA INFORMATION SESSION

CONT. FROM PG.1

in communities across the Commonwealth, including Brookline. The legislation permits local regulation by General or Zoning By-Law of the time, place, and manner of marijuana establishments, with some limitations. Some types of local law regulation require approval in a town -wide referendum in addition to a favorable Town Meeting vote, whereas some regulations require only a favorable Town Meeting vote. We would like more direction from the community. Your feedback matters! Please consider attending an information session at the Senior Center on **Wednesday, January 3 at 1:00 pm,** regarding recreational marijuana with members from the Planning and Community Development Department. In addition, please help by completing a brief 5-minute survey linked here: https://www.surveymonkey.com/r/8D2ZYLP

THE BRILL BUILDING SONGWRITERS

Join us on **Wednesday, January 17 at 1:00 pm** for an informative and interactive audiovisual program about the Brill Building Songwriters presented by John Clark, a Brookline Adult Ed instructor from nearby Chestnut Hill. You may remember John's presentation last summer on the "Poets of Tin Pan Alley." This time John will focus on a group of young Jewish songwriters working for Don Kirshner's Aldo Publishing located in NY's Brill Building who dominated the teen-oriented music of the 1950s. Those lyricists and composers included Carole King & Gerry Goffin, Jerry Leiber & Mike Stoller, Burt Bacharach & Hal David and Phil Spector, and they churned out dozens of hits for Elvis Presley, the Drifters, the Coasters, Dionne Warwick and many more. Some of them also became record producers and recording artists in their own right. To register, please call 617-730-2770.

RUSSELL MUSEUM OF
MEDICAL HISTORY AND INNOVATION AT MGH

Join us at the Center on **Monday, January 22 at 1:00 pm,** as we welcome Sarah Alger, director of the Paul S. Russell, MD Museum of Medical History and Innovation at Massachusetts General Hospital (MGH). Ms. Alger will introduce the Museum and will discuss the founding of the hospital, the story of the first successful public demonstration of surgical anesthesia, a handful of the hospital's historic innovations and MGH's work today as the largest hospital-based research center in the country. The talk includes a multimedia presentation and a chance to take a look at some real artifacts from their collection. To register, please call 617-730-2770.

THE HEALTH PAGE

Beth Israel Deaconess Medical Center

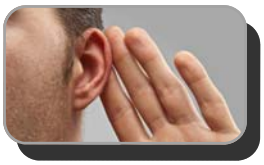
Ask a Nurse Lynn Schuster, a nurse from the Greater Medford Visiting Nurse Association will be at the Senior Center on **Thursday, January 4 at 11:00 am.**

Podiatry Clinic Routine foot care with Dr. John McLoughlin is available at the Health Clinic at the Senior Center. The cost is $40. To inquire about appointments call 617-730-2777.

Low Vision Group This peer-led support group for individuals with limited eyesight will meet on **Wednesday, January 17 at 1:00pm**

Blood Pressure Screening Barbara Westley, the nurse from the Brookline Public Health Department (BPHD), will provide blood pressure screening at the following locations:
Thursday, January 18 from 1:00-2:00 pm at the Senior Center
Wednesday, January 3 from 2:00-3:00 pm BPHD building on Pierce Street.
Wednesday, January 10 from 1:00-2:00 pm at Sussman House
Wednesday, January 24 from 1:00-2:00 pm 61 Park Street

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. Ruth Brenner, will call you back as soon as possible.



Brookline Hearing Services The staff from Brookline Hearing Services will be visiting the Brookline Senior Center on **Thursday, January 18 from 1:00-2:00 pm.** They will provide hearing aid cleanings, maintenance and patient counseling at no charge. They will also be selling all sizes of hearing aid batteries for $5 per pack. All services will be provided on a first come, first served basis.

ICARE: INDEPENDENT CLIENTS ACCESSING RIDES TO EYECARE

The Council on Aging, through the HELP program, is excited to announce a new program in partnership with ITNAmerica, through their generous grant funding. The HELP program will be able to provide free transportation to scheduled eyecare appointments in the Greater Boston area. To access, please contact the HELP line at 617-730-2752 at least 1 WEEK before your scheduled appointment, as a home visit to sign up for the HELP program is required to access this sub-program.

BLOOD SUGAR SCREENING

Olga Abamelik, RN, affiliated with Suburban Home Care, will return to the Center to do blood sugar screenings on **Thursday, January 18 from 11:00 am-12:00 noon.**

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

The Health Page is sponsored by Beth Israel Deaconess Medical Center

Affiliated with Joslin Clinic

A research partner of NCI CCC DANA-FARBER/HARVARD CANCER CENTER A Comprehensive Cancer Center Designated by the National Cancer Institute

Official hospital of the Boston Red Sox

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 mdeery@brooklinema.gov or call at 617-730-2790. I will make sure that Dr. Salamon gets the questions and answers them in the Newsletter.*

QUESTION: WHAT IS COPD? WHAT KIND OF EXERCISE CAN I DO WITH IT?

ANSWER:

COPD is an abbreviation for Chronic Obstructive Pulmonary Disease. It is a term that describes various forms of lung diseases, including chronic bronchitis, emphysema (which comes from the Greek word for "inflate"), asthma and some types of bronchiectasis. About 10% of people in the USA have some form of COPD. The world-wide incidence is much higher. Some of the symptoms include shortness of breath, chronic coughing, and wheezing. The symptoms are caused by narrowing or the airways in the lungs so that not enough air gets in and out

There are many causes of COPD. Most are caused by smoking, whether from your own smoking, or now second-hand smoke is recognized as a cause. Some environments which contain chemicals, fumes, dust and air pollution also may contribute to development of COPD. The countries with poor air quality and heavy incidence of smokers have more people with COPD. Unfortunately, there is no cure, but symptoms can be made better by stopping smoking, getting your flu and pneumonia vaccinations, some medicines and occasionally oxygen.

The symptoms of COPD usually come and go. A worsening of symptoms (called an "acute exacerbation of COPD), is often caused by an infection, either a bacteria which requires antibiotics, or a virus, which is not improved by antibiotics. It can also be caused by increased pollutants (such as smoke from a fire) or extremely cold weather.

COPD is diagnosed by several methods. One is called spirometry, which is a small tube one blows into to measure how much air is able to be moved. A chest Xray may be helpful. Different types of COPD are treated differently. A doctor could help decide whether inhalers, pills, steroids or oxygen are indicated.

People with COPD may be candidates for an exercise program called pulmonary rehabilitation, which may improve quality of life and ability to exercise. They teach different techniques which may help improve the breathlessness many people experience. Also, being either overweight or underweight may worsen symptoms of COPD, so adequate caloric intake is important-not too much and not too little!

MEDICAL QIGONG

Thousands of years old, qigong ("chee-gung") is the practice of cultivating mental and physical balance through the coordination of breath, movement and awareness. Medical qigong is said to help the body heal and stay strong through the use of exercises designed to gently stretch and strengthen. Simpler than taiji (which combines aspects of qigong and Chinese kung fu), medical qigong can be practiced throughout one's entire life to promote overall health and well-being. Join us at the Senior Center on **Monday, January 8 at 1:00 pm** and take an hour to take care of yourself! All ages and abilities are welcome, but space is limited. Your instructor, Laura Kandziolka is a 100-hour Zen Wellness-certified medical qigong instructor. She studies medical qigong, taiji chuan and bagua with Human Harmonies and Flowing Zen. Please call 617-730-2770 to reserve your place.

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), is the taxi discount program that allows income-eligible Brookline residents over 62 to buy up to five (8) coupon books a month at a 50% discount. $40 a month at a 50% discount. $40 a month yields $80 worth of cab rides. Each $40 coupon book has 80 coupons each worth $1 and a book costs $5. BETS is sponsored by the Council on Aging, CDBG, and all licensed Brookline cab companies.

Bay State Taxi 617-566-5000
White Cab Taxi 617-314-6262

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 2016 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 $54,750 a couple's annual income cannot exceed $62,550. 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. **To purchase taxi tickets you must pay by cash or check only.**

Refunds only authorized for one month's worth of coupons maximum that were purchased in the last six months.

SHINE counselors Sonia Wong, Ed Levin, Oliver Buckley 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.

BLAB A Brookline Legal Assistance Bureau volunteer lawyer will be here **on Wednesday, January 3 from 9:00 am-12:00 noon** to consult on legal matters of law. **This service is offered for Brookline residents only, is free of charge, and no appointment is needed. Please pick up a number at the reception desk or the COA office on the second floor.**

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! Contact Deidre Waxman 617-730-2767 or email:dwaxman@brooklinema.gov

SNAP The Supplemental Nutrition Assistance Program helps seniors stretch food dollars with food stamps. If you need assistance call The Council on Aging and ask to be put on the Food Stamp assistance return phone call list. Someone will return your call as soon as possible 617-730-2777.

ALZHEIMER'S CAREGIVERS SUPPORT GROUP

The Senior Center offers two ongoing support groups designed to help caregivers cope with the stress and demands of loved ones struggling with Alzheimer's.

Daytime Support Group

The daytime group meets on the 4th Tuesday of each month. If you are interested in this group, please call the facilitator Debby Rosenkrantz at 617-571-3741

Evening Support Group

The evening group is primarily composed of adult child caregivers and meets on the last Thursday of each month. If you are interested in this group, please call the facilitator Susan Kanian-Andriole at 617-730-2754. *Note: This group is currently full. Please call to add your name to the waiting list.

COMPUTER LAB UPDATE

Due to security concerns regarding computer viruses, the Town of Brookline IT Department has disabled all USB ports on public computers. You will no longer be able to use USB drives in the public Senior Center computers. We apologize for any inconvenience that this may cause.

FOOD SAFETY FOR YOUR HEALTH

Join us on **January 11 at 1:00 pm** at the Brookline Senior Center. Learn how to avoid being the 1 in 6 people who get foodborne illnesses every year. Learn how to protect yourself at home, in stores and in restaurants. Learn about what different packaging dates mean and how long different foods last in your refrigerator or freezer. To register call 617-730-2770

THANK YOU TO THE ELKS

The Brookline Elks give us a magnificent tree as a centerpiece for our holiday decorations. We want to take this opportunity to thank the lodge profusely for their thoughtful gifts to the Brookline senior community and to wish the members of the lodge the best and greatest for the New Year!

AGING TOGETHER SENIOR CHILDREN AND THEIR PARENTS

We are looking for senior children (aged 65+) and their parent (aged 90+). We would love to talk to you!

You are part of a growing group, but we don't know much about you. Led by Dr. Kathrin Boerner of the University of Massachusetts Boston, our team wants to learn what your relationship is like, what challenges you may face, and what support you may need. Learning about your experience will help us better understand how parents and children age together. In-person interview with each of you at a place of your convenience.

You will each receive $40 as a thank you – plus you may enjoy talking to us! Please call our study team at 617-901-1082 or email us at agingtogether@umb.edu

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.

VOLUNTEER SPOTLIGHT

BROOKLINE SENIOR CENTER'S UNSUNG HERO

Tim Sullivan: Supervisor of Mail and Print Operations, Town of Brookline. Tim has been working for the Town of Brookline in this capacity and volunteering within the community and with the Brookline Senior Center for 40 years. He started helping with printing and mailing for the Senior Center when it was just a few rooms at 61 Park Street many years ago. Tim can always be counted on to make time for special and regular print jobs, to fill in distributing the Senior Newsletter and transporting mail to and from the Town Hall – all with a smile and a kind word. He is the Senior Center's unsung hero.

When asked why he likes coming to the Brookline Senior Center, he says, that the people are so nice. This includes the staff, volunteers and the visitors …and the coffee is good too.

In addition to his extra efforts at the BSC, Tim's volunteering efforts are appreciated throughout the Town. Tim is very involved in the Town-wide Toys-for Tots collections. He has also been cooking Christmas dinner for seniors in three public housing sites since 1988. Tim said that he is following his father's example. His dad started the family tradition one Thanksgiving in South Boston by feeding an elderly couple who had no dinner. Tim does not like to see people suffer so when he saw people with no place to go on Christmas, he felt he had to do something. Each year he and his volunteer team prepare dinner for about 120 people in the three housing sites. Much of the $600-$700 in groceries is paid for by Tim. Tim says that if he can just give his Christmas away every year and see people's faces light up, it is worth it and pays back an awful lot.

Providence House

Assisted Living at Corey Park

Affordable Assisted Living for Seniors of All Incomes

Providence House at Corey Park is a distinctive senior living community providing a range of life enhancing, person-centered care for seniors of all incomes. We are dedicated to treating our residents, families and staff with respect, dignity and compassion.

To learn more please call Janice Skelley at 617-731-0505 ext.201.

180 Corey Road, Brighton, MA 02135

ZUMBA GOLD

Get in shape and have fun with Zumba Gold at the Senior Center! Join Emily Brenner, our Zumba Gold instructor, on **Thursdays from 1:30-2:30 pm. Free introductory class on Thursday, January 4 at 1:30 pm**. **Subsequent winter session is on Thursdays, January 11- March 8 from 1:30-2:30pm.**
*Please note that there will be no class on Thursday, February 15. Cost for winter session is $45. Drop-ins are welcome at $7 per session. Free for Brookline Housing Authority residents thanks to the Brookline Multiservice Senior Center Corp, a 501 (c)(3) corporation that supports Senior Center programming.

-SAVE THE DATE EASY TRAVEL-NIGERIA

On February 1 at 1:00pm join Easy Travel host Patricia Burns. She will explore the history of Nigeria from its independence through genocide, creation of and disasters in Biafra up to the present.

Extremes exist in religion, ethnic groups and economies. Patricia will share her photos of Lagos, the first capital of the country and now deemed the second worst city in the world. She will also show us the rural areas and the newer capital, Abuja.

She will discuss the continued threats from groups such as Boko Haram that act as constraints to improving stability in Nigeria's largest city. The city scored lowest of all countries analyzed in terms of stability, at just 10 out of 100 points.

JANUARY EASY TRAVEL

Join us on **Thursday, January 4 at 1:30 p.m**. as Fran Perler, armchair travel host, avid traveler and photographer, shares her adventures from Kruger to Capetown in "Safari in South Africa." We hope to see you there.

DRUM CIRCLE CLASS

This exciting new class will be held on **Monday January 8 through February 26 at 2:00 pm.** No experience is needed and all the "drums" and percussion instruments will be provided. In this class, will learn how drumming can be a healthy activity for the body and provide you with an opportunity to freely express yourself in the process. This isn't about being musically talented but rather providing a space to get creative and being a part of a fun community. This class will be facilitated by a Social Work Intern from Boston College with over 10 years of experience in drumming and has been a part of multiple drum circles in the past. Space is limited to 15 participants. Please register at by calling 617-730-2770.

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 resolutions 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. Thanks to your generosity our van will be able to run 5 days a week. We will be able to extend our hours and purchase needed supplies. I am especially grateful for those who included kind words with their holiday wishes. Some of my favorites: "Always with gratitude for your powerful creative leadership of all things "Senior" in Brookline!!" "Congratulations on this past year's excellent programming! "Thank you for all of you who continue work to add to the lives of thousands of seniors living here in Brookline!" We remind you 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, SNAP-food stamps, income taxes and more.
I wish each one of you a happy, healthy and prosperous 2018. Remember to resolve to be kind and welcoming to all.

GALLERY 93

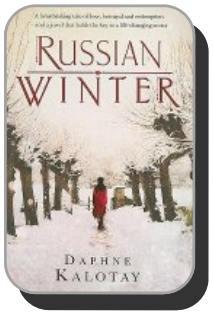
"Group Meditation" Watercolors by Shirley Selhub

January 3-February 28

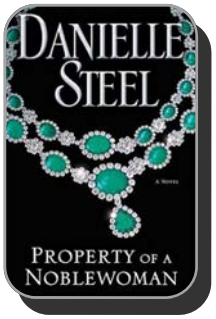
Reception with Artist on Tuesday, January 9 from 4:00-6:00 pm

BOOK DISCUSSION GROUP AT THE PUTTERHAM LIBRARY

Meetings are in the community room at the Putterham Branch Library. New members are always welcome. Our monthly meetings are on **Mondays from 2:00–3:00 pm**. Books are available at the Putterham Branch Library. The discussion leaders for this Book Group are Charlotte Millman and Batia Bloomenthal.



January 22
Russian Winter
by Daphne Kalotay



February 26
Property of a Noble Woman
by Danielle Steele

March 19
Nora Webster
by Colm Toibin

April 23
Underground Railroad
by Colson Whitehead (BROOKLINE READS 2018 – please join us for other programs around town)

May 21
A Spy Among Friends: Kim Philby and the Great Betrayal
by Ben Macintyre

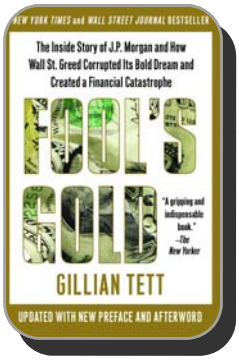
June 18
The Woman in Cabin 10
by Ruth Ware

PUBLIC ISSUES NONFICTION BOOK DISCUSSION GROUP

At the Senior Center

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 the fourth Tuesday of each month.**



January 23
Fool's Gold: How the Bold Dream of a Small Tribe at J.P. Morgan was corrupted by Wall Street Greed and Unleashed a Catastrophe
by Gillian Tett (Free Press/ Simon & Shuster, Inc.)

Information: On the Brookline Library website, click on Discussion Groups New and follow the link to Public Issues Group.

LGBT OUT 2 BRUNCH BUNCH!

Goddard House, in partnership with the Brookline Council on Aging, ETHOS, the LGBT Aging Project and the City of Boston Commission on the Affairs of the Elderly, supports the LGBT Older Adult Out 2 Brunch Bunch! The group will meet monthly for brunch on the third Saturday of every month. **In January we will meet on the 20th from 11:00 am-1:00 pm.** at Goddard House, 165 Chestnut Street, Brookline, MA 02445. To attend, RSVP to Zoraida at meals@ethocare.org or 617-522-6700 ext. 306

BRIDGE FOR EXPERIENCED PLAYERS

Jan Davidson, Bridge Coordinator, welcomes experienced players on **Friday mornings at 9:00 am sharp**. Give the revolving bridge game a try.

GREATER BOSTON FOOD BANK FOOD COMMODITY PROGRAM

The Greater Boston Food Bank Commodity Program provides shelf-stable food to low income seniors. Two shopping bags of food for each approved participant are delivered to the Brookline Senior Center at 93 Winchester Street, Sussman House at 50 Pleasant Street and O'Shea House at 61 Park Street on the 3rd Wednesday of each month.

We are actively recruiting new applicants to participate in this program. If you or anyone you know are interested in applying for or finding out more about the program, please call Patricia at 617-730-2743 to set up an appointment.

CALLING CHESS PLAYERS

of all abilities on **Thursday afternoons from 1:00-3:00 pm**. You can bring your own board or use one of

MEMORY CONNECTIONS CAFÉ

On Wednesday, January 24 from 1:30-3:00 pm, the Senior Center offers a free monthly Memory Connections Cafe for people with early memory challenges and their carepartners to connect with their peers. Both participate in socialization and can partake in refreshments and a variety of enjoyable programming in order to gain support and engage with others in a relaxing environment. Either party can attend by themselves, but a carepartner must accompany those who require any care assistance. Please call Jamie at 617-730-2753 for information and to RSVP. This program is supported by a grant from the Brookline Community Foundation.

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.

Israel, Van Kooy & Days, LLC

Laurie Israel, Esq.
617-277-3774
e-mail: lisrael@lvkdlaw.com
web: www.ivkdlaw.com
Coolidge Corner

Wills • Probate • Trusts • Estates

Brookline Community Aging Network – BrooklineCAN – is an all-volunteer organization that focuses on Brookline as a great place to live. It provides information for older residents that helps them remain engaged in the life of the community and advocates to make Brookline an even better place to live for seniors and everyone. For information and to join, visit BrooklineCAN.org

AARP TAX PREPARATION ASSISTANCE

Our wonderful AARP Tax Aide volunteers will once again return to the Senior Center on **Tuesdays between February 13 and April 10 t**o assist you with filing your returns. We will begin scheduling those appointments on Tuesday, January 16, 2018. Please note that the Tax Aide program will again be using newer software this year and as a result, it is very important for you to bring copies of your 2016 returns to your appointment. In addition, the Tax Aide volunteers will NOT be able to assist you with any amended tax returns, other than for the year 2016. For more information and to schedule an appointment, please call 617-730-2777.

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SHINE

WILL YOU PAY MORE FOR MEDICARE PART B IN 2018?

The Medicare Part B standard monthly premium for 2018 is $134, the same as last year. However, many people with Medicare will see a 23 percent increase in their premium. Why is that? It is due to a law that has allowed many people to pay less than the full premium the last two years. This law prevents people's premiums from going up more than the increase in their Social Security benefits. Since there has been little or no increase in these benefits the last two years, most people were paying less than $134 last year. The average premium for most people last year was $109. For 2018, there has been a 2 percent increase in Social Security benefits, but many will not see any increase in their benefit check. This is because the increase will go toward paying the $134 Medicare premium. People with high incomes will continue to pay more for Medicare, between $187.50 and $428.60, based on their income level. People with limited income and assets may qualify for a program that will pay their premium. Trained SHINE (Serving Health Insurance Needs of Everyone...on Medicare) volunteers can help you! They offer free, confidential counseling on all aspects of health insurance to anyone on Medicare. 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.

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Hebrew SeniorLife is about options and choices for seniors. Nowhere is this more evident than at Center Communities of Brookline-three buildings in the heart of Brookline. These buildings provide an affordable home to 600 seniors who live independently, actively and securely. To learn more about senior living options at Center Communities of Brookline, contact the Marketing Office, 617-363-8100 or scarlsen@hrca.harvard.edu

Center Communities of Brookline
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Thinking about downsizing or selling your home?

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Leon Gelfand, Founder

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— Gerry C., Newton

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.

REAL ESTATE TAX EXEMPTION

Sandy Spector will have information for seniors on real estate tax exemptions and abatements in the gallery area of the Senior Center on **Tuesday, January 2 and Tuesday, January 16 from 10:00 am-12:00 noon**. Feel free to drop by with your questions.

THANK YOU!

Thanks to the tireless efforts of Dotty Bell and all of your generosity, we are happy to announce that we were able to donate over 100 items of warm clothing to a church run soup kitchen in Brighton. We couldn't have done it without all of you so we thank you for your support!

Mount Auburn Lifeline

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Philips HomeSafe Standard gives you the reassurance of having quick access to help in and around your home with the push of a wearable waterproof help button.

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JANUARY LUNCHEON SPECIALS

Reservations for ALL Springwell lunches must be made by 10:30 am on the weekday preceding the day on which you want to have lunch. For reservations for Monday, call 617-730-2747 the previous Friday by 10:30 am. Lunch is served at 12:00 noon unless otherwise noted.

Please be aware that Springwell can only guarantee your lunch reservation until 12:15 pm each day. If you are going to be arriving late for lunch, please let Kristine know in advance. If you arrive after 12:15 pm with no advance notice, Springwell cannot guarantee that you will receive a meal for that day.

On Tuesday, January 16 we celebrate January birthdays at the monthly Birthday Lunch. The sponsor of this lunch has happily provided a complimentary lunch and a small gift to all January birthday celebrants. We also want to thank our friends at Wingate at Chestnut Hill for providing our monthly birthday cake. **Now it is easier than ever to register for our monthly birthday celebrations!** Just call 617-730-2747 to reserve a lunch on the business day prior before 10:30 am and you are all set. When you arrive for lunch on the day of the party, the leader of our birthday celebration will come around to all the tables to make sure that we don't miss any of our special attendees celebrating their birthdays that month.

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LET'S GO OUT TO LUNCH BUNCH

Out to Lunch Bunch will dine at Pho Lemongrass 239 Harvard Street Brookline on **Tuesday, January 30 at 11:30.** The van will leave the Senior Center at **11:30 am sharp!** For reservations and transportation, please call 617 -730-2770.

SPANISH IMMERSION BROOKLINE

Basic and intermediate Spanish classes will once again be offered at the Senior Center on Thursday's beginning in January! Both sections will run **on Thursdays, January 25-March 29, 2018.** Spanish I will be offered from 1:15-2:15 pm and Spanish II is offered **from 12:00-1:00 pm.** Please note that there is a small fee. For more information and to register, contact Giovanna Tapia, program coordinator at 617-953-7016.

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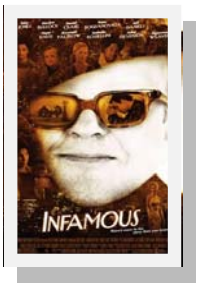
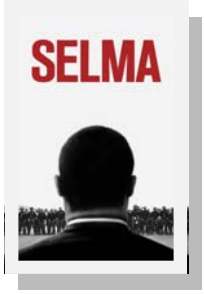
MOVIES FOR FILM LOVERS

Come to the Senior Center on **Tuesdays in January at 1:00 pm** for a fine feature film. Make a reservation for lunch and make an afternoon of it.

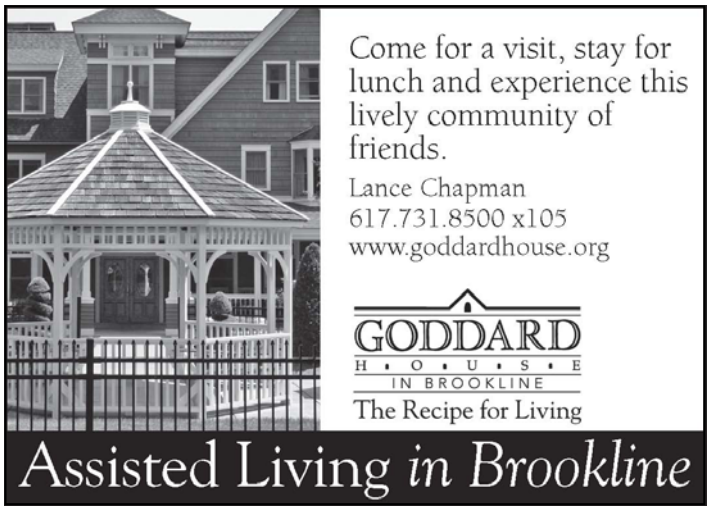


Tuesday, January 2
Infamous (2006)
1hr. 50 min.
While researching his novel "In Cold Blood", Truman Capote develops a close relationship with convicted murderers Dick Hickock and Perry Smith.

Tuesday, January 9
The Shack (2017)
2hr. 12 min.
A grieving man receives a mysterious, personal invitation to meet with God at a place called "The Shack."



Tuesday January 16
Selma (2014)
2hr. 8min.
A chronicle of Dr. Martin Luther King, Jr.'s campaign to secure equal voting rights via an epic march from Selma to Montgomery, Alabama, in 1965.



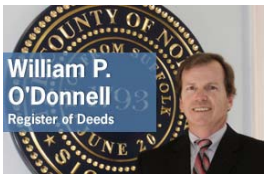
Tuesday, January 23
The Ritchie Boys (2004)
Documentary)
1hr. 30 min.
During WWII, the U.S. formed an elite intelligence unit -- mostly German Jewish academics at Camp Ritchie, Maryland. Tasked with devising ways to break the morale of the SS, these men are often credited with bringing an early end to the war. Some of these heroes, who are now in the eighties, are reunited in this documentary.

Tuesday, January 30
The Midwife (2017) French Film also called Sage Femme)
1hr. 57 min.
A midwife gets unexpected news from her father's old mistress.

FREE FRIDAY FLICK

Join us on **Friday, January 5 at 1:00 p.m**. for a screening of "Trolls" (2016). Inspired by the beloved troll dolls that have entertained kids for decades, this animated tale follows the always happy Princess Poppy and her grouchy survivalist companion, Branch as they embark on a journey that takes them into an unfamiliar world. This fun colorful movie is sure to charm people of all ages so feel free to bring along the little ones in your life. Light refreshments will be served. Call 617-730-2770 to register.

COUNCIL ON AGING MEETING



Join us on **Wednesday, January 10 at 1:00pm** at the Senior Center. Our speaker will be Norfolk County Register of Deeds William P. O'Donnell. The short speaking program will touch on the historical nature of the Registry and the Register's efforts to modernize and computerize the vast number of Norfolk County realestate records. Following his remarks, the Register will be available to answer individual questions. On-site work stations will be available following the meeting to provide the status of a mortgage discharge, print a copy of your deed or provide a demonstration on how the Registry's On-Line Land Records Database works.

FITNESS CENTER

If you enjoy exercise but don't want to go to a big gym, try the Senior Center. The gym is quiet, has wonderful equipment and supportive staff. **Open Monday-Friday from 8:30 am to 4:30 pm.**

SENIOR MEDICARE PATROL

DON'T BE A VICTIM OF MEDICARE FRAUD!

Patricia Park, a representative of the Massachusetts Senior Medicare Patrol (SMP) Program, will be at the Senior Center on **Friday, January 12, at 1:00 pm.** Come and learn how you can protect yourself from Medicare fraud and learn about new Medicare cards with new random numbers, which are coming in 2018. This free workshop will also provide you with the tools to become a better, more engaged health-care consumer. The SMP is a national program, funded by the federal government, that was commissioned to reduce the amount of Medicare fraud by helping beneficiaries and their caregivers become more engaged health-care consumers. The annual estimate of Medicare fraud is between $60 to $120 billion! You can help protect Medicare and make sure benefits are available when you need them by making sure the claims paid on your account are accurate. To register, call 617-730-2770. Please note that this program requires a minimum of 10 participants to run.

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JANAURY AT A GLANCE

Monday, January 1
New Year's Day Closed for the Holiday
Tuesday January 2
10:00am-12:00 noon Real Estate Tax Exemption
1:00pm Movies for Film Lovers-*Infamous*
Wednesday, January 3
9:00am-12:00pm Brookline Legal Assistance
1:00pm Recreational Marijuana Information Session
2:00-3:00pm Blood Pressure Clinic at BPHD *
Thursday, January 4
1:30pm Zumba Gold (Free Session)***
11:00 am Ask a Nurse
1:30pm Easy Travel-Safari in South Africa
Friday, January 5
1:00pm FREE FRIDAY FLICK– TROLLS
Monday, January 8
1:00pm Medical Qigong***
2:00pm First Drum Circle Class***
Tuesday January 9
1:00pm Movies for Film Lovers-*The Shack*
4:00-6:00pm Gallery 93 Reception with the Artist-Shirley Selhub
Wednesday, January 10
1:00pm COA Meeting– Guest Speaker Registrer of Deeds
1:00-2:00pm Blood Pressure Clinic at Sussman House*
Thursday, January 11
1:00pm Food Safety for your Health Training***
1:30 Zumba Gold $7/session Free for BHA
Friday, January 12
1:00pm Senior Medicare Patrol-Don't Be a Victim of Medicare Fraud program***
Monday, January 15
Senior Center Closed for the Holiday
3:00pm The Radical King The Fierce Urgency of Now MLK at Coolidge Corner Theater *
Tuesday January 16
10:00am-12 noon Real Estate Tax Exemption
12:00 noon Lunch Celebration of January Birthdays***
Wednesday, January 17
1:00pm The Brill Building Songwriters***
1:00pm Low Vision Support Group
Thursday, January 18
11:00 am Blood Pressure Screening
1:00-2:00pm Brookline Hearing Service
1:00-2:00pm Blood Pressure Clinic
1:30 Zumba Gold $7/session Free for BHA
Friday, January 19
Saturday, January 20
11:00am-1:00pm LGBT OUT 2 Lunch*
2:00-4:00pm The Reunion Project is Back at the Brookline Public Library*
Monday, January 22
1:00 Russell Museum of Medical History and Innovation at MGH***
2:00-3:00pm Book Discussion Group Putterham Library-Russian Winter*
Tuesday January 23
9:00-10:00am Public Issues Book Group-Fools Gold
1:00pm Movies for Film Lovers-*The Ritchie Boys Documentary*
Wednesday, January 24
1:00-2:00pm Blood Pressure Clinic at 61 Park Street*
1:30-3:00pm Memory Connections Café***
Thursday, January 25
1:00pm REAP Creating Opportunities for Independent Living and Work***
1:30 Zumba Gold $7/session Free for BHA
Friday, January 26
2:00pm First Drum Circle Class***
Monday, January 29
Tuesday January 30
12:00 Out to Lunch Bunch-Pho Lemongrass***
1:00pm Movies for Film Lovers-*The Midwife*
Wednesday, January 31
1:00pm Cooking for One***
1:30-3:00pm TRIPPS Getting around using UBER and LYFT- Brookline Public Library*

ONGOING SENIOR CENTER EVENTS

Monday

8:30 am-4:30 pm Fitness Center Open—Membership required
8:45-10:15 Strength Training **
10:30-11:30 am Poetry Workshop ***
10:30-11:30 Senior STRETCH **
12:00 noon Springwell Lunch***
12:00-4:00pm BETS
12:30-3:30 pm Mah Jongg/Scrabble
2:00-4:00pm Open Computer Lab

Tuesday

8:30 am-4:30 pm Fitness Center Open—membership required
9:00-12:00 noon Reiki Therapy ***
10:00 am Flexibility, Resistance Training, and Balance
10:30 am Brookline Bees, Quilters
11:00-11:45 Tuesday Morning Dance Party
12:00 Springwell Lunch ***
12:00 noon French Conversation
12:00-4:00 pm BETS
1:00 pm BINGO
1:00 pm Movies for Movie Lovers
2:00-3:00 pm Exercise for Health & Rejuvenation
2:00-3:00pm Yoga Chair Class **
2:00-4:00 pm Food Distribution Site (hours approximate)
3:00-4:00 Yoga Mat Class**

Wednesday

8:30 am-4:30 pm Fitness Center Open Membership required
8:45-10:15 Strength Training **
9:00-10:00 am Living Our Values
10:00-12:00 TRIPPS office hours
10:30am Senior STRETCH **
12:00 noon Springwell Lunch ***
12:00-4:00 pm BETS
1:00-3:00pm Scrabble

Thursday

8:30 am-4:30 pm Fitness Center Open membership required
9:30-11:45am Drawing for Pleasure***
9:30 Art for Pleasure Class ***
10:30 am Arthritis Exercise ***
10:30 am and 1:30 pm Knit and Crochet
11:00-1:00pm TRIPPS office hours
12:00 noon Springwell Lunch ***
12:00-1:00 pm Intermediate Spanish***
12:30-3:30 Mah Jong
1:00-3:00 Chess
1:15-2:15 pm Beginning Spanish Class***
2:30 pm Spanish Immersion Conversation Group***
2:00-4:00pm Open Computer Lab

Friday

8:30 am-4:30 pm Fitness Center Open-Membership required
9 :00 am Bridge
10:30 am Current Events Discussion Group
10:30 am Senior Chorus
12:00 noon Springwell Lunch ***
1:00-2:30 pm Basic Computer Class in Spanish ***
1:00-2:00pm Bootcamp for Seniors **
1:00-5:00 pm Ping Pong
2:00-3:30pm Tai Chi **
3:00-5:00pm Learn to play chess***
3:30 pm Latino Instrumental and Vocal ***

*Not at the Senior Center
** This is a Brookline Adult and Community Education (BA&CE) course so registration with them is required. Call 617-730-2700 or go to www.brooklineadulted.org to register
*** Registration Required

FROM THE BOARD PRESIDENT

Happy New Year!
Thank you for thinking of the Brookline Senior Center in your end-of-year contributions. With the chill, ice and snow of winter, many seniors become more home-bound and find it difficult to get to the Senior Center. Thanks to your support, Brookline's older adults will be able to travel to the Brookline Senior Center and utilize the hundreds of life-sustaining programs and essential services. Your generosity ensures that our Senior Center van service will keep rolling throughout the winter and all year long including Fridays. This is especially important to our most economically vulnerable and frail elders. If you would like to make a contribution, please go to www.brooklineseniorcenter.org and click on the "donate" button. Or mail a check to the Center. I wish you and your family a healthy and warm 2018. I, the board, and the entire Senior Center family thank you!

Elizabeth (Betsy) Pollock
President, Brookline Senior Center Board

-SAVE THE DATE-

CHINESE NEW YEAR

We will celebrate Chinese New year on **Monday, February 5 at 12:30 pm.** Registration is required for this event. Tickets are $7.00 and payment is required at the time of registration. We will begin taking reservations on **Monday, January 22** at 617-730-2777.

Thrifty Threads

United Parish Church,
210 Harvard Street, Brookline

Open Friday 1:00-4:00 and Saturday 11:00 am to 3:00 pm

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

THE REUNION PROJECT IS BACK!

In case you missed the 2017 exhibit at the Senior Center, we are pleased to announce that Lora Brody's Reunion Project exhibit featuring many familiar Brookline Senior Center, Center Communities, and Goddard House faces will once again be on display in Hunneman Hall, Brookline Public Library Village Branch from January 16-March 13, 2018. There will also be a gallery reception in Hunneman Hall on **Saturday, January 20 from 2:00-4:00 pm s**o be sure to stop in then to see the exhibit, hear from Lora Brody, and meet some of the participants. It is sure to be a lovely afternoon! This project was sponsored by BrooklineCAN, the Brookline Council on Aging, Center Communities of Brookline and Goddard House Assisted Living.

COOKING FOR ONE

Join us on **Wednesday, January 31 at 1:00 pm** as our friends from Landmark at Longwood offer a cooking demonstration with Chef Ellis. He will share his culinary secrets on how to make a delicious meal for one. Best part is…we get to taste the fruits of his labor! To register, call 617-730-2770.

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FOOD DISTRIBUTION SITE

There is free food distribution at the Senior Center every **Tuesday from approximately 2:00 to 4:00 pm**. **Get a number in the coffee lounge beginning at 11:00 am.** Do not go down to the basement until your number is called.

A variety of foods are available at the site—many choices of breads 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 please contact Patricia Burns our volunteer coordinator 617-730-2743.

GETTING AROUND USING UBER AND LYFT

If you are you looking for ways to save on transportation costs, keep healthy and active in your community and are curious how rideshare (using Uber/Lyft) can work for you join us on **Wednesday January 31 and February 7 from 1:30-3:00 pm and on February 14 from 12:30-1:15 pm at the main Library.** This is a multi-session class that will help you use your smartphone intelligently and enjoy new transportation supports. We will introduce participants to ride-share, answer common questions, and even take short trips in the community using Uber and Lyft. Participants must have a smartphone and come with their Apple or Google password. **This is a three session class that meets at the Brookline Main Library Branch.** Please register for all sessions by calling the TRIPPS line at 617-730-2644 Registration is limited.

Brookline Adult & Community Education
BA&CE
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the move maven
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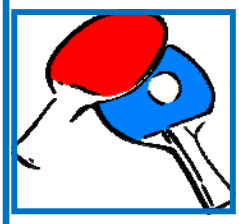
617.455.1964
karen@movemaven.com

LEARN TO PLAY OR IMPROVE YOUR CHESS GAME

Are you a beginner chess player or have you always wanted to learn how to play? Three Brookline High School seniors who are co-captains of the high school Chess Club will be at the Senior Center on **Fridays from 3:00-5:00 pm.** If you are interested, drop in for a lesson or a game! If you have questions, call Patricia @ 617 730 2743.

LET'S PLAY SOME PING PONG!



Lin Sasman, our wonderful Ping Pong Coordinator, is here on **Friday afternoons from 1:00 -5:00 pm.** If you want to drop in for a quick game, Lin will be available to help you connect with players of similar abilities.

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)

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HANDICAPPED ACCESS

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

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ONE-ON-ONE COMPUTER SESSIONS

Are you computer phobic or just need some tech assistance? Have you tried a computer class but are still frustrated with using technology? Do you have questions about setting up email, using your laptop, tablet, SmartPhone, or navigating the internet? We have computer volunteers available to help you on Tuesday afternoons.

Fran Pechenick, a longtime computer volunteer, helps with computer basics, email and navigating the internet. Dan Siagel, is able to help people from basics to the more complex for their Smartphones, laptops and Tablets including Apple Windows or Android operating systems. Appointments are necessary. Please call Olga Sliwa at (617) 730-2768 for more information or to book an appointment.

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Judy Moses
Broker/Owner
ABR, CRS, GRI, PMN

We provide our clients with the information, advice and support to make empowering real estate decisions.

WHAT DRIVES US:

- We believe everyone deserves respect.
- We put the needs of our clients before our own and only associate with people who are committed to that.
- We don't tell people what they want to hear. We tell them the truth.
- We believe an educated consumer is an empowered consumer.
- We believe only you know what's best for you. Our role is to support you.
- We treat our clients like our family.
- We're a small company with a big heart

What do our recent clients say?

Thanks to Judy, the sales process was super easy. Your honesty will not be forgotten. I will fondly cherish the memory of you sharing with me
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REAP

CREATING OPPORTUNITIES FOR INDEPENDENT LIVING AND WORK

On **Thursday January 25 at 1:00 pm** the Brookline Senior Center will be hosting an information session with Margie Gillian, Job Placement Specialist and Kevin Beaulieu, Rehabilitation Counselor at the Massachusetts Rehabilitation Commission. Learn how MRC can help seniors with disabilities enhance their quality of life and discover how they can assist you with your job skills and employment search. This program is free and open to all seniors in Brookline. For more information or to register please contact Deidre Waxman at 617-730-2767 or dwaxman@brooklinema.gov

VIBRANT ASSISTIVE TECHNOLOGY PROGRAM

The Massachusetts Association for the Blind and Visually Impaired (MABVI) is proud to announce the VIBRANT program in partnership with the Centers on Aging and the Brookline Senior Center. What is VIBRANT? It is assistive technology, empowerment, and you. If you are losing your vision, we can help train you on technology that makes your life easier, and makes things accessible to you again. After an application and assessment at the Brookline Senior Center with our new Assistive Technology Coordinator, Jerry Feliz. You will be matched with a volunteer for training sessions on the technology you need to help you accomplish your goals . Call 617-879-0771, or send email to: atcenter@mabcommunity.org. Or stop by the Senior Center computer lab on Wednesday or Thursday afternoons. We look forward to working with you soon.

JANUARY SPOTLIGHTED VOLUNTEER OPPORTUNITIES

Spotlighted opportunities include: the Food Commodity program on the 3rd Wednesday of each month, Russian & Chinese interpreters are needed for the morning and afternoon shifts and we need people who are able to help with phone calls and/or lifting 30-35 lbs. We have opportunities for shopping assistance and Russian interpreters for Tuesday afternoons from 1:00-4:00pm in the Food Pantry.

Volunteers are needed for Smartphones and other technology support and we always need backup for the lunch check-in from 11:30-12:30 during the week.

If you would like to apply for these or other volunteer opportunities at the Brookline Senior Center, please call Patricia, the Volunteer Coordinator at 617-730-2743 or email her at pburns@brooklinema.gov to make an appointment to talk about things you like to do, your skills and potential volunteer opportunities.

INDIVIDUAL JOB SEARCH SKILLS APPOINTMENTS

Patricia Burns, the REAP Program Job Skills Counselor is available for 1-on-1/individual appointments to assist with essential job search tools including resume writing or updating, job specific cover letters, LinkedIn profile development, interviewing by phone, skype, in-person or mock as well as identifying transferable skills from past experience to use in your next job. Appointments are required. Contact Patricia at 617 730 2743 or e-mail her at pburns@brooklinema.gov for an appointment.

SHOP "Students Helping Older People"

The Brookline High School has recruited students to shop. If you are a senior who would like to have a student shop for you, please call Patricia, the Volunteer Coordinator at 617-730-2743 or email her at pburns@brooklinema.gov.

The S.H.O.P. Program has been a community service program at Brookline High School for many years. It is a win-win volunteer opportunity where student's grocery shop for an elder in Brookline and seniors share their actual history and experience with students. It is a weekly to bi-weekly commitment that is usually shared with a partner student. It starts with visiting the senior's home to get a grocery list and cash, then shopping, and returning with the groceries and checking the receipt.

Besides getting the groceries for the senior, the most important part of this program is developing *meaningful* multigenerational relationships. Some students have shopped for the same person throughout high school and consider their elder an important part of their life. And the feeling is always mutual.

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Nancy J. Peabody *honoring* Emily Drooker and Harrriet Koch
Rhona Hirschowitz *honoring* Dotty's retirement
Myrna Seidner *honoring* Eleanor Small's birthday
Karen and Barry Small *honoring* Eleanor Small's birthday
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Betsy Pollock *honoring* Ruthann Dobek
Yusuf Agha *honoring* the Senior Center Ping Pong program
Phyllis Bram *honoring* Dotty Bell
Rhonda Glyman *honoring* Ruthann Dobek
Charlotte Millman *honoring* Dotty Bell
Claire Yung and the Chinese Mah Jong Group *honoring* the Chinese Mah Jong program
Lai Bing Chin *honoring the SHINE program with special thanks to Sonia Wong*
Anonymous *honoring* "Memory Café"

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His parents and brothers by Hanson S. Reynolds
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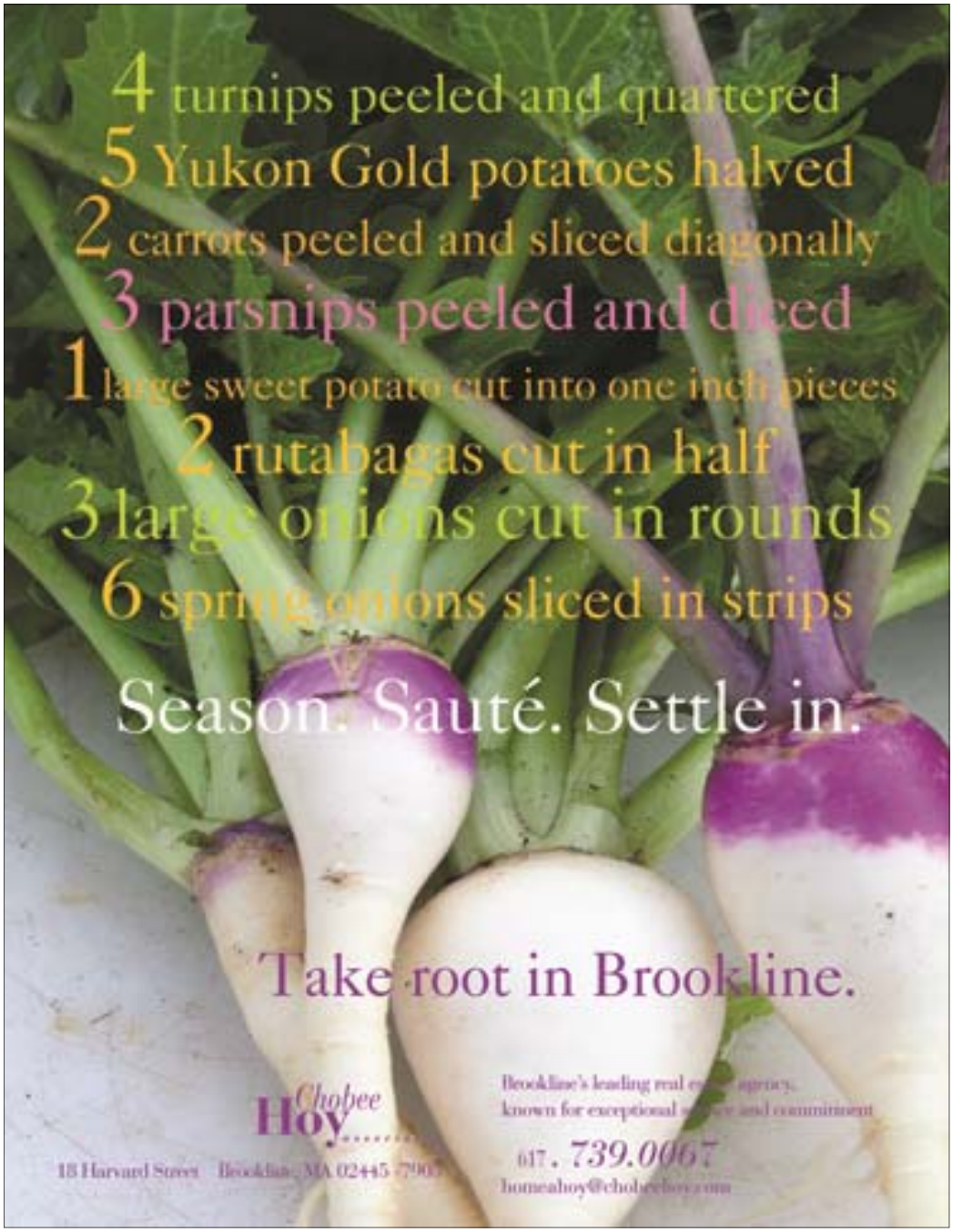
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