

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

www.brooklineseniorcenter.org

Brookline Community Aging Network

www.BrooklineCAN.org



Monday, February 5 Chinese New Year *Year Of the Dog* (See P. 3).

Soup Kitchen Food Protein Collection (See P 7).

Wednesday, February 7 Brookline Music School Concert (See P. 19).



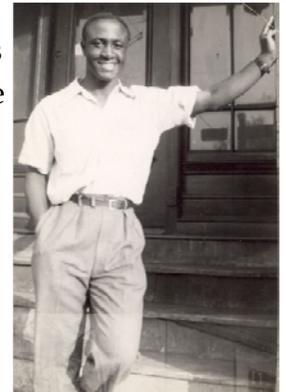
FEBRUARY 2018

ROLAND HAYES AND JOHN WILSON



Do You Know These Brookline Men? They both were groundbreaking artists who lived in Brookline for 50 years.

Roland Hayes (left) was one of the world's greatest tenors and the first African American to solo with a major orchestra.



John Wilson (right) was a celebrated artist whose work is featured in museums and graces public spaces around the country, including the U.S. Capitol Rotunda.

Roland Hayes was recently honored with a plaque in front of his former home. And now a group of residents have come together to install John Wilson's sculpture of Martin Luther King, Jr. in Town Hall.

Rob Daves, who himself recently learned about these amazing artists and has helped coordinate efforts to honor them, will join us on **Wednesday, February 21 at 1:00 pm** to tell their fascinating stories. Rob is a Town Meeting Member from Pill Hill and serves on the Hidden Brookline Committee, the Committee to Commemorate John Wilson and the Town's MLK Celebration Committee. To register, please call 617-730-2770.

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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 Joe Reid. **Please NOTE: Chorus will not meet on February 2 and February 9.**



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

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Subscription fee: \$10.00/year. See page 27 for subscription/renewal form.

FEBRUARY OBSERVANCES



The Senior Center will be closed on **Monday, February 19, for President's Day.** The day on

which we remember the birthdays of Presidents George Washington and Abraham Lincoln. **Tuesday, February 2** we celebrate groundhog day and **Valentine's Day is celebrated on Wednesday February 14.** February is Black History Month, American Heart Month and National Library Lovers month. Some special days in February include National Freedom day on the 1st. World Cancer Day on the 4th and National Bagel Day on the 9th.



BARBERSHOP CHORUS

Join us on **Wednesday, February 14 from 1:00-1:30 pm** as select members of the New Sound Assembly Barbershop Chorus will stop by the Center to perform 5 or 6 love songs for us in honor of Valentine's Day. The larger New Sound Assembly Barbershop Chorus sings Americana music a capella, in four part harmony and they compete regularly in national competitions. This program is sponsored by Providence House Assisted Living and CareDimensions. To register, please call 617-730-2770.

E.L.F. MONTHLY FEATURED ITEMS

The program has some three and four-wheel walkers available. Please call Jamie at 617-730-2753 to request these items or to donate other items.

CAKE DECORATING



On **Thursday, February 8 at 1:00pm**, Heathwood Healthcare will sponsor a Cake Decorating class. Join Heathwood's Master Chef for exclusive cake decorating. Cookies, frosting, and supplies will be provided. **Space is very limited**, so please register at 617-730-2770.

NO COUNCIL ON AGING MEETING IN FEBRUARY



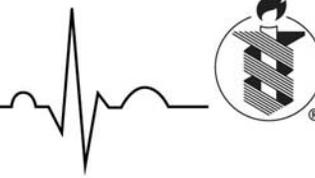
February is traditionally the winter vacation of the Council on Aging (COA) board meetings, and this February is no exception. The **March meeting will be on Wednesday March 14 at 1:00 pm.**

We will be joined by Boston University researchers who are developing more effective strategies to reduce pain and improve physical activity in middle-aged and older adults with knee pain. Dr. Deepak Kumar from the Department of Physical Therapy & Athletic Training will talk about opportunities to engage in these research projects as stakeholders, participants, and community partners.

CHINESE NEW YEAR



We will celebrate Chinese New year (the Year of the Dog) 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 to register call; 617-730-2777.



Ask a Nurse Lynn Schuster, a nurse from the Greater Medford Visiting Nurse Association will not be at the Senior Center in **February but will return on March 1 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, February 21 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, February 15 from 1:00-2:00 pm at the Senior Center

Wednesday, February 7 from 2:00-3:00 pm BPHD building on Pierce Street.

Wednesday, February 14 from 1:00-2:00 pm at Sussman House

Wednesday, February 28 from 1:00-2:00 pm 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, February 15 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.

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
 **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.*

THE HIGHS AND LOWS OF BLOOD PRESSURE

Blood pressure is the measurement of the pressure of the blood inside our blood vessels as it pumps our blood from our heart to the rest of our body. It is measured by 2 numbers, a top number called the "systolic" blood pressure and a bottom number called the "diastolic" blood pressure. High blood pressure is called hypertension. While 120/80 is considered normal for younger people, newer recommendations for people over 60 Y.O. (some say 80 Y.O.) are that blood pressure does not need to be treated until it gets to 150/90. SOME NEWER STUDIES SUGGEST THAT THE TOP NUMBER BE LOWER AT 140, ALTHOUGH SIDE EFFECTS OF EXTRA MEDICATIONS TO ACHIEVE THIS MAY CAUSE MORE PROBLEMS THAN THEY SOLVE.

In some societies, the blood pressure stays the same throughout life. However, in countries with plentiful food, such as the USA, blood pressure often rises as we get older, possibly because of being overweight or salt intake or other factors we just haven't discovered yet. Some drugs can increase the blood pressure, such as steroids, some cold pills containing decongestants, and meds for pain such as ibuprofen and naproxen.

We take controlling blood pressure very seriously because high blood pressure is known to predispose people to heart attacks, strokes, kidney disease, eye problems and erectile dysfunction. Yet most people don't know that they have hypertension unless they find out at the doctor's office, since there may be no outward signs.

If the doctor finds that you have hypertension, it is important to get several blood pressure measurements outside of the office, since many people have "white coat hypertension", meaning they get nervous in the doctor's office and the blood pressure becomes high. It is easy to buy a simple electronic blood pressure monitor at the pharmacy, take several different measurements at home and keep a chart. There are many different kinds of medicines to reduce blood pressure. However, the first step is to try to manage your high blood pressure without medicines by losing weight if you are over your ideal body weight, do at least 30 minutes a day of walking or other types of exercise and cutting down on salt (most salt comes from canned and processed foods-read the label for amount of salt, which is recorded as sodium-you may be very surprised at how much there is! The recommendation is to try to take in no more than 1500-2000 mg of sodium/day.)

If these measures don't bring down the blood pressure enough, there are several different types of medicines your doctor can prescribe. It is best to start with low doses and if you need to take more than 1 of these medicines, consider taking 1 in the morning and 1 in the evening to try to avoid side effects (such as too LOW blood pressure, which can make you feel dizzy.)

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 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 a program that allows income eligible Brookline residents (62 and older) to purchase taxi coupons at reduced fare rates. Eligible individuals are allowed to purchase up to eight (8) coupon books per month at a 50% discount. Each coupon book contains ten (10) \$1:00 coupons and program participants pay only \$5:00 per coupon book. 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, February 7 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.

-SAVE THE DATE-

EASY TRAVEL TO COSTA RICA



Join us on
**Thursday
March 1 at
1:30 pm** for a
special Easy

Travel with Jamie Jensen as she takes us on her Honeymoon to Costa Rica.

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.

PROTEIN FOOD COLLECTION FOR SOUP KITCHEN



During February and March we will be collecting protein rich foods for a local Soup Kitchen which runs a dinner program on Monday evenings. Dinner guests receive a bag of food to

take home with them but protein is often in short supply. If you would like to make a donation please look for the donation box in the second floor office at the Brookline Senior Center.

Some suggestions include:
peanut butter, canned beans,
canned or foil packaged tuna,



salmon and chicken, dried apricots, figs, canned fruits, canned ravioli and spaghetti with meat. protein rich drinks and other items. Flip top cans are always helpful. **The February pick up**

will be on Wednesday, February 28 and the March pick up will be on Wednesday, March 28.

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DRUM CIRCLE CLASS



This exciting new class will be held on **Monday February 5 and February 12 at 2:00 pm**. No experience is needed and all

the “drums” and percussion instruments will be provided. Please register by calling 617-730-2770. In this class, we 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.

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.



Providence House

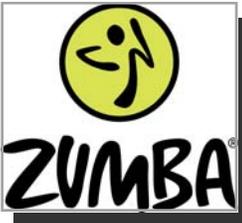
Assisted Living at Corey Park
Affordable Assisted Living for Seniors of All Incomes

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. Through 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.

FROM THE BOARD PRESIDENT

It's hard to believe it's already February – a short month, but a significant one: Groundhog Day (I'm hoping that spring comes soon!) Presidents' Day and my favorite - Valentine's Day I am a big fan of chocolates and flowers. **If there's someone in your life you'd like to remember, consider making a gift to the Brookline Senior Center in their honor.**

Valentine's Day also reminds me to take stock of whether I've honored the organizations I love as well. I care deeply about the future of the Brookline Senior Center and as a result, have included the Senior Center in my estate planning.

Perhaps you'd like to do that as well. It's relatively easy. See the box below for suggested bequest language. Consider making the Brookline Senior Center a beneficiary of your Life Insurance Policy, IRA or 401K. **By planning ahead now, you can help insure a vital Senior Center for years to come.** Be sure to let us know that you've included the Brookline Senior Center in your will or trust so we can recognize your generosity and **include you in our Ambassador Club.**

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

MOUNT PLEASANT HOME

WORRIED ABOUT A SENIOR LIVING ALONE?

Gorgeous, compassionate, HAPPY home for seniors who need a little help

All-inclusive & affordable!

Near the Brookline Border

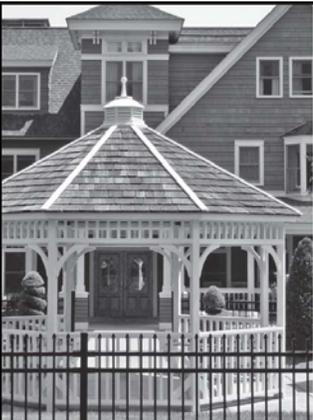



617.522.7600 301 South Huntington Ave, Jamaica Plain, MA
www.MountPleasantHome.org

SUGGESTED BEQUEST LANGUAGE FOR GIVING

(Please consult with your lawyer or financial advisor)

"I give \$_____ (or percent of my estate or percent of the remainder of my estate) to Brookline Multi-Service Senior Center Corporation (EIN 04-2719972), a Massachusetts non-profit corporation, currently located at 93 Winchester St, Brookline, MA 02446 to be used for its general purposes."



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

Lance Chapman
617.731.8500 x105
www.goddardhouse.org



The Recipe for Living

Assisted Living in Brookline

FROM THE DIRECTOR

What we do matters... Whether we are hosting someone's 100th birthday or helping someone find housing or receiving a gift from someone's estate we are proud to be a vital part of the community. We provide not only a safe haven for our elders but also a vibrant community center. I am taking a moment to recognize the importance of our work. I would like to thank this incredible community of people who enrich Brookline elders' lives each day. February brings some of the coldest weather and with it some winter blues. We at the Senior Center are here to help make the days go by in a warm and enjoyable way with lots of wonderful programs and activities. Please check our website or call our main number at 617-730-2770 for updates on cancellations due to snow.

I am inspired by our elders who bundle up and refuse to let the cold weather get them down. Your hearty disposition warms us all! So much is happening at the Senior Center that will keep your blood pumping. For example, check out the fitness center, Zumba Gold, Modern Dance classes or Ping Pong.

I am concerned about the freezing temperatures of February, if you have turned down your thermostat to save money, make sure you wear some warm fleece. Please call our information and referral desk if you are having trouble with your heating bills to apply for fuel assistance. We are also helping with SNAP food stamp applications. Don't forget about our food commodity program that makes available 35 pounds of non-perishable items monthly. In addition, for frugal living always, come to the Center for a nutritious hot meal and visit our food program on Tuesdays.

A wonderful reminder that the days are getting longer as the light returns this month: On January 1, the sunset was at 4:23 pm, on February 1, 4:59 pm and by February 28 the sunset will be at 5:33 pm giving us more sunshine each day even though we are still in the midst of winter.

Ruthann Dobek-Director

GALLERY 93

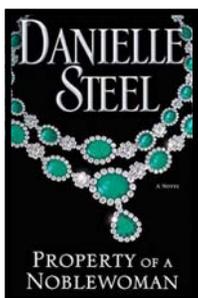
Group
Meditation
Watercolors
by
Shirley Selhub

January 3
through
February 28

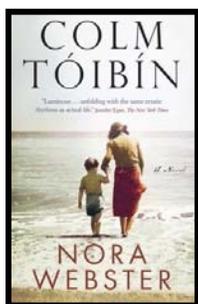


BOOK DISCUSSION GROUP AT THE PUTTERHAM LIBRARY

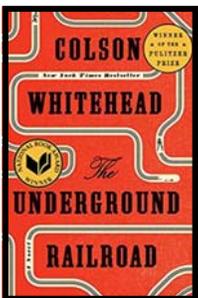
Meetings are in the community room at the Putterham Branch Library. New members are always welcome. Our monthly meetings are on **Mondays from 2:00–3:00 pm**. Books are available at the Putterham Branch Library. The discussion leaders for this Book Group are Charlotte Millman and Batia Bloomenthal.



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)

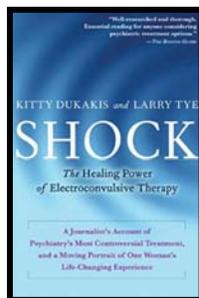
May 21
A Spy Among Friends: Kim Philby and the Great Betrayal
by Ben Macintyre

June 18
The Woman in Cabin 10
by Ruth Ware

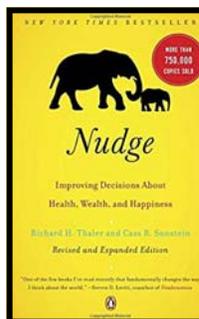
PUBLIC ISSUES NONFICTION BOOK DISCUSSION GROUP *At the Senior Center*

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.

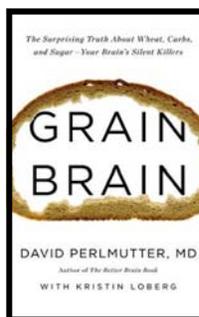
The Coolidge Corner Branch Library will have copies of the books available several weeks ahead of each meeting. Suggestions for future titles are encouraged. Meeting time is **9:00 to 10:00 am on the fourth Tuesday of each month**.



February 27
Shock: The Healing Power of Electroconvulsive Therapy
by Kitty Dukakis and Larry Tye



March 27
Nudge: Improving decisions about health, wealth and happiness
by Richard H. Thaler and Cass R. Sunstein



April 24
Grain Brain: The Surprising Truth about Wheat, Carbs and Sugar-Your Brain's Silent Killers
by David Perlmutter

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

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 @ 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 ours.

MEMORY CONNECTIONS CAFÉ



On **Wednesday, February 28 from 1:30-3:00pm**, the Senior Center offers a free monthly Memory Connections Cafe for people with early memory challenges and their care partners 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 care partner 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. This month's event is sponsored by Heathwood Healthcare.

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
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Israel, Van Kooy & Days, LLC



Laurie Israel, Esq.
617-277-3774
e-mail: lisrael@ivkdllaw.com
web: www.ivkdllaw.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

**-SAVE THE DATE-
ENDING AGEISM**



The major obstacle to aging well is ageism. Today ageism cuts deeper into older people’s self worth and human relations beyond the reach of the law or public policy.

Margaret Morganroth Gullette, who for over twenty years has been one of the world’s leading au-

thorities on age and ageism wants to ignite a movement #Me Too Against Ageism. In her book *Ending Ageism*, Gullette provides evidence of the sudden onset of age-related shaming and discusses the next steps that a movement might take to fight ageism together. Talk and book signing with Margaret Gullette will be held on **Thursday March 8 from 6:00-7:30 pm at Hunneman Hall, Brookline Public Library**. This program is free of charge but registration is required. Please call 617-730-2770 to register.

Refreshment will be served from 6:00-6:30 discussion 6:30-7:30.pm.

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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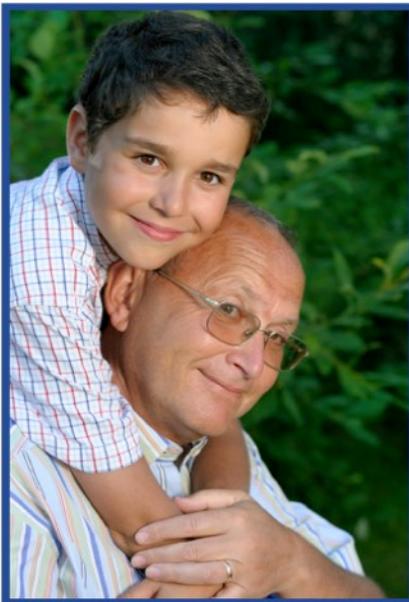
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Hebrew SeniorLife is about options and choices for seniors. Nowhere is this more evident than at Center Communities of Brookline—three buildings in the heart of Brookline. These buildings provide an affordable home to 600 seniors who live independently, 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



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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 spir-

itual 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.

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** to 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.

MASS COLLEGE OF PHARMACY



Join students and faculty from MCPHS University on **Thursday, February 22 at 1:00pm** for an interactive information session on osteoporosis. Faculty and students always encourage questions!

THE IMPACT OF THE EQUIFAX BREACH AND HOW TO PROTECT YOURSELF

In September, 2017, Equifax announced a data breach that compromised personal identifying information of nearly 150 million American consumers. The data hacked includes name, address, date of birth, Social Security number, and for many, credit card accounts and dispute information - all the information an identity thief needs to steal your identity and your hard earned money. Join us at the Senior Center on Wednesday, February 14 at 2 pm for a presentation on the Equifax breach, how to protect yourself and your identity, as well as other current scams and fraud. Handouts and light refreshments will be available. This program is sponsored by District Attorney Morrissey's office. Please call 617-730-2770 to register.

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.



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FEBRUARY 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, February 20 we celebrate February birthdays at the monthly Birthday Lunch. The sponsor of this lunch has happily provided a complimentary lunch and a small gift to all February 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.

SAUL J. FELDMAN, Esq.

saul@feldmanrelaw.com

ANGEL K. MOZINA, Esq.

angel@feldmanrelaw.com

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LET'S GO OUT TO LUNCH BUNCH



Out to Lunch Bunch will dine at the Cheesecake Factory in Chestnut Hill on **Tuesday, February 27 at 12:00**. The van will leave the Senior Center at **11:30 am sharp!** For reservations and transportation, please call 617-730-2770.

FEBRUARY LUNCH SPECIALS

Monday, February 5 No Springwell Lunch-Chinese New Year!

Wednesday, February 14 : Vegetarian Lasagna w/Tomato Sauce, Green Beans & Red Peppers, Snowflake Wheat Dinner Roll and Chocolate Mousse

Monday, February 19: PRESIDENT'S DAY HOLIDAY MEAL SITE CLOSED

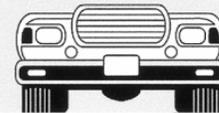
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MOVIES FOR FILM LOVERS

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



Tuesday, February 6

***Marshall* (2017)**

1 hr. 58 min.

About a young Thurgood Marshall, the first African-American Supreme Court Justice, as he battles through one of his career-defining cases.



Tuesday, February 14

***The Road Home* (1999)**

1hr. 29min.

Prompted by the death of his father and the grief of his mother, a man recalls the story of how they met in flashback.

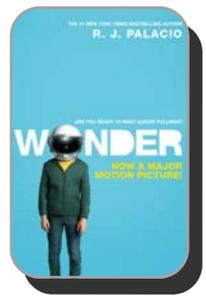


Tuesday, February 20

***Race* (2016)**

2 hr. 14 min.

Jesse Owens' quest to become the greatest track and field athlete in history thrusts him onto the world stage of the 1936 Olympics, where he faces off against Adolf Hitler's vision of Aryan supremacy.



Tuesday, February 27

***Wonder* (2017)**

1hr.53 min.

Based on the New York Times bestseller, WONDER tells the incredibly inspiring and heart-warming story of August Pullman, a boy with facial differences who enters fifth grade, attending a mainstream elementary school for the first time.

SPECIAL FRIDAY FLICK



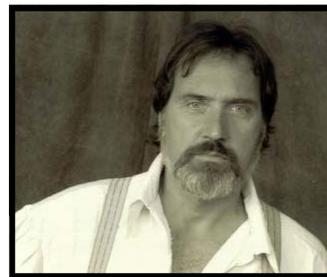
Friday, February 9 at 1:00 pm

***Dark Girls Documentary* (2011)**

1hr. 11 min.

Join us on Friday, February 9 at 1:00 pm for a screening of this fascinating and controversial film which goes underneath the surface to explore the prejudices dark-skinned women face throughout the world. It explores the roots of classism, racism and the lack of self-esteem within a segment of cultures. Please note: Due to our space limitations, this film will be shown on the large screen TV in Room 103. To register, please call 617-730-2770.

THE MANY FACES OF LOVE WITH STEPHEN COLLINS



The Ancient Greeks had six words for love. Their meanings ranged from the erotic passion that can rob us of our senses to the self compassion that empowers us to give love to others. Join Stephen Collins for an afternoon of sonnets and passages that are all about love on **Thursday, February 15 at 1:00 pm**. To register, 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. Both sections will run **on Thursdays, through 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.

BROOKLINE MUSIC SCHOOL CONCERT



Join us on **Wednesday, February 7 at 1:00 pm** when our Brookline Music School performers



will be Atsuko Jozaki, piano, and Julianne Johnston, flute. We hope to see you there!

MAHJONG



Calling all Mahjong players on **Mondays and Thursdays from 12:30-3:00 pm** for a social game of Mahjong.

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FEBRUARY AT A GLANCE

Thursday, February 1

1:30pm Easy Travel to Nigeria with Patricia Burns
12:30-3:00pm Brookline Adult Excursions***/*
1:30pm Zumba Gold-\$7 per class and Free to BHA

Friday, February 2

Monday, February 5

12:30pm Chinese New Year-Year of the Dog***
1

NO SPRINGWELL LUNCH TODAY

2:00pm Drum Circle Class

Tuesday, February 6

1:00pm Movies for Film Lovers-*Marshall*

Wednesday, February 7

9:00am-12:00noon Brookline Legal Assistance Bureau

1:00pm Brookline Music School Concert

1:30-3:00pm Getting around using Uber and LYFT***/*

2:00-3:00pm Blood Pressure Screening at BPHD*

Thursday, February 8

1:00pm Heathwood Cake Decoration***

1:30pm Zumba Gold-\$7 per class and Free to BHA

Friday, Friday 9

1:00pm "Dark Girls" Documentary NOTE: in room 103 ***

Sunday, February 11

5:00pm MISTRAL***

Monday, February 12

2:00pm Drum Circle Class

Tuesday, February 13

1:00pm Movies for Film Lovers- *The Road Home*

Wednesday, February 14

12:00 noon Springwell Valentine Day Lunch***

1:00-1:30pm Barbershop Quartet***

1:00-2:00pm Blood Pressure Screening at Sussman House*

1:30-3:00pm Getting around using Uber and LYFT***/*

Thursday, February 15

1:00pm *The Many Faces of Love* with Stephen Collins***

1:30pm Zumba Gold-\$7 per class and Free to BHA

1;00-2:00pm Brookline Hearing Service

1:00-2:00pm Blood Pressure Screening at the Senior Center

Friday, Friday 16

Saturday, February 17

11:00-1:00pm LGBT Out to Lunch Bunch***/*

Monday, February 19

Presidents Day CLOSED

Tuesday, February 20

10:00am-12:00noon Tax Exempt Information Session

12:00 noon February Birthday Lunch ***

1:00pm Movies for Film Lovers- Race

Wednesday, February 21

1:00pm Roland Hayes/John Wilson Presentation***

Thursday, February 22

1:00pm Mass College of Pharmacy Presentation

Friday, February 23

Saturday, February 24

3:00pm Cool Classics Concert at Goddard House***/*

Monday, February 26

2:00-3:00pm Book Discussion group at Putterham Library*

Tuesday, February 27

9:00-10:00am Public Issues Book Discussion group at the Senior Center

12:00noon Out To Lunch Bunch-Cheesecake Factory***

1:00pm Movies for Film Lovers- *Wonder*

2:00-3:30 Job and Volunteer Search Network***

Wednesday, February 28

1:00-2:00pm Blood Pressure Screening at Park Street*

1:30pm Memory Café***

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 Member-
ship 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 member-
ship 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.brooklineadulthood.org to register

*** Registration Required

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 February we will meet on the 17th 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

MISTRAL VALENTINE CONCERT



MISTRAL has been bringing “unstuffy, unpredictable, and unmatched” concerts with internationally re-

nowned musicians to the Greater Boston area since 1997. Under the leadership of Artistic Director Julie Scolnik, Mistral performances are always a little eccentric, stubbornly personal, impassioned, and committed to invigorating old traditions with an ever-youthful perspective.

The Mistral 2017-18 concert season is funded in part by the Massachusetts Cultural Council. Join us on **Sunday, February 11 at 5:00 pm** at St. Paul’s Episcopal Church in Brookline for a Valentines Schubertiade.

Tickets: \$35. Group and student rush tickets available. Buy securely online and print directly at www.MistralMusic.org , or call 978-474-6222 or e-mail sales@MistralMusic.org.

THE REUNION PROJECT IS BACK!



In case you missed the 2017 exhibit at the Senior Center, we are please to announce that Lora Brody's Reunion Project exhibit featuring many famil-

iar Brookline Senior Center, Center Communities, and Goddard House faces will once again be on display in Hunneman Hall, Brookline Public Library. Village Branch. The project will continue through **March 13, 2018**. This project was sponsored by BrooklineCAN, the Brookline Council on Aging, Center Communities of Brookline and Goddard House Assisted Living.

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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 **February 7 from 1:30-3:00 pm. and February 14 from 12:30-1:15 pm.** This is a multi session class that meets at the Brookline Main Library Branch.

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. If you would like to join for the last two session please register by calling the TRIPPS line at 617-730-2644 Registration is limited.

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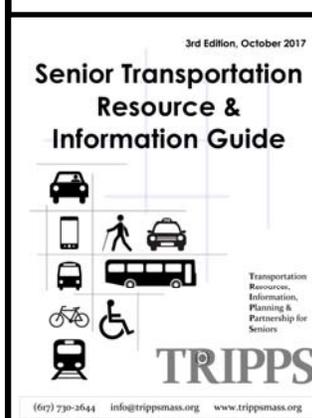


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NEW TRANSPORTATION & INFORMATION RESOURCE GUIDE



The third edition of the TRIPPS Resource Guide has been published! Included in this most recent version are new entries on GoGo Grandparent, Help Around Town and the Passport Parking App. It also includes the new Brookline Senior Center

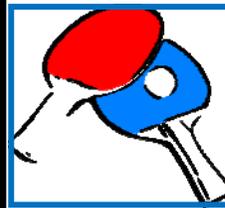
ICARE and Lyft Concierge Program. Contact us for a copy of the latest version and as always feel free to get in touch with your transportation questions, challenges, and successes! (617)730-2644 or info@trippsmass.org

**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.

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Computer one on one appointments with our volunteer Dan Siagel will be held in the 2nd floor nurse's office from **February 6–through April 10,**

while the AARP tax preparers are using the computer lab. There is no computer in that room but there is Wi-Fi. **The appointments will be limited to those people needing help with their own smart phones, tablets or laptops.** To schedule an appointment call Olga Sliwa at 617-730-2768.

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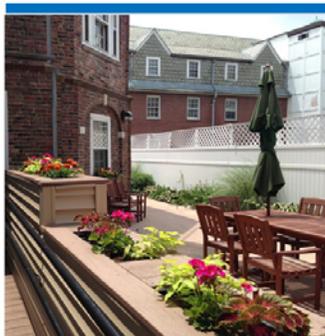
Mary Lou P. with Peggy Peck, her BAYADA Home Health Aide

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REAP

JOB AND VOLUNTEER SEARCH NETWORK

Join us for a series of workshops on **Tuesdays February 27, March 6, March 13 and March 20 from 2:00-3:30 pm** to share resources on job and volunteer search. This group is free, however registration is required by calling Patricia Burns at 617-730-2743.

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.



DO YOU LOVE TO READ

Especially on these long, cold winter days? Do you need someone to pick up and return library books during the winter weather? Would you also like to have someone read the same book as you and then have a visit and discuss the book? If so, please call Patricia Burns, the Volunteer Coordinator at the Brookline Center at 617-730-2743.

FEBRUARY SPOTLIGHTED VOLUNTEER OPPORTUNITIES



This month's spotlighted opportunities include: Coffee Duty Tuesday, Thursday and Friday mornings 8:00-9:00am; Food Commodity program on 3rd Wednesday of each month – Russian interpreters morning and afternoon shifts and people able to help with phone calls and/or lifting 30-35 lbs. in the morning; Food Pantry - volunteers for morning and afternoon (able to lift 30 lbs.) set-up, shopping assistance and Russian interpreters for Tuesday afternoons (1-4); Smartphones and other technology -1-on-1 assistance for seniors with their Smartphones and other technology. If you would like to apply for these or other volunteer opportunities at the BSC, 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.

COLDS

Researchers recently discovered that in cold weather, covering the nose with a scarf to keep your nose warmer may help prevent colds. They believe that breathing in cold air may lower the immune system, making it harder to fight off the virus that causes colds.



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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honoring the Chinese Mah Jong program
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Anonymous *honoring* Lynn Modell's dance class

VOLUNTEER SPOTLIGHT

DANIEL PRICE



Daniel started his piano journey at 2 with an 8 note child's piano. He quickly learned the names of the notes and at age 4 his mother enrolled him in piano lessons. He took piano lessons throughout elementary and high school and guitar starting in 2001. Daniel graduated with a double major from Berkeley School of Music in 2017. Daniel became a volunteer at the Senior Center in 2017 and recently gave a fantastic concert complete with old favorites, original pieces honoring some of our volunteers and informative introductions to each piece.

When asked why he chose to work with seniors, Daniel said that he lost his grandfather in 2013 and then began checking in even more regularly with his grandmother with whom he had a wonderful relationship. He felt that seniors are too often interrupted in their storytelling and wanted to work with them to give them space for reminiscing. He then researched top senior centers in the Boston area and settled on our Brookline Senior Center. Look for another concert by Daniel in March and as entertainment at the Volunteer Luncheon.

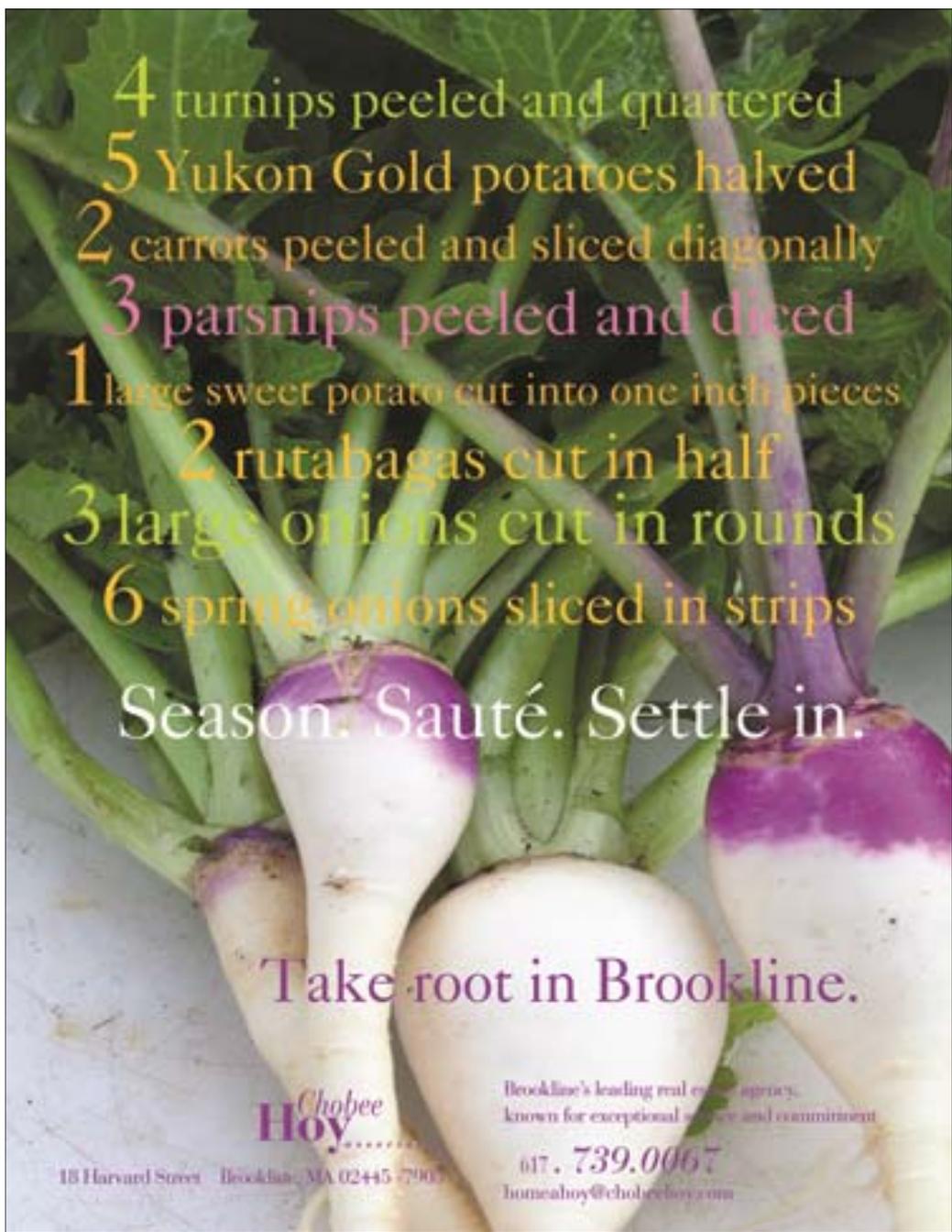
TUESDAY MORNING DANCE PARTY

Modern Dance is now **Tuesday Morning Dance Party!** Join instructor, Lynn Modell **every Tuesday morning from 11:00-11:45 am** for the same great fun and dancing. All for a suggested donation of \$2 per class.

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3 parsnips peeled and diced
1 large sweet potato cut into one inch pieces
2 rutabagas cut in half
3 large onions cut in rounds
6 spring onions sliced in strips

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