TOWN OF BROOKLINE
SENIOR NEWS AND EVENTS

Council on Aging

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

Brookline Senior Center
93 Winchester Street
Brookline, Massachusetts 02446

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

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

Brookline Community Aging Network
www.BrooklineCAN.org

HIGHLIGHTS

Women's History Month on **Monday, March 3 at 1:00 pm.** (See p. 7)

St. Patrick's Day celebration on **Tuesday, March 18, from 1:40 to 3:00 pm.** (See p. 3)

Coolidge Corner Community Chorus on **Saturday March 29 at 1:00 pm. (**See p. 7)

Remember on **Sunday, March 9 t**o Spring Forward.

MARCH 2014

SOS RESTAURANT EVENT

Don't miss our annual Stock Our Shelves (SOS) Restaurant Event at the Senior Center on **Wednesday, March 19, from 4:00 to 6:00 pm** to support Brookline hunger initiatives: all the Brookline food programs—the Brookline Food Pantry, Meals on Wheels, and the Brookline Food Cooperative (the latter at the Senior Center). Enjoy live entertainment while you sample cuisine including Italian, Asian, Mexican and more.

The ***admission fee*** for this event is a donation of $5.00 to the Brookline Senior Center and two to three nonperishable items from the Brookline Food Pantry's special needs list: instant coffee; cup of soup/ramen noodles; mayonnaise; packets of powdered milk; tea bags; packets of cocoa; canned meats and fish, canned vegetables, fruit, and hearty soups. Macaroni and cheese and other boxed dinners; rice; pasta/pasta sauce; hot and cold cereals; jellies and jams; cooking oil; baby food; shampoo; hand, dish, and laundry soap; toothpaste; and toilet paper.

Preregistration is required. For more information and to make reservations, call 617-730-2770.

Bring extra cash to the event as there will be many goodies and services raffled off.

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

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2014 SOCIAL WORK MONTH

"All People Matter."
This theme was selected to help raise awareness about the American social work profession's 116-year commitment to improving social conditions and quality of life opportunities for everyone. Social workers across the globe believe that all people have dignity and deserve respect.

Did you know?

- The American social work profession was established in the late 19th century to ensure that immigrants and other vulnerable people gained tools and skills to escape economic and social poverty.
- The profession of social work helps people in their personal and interpersonal lives in order to achieve social improvement, and pursues social change to benefit a wide variety of individuals, families and communities.
- Social workers believe that everyone has the right and potential to lead a productive and fulfilling life. Social workers believe in the importance of human relationships in civil society, and that each person has dignity and worth.
- The NASW Code of Ethics prioritizes human well-being.

The policies and programs created by social workers throughout U.S. history seek to give more people—regardless of life circumstances—the opportunity to cope with and overcome obstacles. If you know a Social Worker this is a good time to say thank you for their service.

www.socialworkers.org

FITNESS CENTER HOURS

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

MARCH OBSERVANCES

There are no holidays in March, which the Senior Center closes. Programs can be enjoyed Monday through Friday all month. In addition, to Social Work month, we celebrate Women's History (see p. 7), National Craft and Irish Heritage month. In addition, Mardi Gras March 4, Learn about Butterflies Day on March 14, St. Patrick's Day and Evacuation Day on March 17, the first day of Spring March 20, and Tolkien Reading Day March 25.

ST PATRICK'S CELEBRATION

Come to the St Patrick's Day celebration on **Tuesday, March 18, 1:45 to 3:00 pm** in the Dinning Room at Center Communities of Brookline. The Senior Center and Centre Communities are sponsoring this joyous event featuring Tim McHale who's music is inspired by Ireland's rich musical heritage.

Registration for this event is required. Residents of Centre Communities of Brookline can sign up at their buildings (100 and 112 Centre Street and 1550 Beacon Street). Everyone else wanting to join in the fun can register by calling 617-730-2770.

SAVE THE DATE

Mass Senior Action Council Presentation to strengthen Medicare

On Wednesday, April 16 at 1:00 pm join us for a presentation on the council's current campaign to uncover the extent of the obstacles to Medicare, to strengthen Medicare, and to increase access to healthcare for all. Learn about our mission and past victories, share your stories, and find out how you can become part of a powerful statewide movement to hold decision-makers accountable.

THE **HEALTH** PAGE

Beth Israel Deaconess Medical Center

Ask a Nurse The nurse from the Greater Medford Visiting Nurse Association will visit the Senior Center on to do blood pressure screening and help you with your health questions. For more information call 781-396-2633. At press time we did not have the date so please watch the TAB for time.

Podiatry Clinic Routine foot care with Dr. John McLaughlin is available at the Health Clinic at the Senior Center on **Fridays, March 7 and 21 from 9:00 am to 12:00 noon.** Sessions, which last 15 minutes each, cost $30. Appointments are required. Call 617-730-2777.

Low Vision Group This peer-led support group for individuals with limited eyesight will be held on **Wednesday, March 19, 2014.**

Blood Pressure Screening Barbara Westley, the nurse from the Brookline Public Health Department (BPHD), will provide blood pressure screening at the following locations:
Barbara will provide screenings at the Senior Center

- On Thursday, March 20, from 9:00 to 10:00 am at the Senior Center.
- On Wednesday, March 5, from 2:00 to 3:00 pm, at the BPHD building on Pierce Street.
- On Wednesday, March 12, from 1:00 to 2:00 pm at Sussman House, 50 Pleasant Street
- On Wednesday, March 26, from 1:00 to 2:00, pm at O'Shea House, 61 Park Street.
- On Wednesday, March 26, from 1:00 to 2:00, pm at O'Shea House, 61 Park Street.

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

EYEGLASSES AND CELL PHONES

Thank you to everyone who stopped by our Climate Action Week 3R Depot table to donate eyeglasses and cell phones. If you missed us at the 3R Depot, please know that we have a collection box for both eyeglasses and cell phones in the lobby of the Senior Center. Items can be dropped off during our regular business hours, Monday through Friday from 8:30 am-5pm.

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 mcosgrove-deery@brooklinema.gov or call at 617-730-2743. I will make sure that Dr. Salamon gets the questions and answers them in the Newsletter.*

Q. Can you address the issues of drug abuse in older adults?

A. Substance abuse among older adults is a fast-growing problem. However, it is under-identified, under-diagnosed and under-treated. There are several possible reasons for this:
Many older people as well as their children feel embarrassed or ashamed about the use of substances and don't seek professional help older adults may be held to different standards ("Grandma's cocktails are the only thing that she looks forward to.")
Because of hurried doctor's visits that are spent on other issues, substance abuse is easily overlooked. Assumptions exist that alcohol or substance abuse problems can't be successfully treated in older adults. Older adults rarely use alcohol or drugs to "get high", but rather they turn to them to alleviate the physical and psychological pain from medical and psychiatric illness, the loss of loved ones or social isolation.

Although alcohol is clearly the most commonly abused drug in older people, nonmedical use of prescription drugs is a rapidly growing threat. Some studies estimate that up to 10 percent of the elderly misuse prescription drugs with serious abuse potential, most often anti-anxiety benzodiazepines like Klonopin or Ativan, sleeping pills like Ambien and opiate painkillers like Oxycodone.
The problem is that these psychoactive drugs are all addicting and can impair memory, cause depression, increase the risk of falling and interact dangerously with other medications. Illegal drugs such as cocaine, methamphetamines, heroin and even marijuana are being seen more and more as the "baby boomers" reach 65. This will no doubt become dangerous problems as they develop heart disease and other issues which will interact with these substances. Some signals that may indicate a drug or alcohol related problem are:

- Memory trouble after having a drink or taking a medication
- Loss of coordination (walking unsteadily, frequent falls)
- Changes in sleeping habits
- Unexplained bruises
- Being unsure of yourself
- Irritability, sadness, depression
- Unexplained chronic pain
- Changes in eating habits
- Wanting to stay alone much of the time failing to bathe or keep clean
- Having trouble concentrating
- Difficulty staying in touch with family or friends
- Lack of interest in usual activities

It is never too late to address the problem of drug or alcohol over-use. As people live longer, it is very important that their last stage of life not be ruined by the potential side effects of substance abuse. See p. 14.

MOUNT PLEASANT HOME

Announces the Grand Opening of our New Addition!

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- Medication administration
- 100% accessible
- Leisure and wellness activities
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617-522-7600 **301 South Huntington Ave, Jamaica Plain**

SENIOR SERVICES

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

BETS (Brookline Elder Taxi System), the taxi discount program that allows income-eligible Brookline residents over 62 to buy up to five (5) coupon books a month at a 50% discount ($25 a month yields $50 worth of cab rides as each coupon book has 10 coupons each worth $1 and a book costs $5). BETS is sponsored by the Council on Aging, CDBG, and all licensed Brookline cab companies.

BETS coordinator Alicia Ebrat is at the Senior Center every **Monday through Wednesday from 12:00 noon to 4:00 pm** to take applications for, and sell, BETS coupon books. For more information, call Alicia at 617-730-2740.

If you are applying for the first time or being recertified, bring your 2012 income tax returns when you meet with Alicia. If you do not have to file tax returns, check with Alicia before you come in about the necessary documentation. (All riders must be recertified every year in order to be able to buy BETS coupon books.) Eligibility requirements: An individual's maximum annual income cannot exceed $47,450; a couple's, $54,200.

BETS service is available for use in all cabs of all companies that are based in Brookline. **It's the law;** If a cab driver from a Brookline-based company gives you trouble about using the coupons, report it to the COA at 617-730-2777. Also note that the coupons cannot be used for tipping. To tip a driver for good service, use cash.

BLAB A Brookline Legal Assistance Bureau volunteer lawyer will be available on **Wednesday, March 5 from 9:00—12:00** to consult on legal matters of law **.** This service is offered free of charge, and no appointment is needed.

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

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

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

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

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

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

BROOKLINE MUSIC SCHOOL CONCERT

This month's Brookline Music School concert is on **Wednesday, March 5, at 1:00 pm** at the Senior Center. Featured will be Bryan Eyberg, pianist, keyboardist, and composer. Bryan has experience accompanying singers and instrumentalists and currently plays keyboard for various bands in the Boston area. Bryan has performed across the mid-west and throughout the Boston area and has also written and produced two albums of his own music.

COOLIDGE CORNER COMMUNITY CHORUS

On **Saturday March 29 at 1:00 pm** The Coolidge Corner Community Chorus, Directed by Lee Colby Wilson, will sing music from all periods. as well as little known but greatly loved ancient and contemporary compositions. As one of Bach's major biographers wrote, referring to Bach's choral works, "in the end, these pieces are best performed by amateurs, for it is they who have the heart for it." It is the "heart for it" that informs our repertoire choices. This program is supported by a grant from the Brookline Community Foundation.

Brookline Community Foundation

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Research conducted at Boston College

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

CELEBRATE WOMEN'S HISTORY MONTH

On Monday, March 3 at 1:00 pm SALLY MATSON will bring to life the history of the famous photographer Margaret Bourke-White...

She had the ability to make powerful machines look like art which was just what the country wanted in the 1920's, when we were worshipping industrial expansion. Then, as the Depression brought heartache and despair, she began to concentrate on the people behind the machines.

In this presentation, you will experience Bourke–White and her adventures climbing on skyscrapers, leaning out of airplanes, going into war zones. She covered life during the Depression, went on a bombing mission, photographed Stalin, Churchill, Patton, and Gandhi. She had an indomitable spirit and a craving for attention. This was a woman determined to be the best, and the first!

Tim Beck Bourke-White photos

LET'S GO OUT TO LUNCH BUNCH

Dine with the Let's Go Out to Lunch Bunch at **12:00 noon on Tuesday, March 25**, at the Family Restaurant 305 Washington Street, Brookline. For reservations and transportation, a call 617-730-2770.

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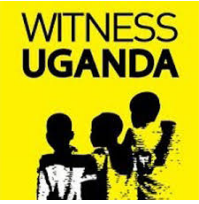
SENIOR CENTER THEATER CLUB



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

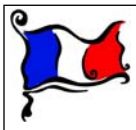
The Seagull **$25**
Sunday, March 23 at 2:00 pm *at the Huntington Theater.*

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

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

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

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



FRENCH CONVERSATION

Enjoy a relaxed and friendly conversation in French while you hone your language skills **Tuesdays in March at 12:00 noon**. The group is led by Agnes Serenyi.

SENIOR CENTER FOOD DISTRIBUTION SITE

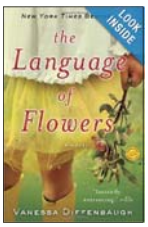
There is free food distribution at the Senior Center every **Tuesday from 2:00 to 4:00 pm**. Get a number in the coffee lounge. Do not go down to the basement until your number is called.

A variety of food 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, see Lydia Pearl at the Senior Center on Tuesday mornings. **We have implemented the following changes: Number distribution will begin at 11am and the first 50 numbers will be randomly drawn from a container.**

PUTTERHAM BOOK DISCUSSION GROUP

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

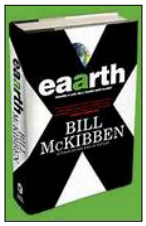


March 17, *The Language of Flowers* by Vanessa Diffenbaugh
After a childhood spent in the foster-care system, Victoria is unable to get close to anybody, and her only connection to the world is through flowers and their meanings.

PUBLIC ISSUES NONFICTION BOOK DISCUSSION GROUP

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

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



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

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

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

DRINKING, DRUGS & ROCK 'N ROLL:

Substance Use by Older Adults and Boomers in a New Age.

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

Join Carol Girard, M.A , project manager at the Mass Department of Public Health Bureau of Substance Abuse Services and her colleague, Eric Hardt, M.D. of the Boston Medical Center will discuss substance use and aging in the new age of older adults from a public health perspective. They will discuss the research on current use and projections for the future. On the extreme end, substance abuse is expected to double in adults over 50 between 2005 and 2020. If this shocks or surprises you bring your questions and viewpoints for this important discussion. This program is free and preregistration is not required. To insure seating or for more information call 617-730-2770.

SAVE THE DATE

Thursday, May 15 from 6:00-8:00 pm. *Everything You Ever Wanted to Know about Elder Care But Were Afraid to Ask.*

A Panel of experts moderated by Massachusetts Secretary of Elder Affairs, Ann L. Harstein, will discuss trends and changing models of elder care available to senior adults in Massachusetts. You'll have an opportunity to gather information about home care and residential options, including a growing array of new services. Whether you are exploring elder housing or care for yourself or a loved one, you'll receive practical and helpful information. This program will be held at the Senior Center and is free. To insure seating call 617-730-2770.

INCOME TAXES

Once again, we face the inevitability of filing income taxes. And again help will be available at the Senior Center, courtesy of the AARP tax prep service. At present, our preparers plan to be here **on Tuesdays in March**. We will take appointments for tax preparation help, Since this service is extremely popular, sign up as soon as possible so you do not miss out. To make an appointment, call 617-730-2777.

REIKI THERAPY

Reiki is a safe, gentle, noninvasive form of hands-on healing. People who receive Reiki, report benefits that include a general feeling of well-being, increased energy and relaxation, and reduced pain. It can positively affect physical, mental, and spiritual levels and can help people access their innate healing capacity.

Akemi Minami, certified Reiki therapist, offers individual, 25-minute appointments to Brookline seniors age 60 and older and Senior Center volunteers on **Tuesdays from 9:00 am to 12:00 noon** at a special, discounted rate—a donation of $7 per session. You can also buy a book of 5 treatments for $25 as a gift or for yourself.

If you are interested in Reiki treatment, be sure to consult with your physician before deciding if this or any treatment is right for you. For more information, call 617-730-2777.

EASY TRAVEL

On **Thursday, March 6 at 1:30 pm** travel with Mimi Katz, Coordinator, as she visits points of interest in on Martha's Vineyard.

ZUMBA® FOR EVERYONE

Get in shape and have fun doing so in this dynamic and effective fitness program. Zumba® Gold at the Senior Center.

Free class on Thursday, March 27 at 1:30 pm, and on Thursdays, April 3 through May 22 at 1:30 pm. The cost for the 8 week session is $45 or $7 per session. It is still free for Brookline Housing Authority residents thanks to a generous grant from Brookline Community Fund.

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

For information on Ageless Grace and Zumba Gold call Sharon at Devine 617-730-2769.

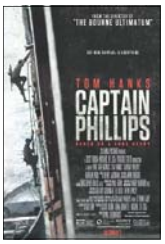
WOMEN'S HISTORY MONTH

Special Celebration

Join our Senior Center friends, Jackie Wright, Estelle Record-Stanley, Eve Soumerai, and emcee, Rita McNally for an afternoon celebrating women's rights, freedom, and equality on **Monday, March 24 at 1:00 pm.** There will be song, dance, and spoken word, followed by light refreshments.

MOVIES FOR FILM LOVERS

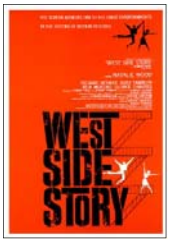
Come to the Senior Center **Tuesdays in March at 1:00 pm** for a fine feature film. Make a reservation for lunch (see pp. 16-17 for menus and reservation instructions), and make an afternoon of it.



Captain Phillips 135 min
Tuesday, March 4

2013

The true story of Captain Richard Phillips and the 2009 hijacking by Somali pirates of the US-flagged MV Maersk Alabama, the first American cargo ship to be hijacked in two hundred years.



West Side Story 152 min
Tuesday, March 11

1961

Winner of ten Academy Awards including Best Picture, this electrifying musical sets the ageless tragedy of Romeo and Juliet against a backdrop of gang warfare in 1950s NewYork. This movie features an unforgettable score, exuberant choreography and powerful performances by Natalie Wood, Russ Tamblyn, Richard Beymer, Rita Moreno and George Chakiris.

National Treasure 124 min.
Tuesday, March 18

2004

National Treasure is an American adventure/heist film produced and released by Walt Disney Pictures.

Blue Jasmine 1hr. 38 min.
Tuesday, March 25

The film revolves around Jasmine Francis, a New York socialite whose life implodes after she is left bankrupt and widowed by her fraudulent husband. Stripped bare, with no money or direction, Jasmine moves in with her sister Ginger in San Francisco. What follows is a series of ill-maneuvered attempts at social climbing and a woman's desperate bid to reclaim her lost glory.

Note: Our new A/V equipment has arrived and that we encourage you to come in and hear the wonderful new sound.

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BROOKLINE ADULT & COMMUNITY EDUCATION SPRING OFFERINGS

Brookline Adult & Community Education (BA&CE) offers many courses at the Senior Center each term, and the Spring term is no exception. For more information about these courses, consult the BA&CE Spring 2014 catalog available widely in Brookline or online at brooklineadulted.org. To register for these courses, call BA&CE at 617-730-2700 or access it online at brooklineadulted.org.

Senior S-T-R-E-T-C-H
Steve Shain
Course Code: D009 Mondays and Wednesdays March 24 through May 19 from 10:30 to 11:30 am. Fee: $79.

Strength Training for Seniors
Steve Shain
Course Code: D077 Mondays and Wednesdays March 24 through May 19 from 8:45 to 10:30 am. Fee: $89.

Introduction to Watercolor
Anthony Riccardi
Course Code: A002 Mondays, March 24 through May 19 from 10:00 am to 12:30 pm.

Literary Discussion Group: Spring Term
Samuel Lasman
Course Code: HU96 Tuesdays, March 25 through May 13 from 10:30 am to 12:30 pm. Fee: $126.

Telling Your Story: Senior Seminar in Autobiographical Writing
Irving Schwartz
Course Code: H065 Wednesdays, March 26 through May 14 from 10:15 to 11:45 am.
Fee: $70. Co-sponsored by the Council on Aging

Mastering Your iPhone or iPad
Marjorie Wein
Course Code: C311 Sec. 05 (iPad for Seniors): Mondays, March 10 and 17 from 9:30 to 11:30 am. Fee: $42.

Mastering Your iPhone or iPad
Marjorie Wein
iPhone for Seniors
Course Code: C311 Sec. 03 (iPhone for Seniors): Thursdays, March 27 and April 3 from 9:30-11:30 am. Cost: $42.

Nia for Seniors: Health Through Movement
Trial Course Mary Stevenson
Movements will be modified to accommodate physical limitations, and chairs will be available. Please bring a mat or towel.
Course Code: D130 Sec. 01 (trial course): Tuesday, March 25 8:30-9:30 am.

Reading the Book of Numbers
Judy Weiss
Course Code: H607
Mondays, March 24, 31, April 7, 28, May 5, 12, from 1:00 to 3:00 pm. Fee: $115.

BROOKLINE RECREATION ADULT EXCURSIONS

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

Pick ups and drop offs at the Soule Recreation Center and the Senior Center. To register for any program, call Elizabeth at 617-730-2082, the Recreation Dept. at 617-730-2069, or you can register and pay on the second floor of the Senior Center.

FINANCIAL EXPLOITATION?

The financial exploitation of elders is the improper or illegal use of an elder's financial resources through, but not limited to, deceit, coercion, or undue influence of the elder. Unfortunately this exploitation can take on many different forms. Use this guide to learn how to spot financial exploitation, what to do about it, and how to prevent it.

If You Are a Victim or Suspect Someone may be a victim of Financial Exploitation, or any type of Abuse:

- Contact the Elder Abuse Hotline: (800) 922-2275
- Contact the Executive Office of Elder Affairs (800)-243-4636
- Contact the Office of the Attorney General's Elder Hotline (888)-243-5337)

Tips to Prevent Elder Abuse

- Avoid isolation, stay active, and socialize with your family and friends.
- Monitor your financial transactions closely and confide in people you trust .
- Keep important legal and financial documents in a safe place.
- Be aware of telemarketers who pressure you into making an immediate decision .
- Safeguard your personal information and passwords.
- Be careful when responding to any solicitation – If it sounds too good to be true, it most likely is.
- Screen your calls and only answer when you recognize the name/number.
- Check with a trusted source before sending money or giving out any personal information.
- Avoid getting on a mailing list and don't fill out contest entry forms.

Be cautious about any calls you may receive from people claiming to be from Medicare, the Government, the IRS, or banks. Many scammers will call elders pretending to be a representative of one of the listed organizations. Always remember, actual representatives from these organizations will never ask you for personal information over the phone. It is a scam.

PROUD TO SUPPORT THE BROOKLINE SENIOR CENTER

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A GERIATRICIAN'S PERSPECTIVE

Join us on **Thursday, March 13 at 1:00 pm** to learn why you should have a geriatrician. Dr. Rhodes-Kropf, a geriatrician, at Harvard Medical School and Medical Director of Center Communities of Brookline for Hebrew SeniorLife will provide the answer. She has her Bachelor of Science from Duke University and Medical Degree from University of North Carolina of Chapel Hill. She did her intern year of her internal medicine residency at the Hospital of University of Pennsylvania and completed her residency at New York Presbyterian Hospital Cornell University. Dr Rhodes-Kropf did a geriatrics fellowship at Mount Sinai Hospital. She has board certification in 1) internal medicine, 2) geriatrics, and 3) palliative medicine and pain management.

ALZHEIMER'S CAREGIVERS SUPPORT GROUP

There are two sessions of this group per month at the Senior Center. Both are designed to help caregivers cope with the stresses and demands of helping their loved ones who are struggling with Alzheimer's disease.

The Afternoon Group will meet on **Friday, March 14. Call** group leader Elaine Yanowitz at 617-713-0420 for additional information and time.

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

We Love it Here!

Providence House Residents Joanne Day, Ralph Jacobson, and Pearl Lampert

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Should you Tweet
Should you Google
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Letter writing's
For the birds.
You could text with fewer words.

Telephone is out of date
Not the way to find your mate.

Facebook, Linkdin, J-Date too
Don't give up
And he'll find you.

Anita Garlick October 2013

SOUTH BROOKLINE SENIOR SOCIAL

On **Fridays, March 21 and 28 and April 4 and 11, at 10:30 am,** the South Brookline Senior Social meets at the Putterham Branch Library in the Community Room. Come enjoy free kosher pastries, coffee, tea and more. Meet your neighbors, make new friends, and have fun! For further information or to volunteer call Regina Millette Frawley at 617-469-0052.

Please check the Brookline TAB and the Senior News and Events for the latest scheduled programming, guest speakers.

On Friday, March 28 Brookline Police Patrol Officer, Ron McNeal, Community Service Department will conduct "A Senior Defense" program.

GOD GAVE A LOAF TO EVERY BIRD

God gave a loaf to every bird,
But just a crumb to me;
I dare not eat it, though I starve,--
My poignant luxury
To own it, touch it, prove the feat
That made the pellet mine,--
Too happy in my sparrow chance
For ampler coveting.

It might be famine all around,
I could not miss an ear,
Such plenty smiles upon my board,
My garner shows so fair.
I wonder how the rich may feel,--
An Indiaman--an Earl?
I deem that I with but a crumb
Am sovereign of them all.

Emily Dickinson

Bug-a-Boos

The air refreshes me.
The sun is a delight.
They take away the shadows of the night-
A time when darkness covers all,
And images loom large on the wall.
Day begins and I am here,
And the shadows of the night disappear.

Lila Sesholtz

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)

Springwell Nutrition Program—Brookline Senior Center
93 Winchester Street, Brookline MA

MONDAY	TUESDAY	WEDNESDAY
3 **HOT** Hot dog***, Baked Beans, Coleslaw, Hot Dog Roll, Mustard, Ketchup & Relish. **COLD** California Chicken Salad, Italian Bread, Cauliflower Carrot Salad, Garden Shell Pasta Salad. **Tropical Fruit**	4 **Vegetable Soup** **HOT** Creole Chicken, Brown Rice, Collard Greens & Onion, Corn Bread **COLD** Turkey & Swiss Cheese on Oat Bread, Mayo/Lettuce Leaf, English Pea Salad, Riviera Salad **Apple Bread Pudding**	5 **Kale Pasta Soup** **HOT** Fish w/Broccoli Cheese Sauce, Rice, Orzo & Peas, Country Blend Vegetable, Rye Bread. **COLD** Egg Salad on Pumpernickel Bread (V), Lettuce Leaf, Balsamic Vinaigrette Pasta, Carrot Raisin Salad. **Chocolate Pudding w/Topping**
10 **Cream of Tomato Soup** **HOT** Breaded Fish Sandwich on Hamburger Roll, Tartar Sauce, Sweet Potato Wedges, Cole Slaw. **COLD** Chicken Caesar Salad w/Croutons, Caesar Dressing, Parmesan Cheese, Pesto Pasta Salad, Multigrain Bread. **Pineapple**	11 **HOT** Stuffed Shells w/Tomato Sauce, Meatball, Parmesan Cheese, Mixed Vegetable, Multigrain Bread. **COLD** Ham***&Swiss Cheese on Rye, German Potato Salad, Broccoli Tomato Salad. **Pears**	12 **Escarole & Bean Soup** **HOT** Roast Pork w/Apple Cinnamon Glaze, Baked Potato w/Sour Cream, Mashed Potatoes, Jardinière Vegetable Blend, Garlic Wheat Dinner Roll. **COLD** Seafood Salad Sandwich on Oat Bread, Potato Salad, Spinach & Mandarin Salad. **Ambrosia Pudding w/Topping**
St Patrick's Day Special **HOT** ***Corned Beef Stew w/Cabbage, Turnip, Sliced Carrots & Onions, Broiled Potatoes w/Parsley, Golden Biscuit, Mint Green Pudding w/ Topping. **COLD** Turkey & Swiss Cheese on Scali Bread w/Lt Mayo, Garden Pasta Salad, English Pea Salad.	BIRTHDAY LUNCH **Vegetable Soup** **HOT** Baked Chicken w/Gravy Baked Potato w/Sour Cream & Margarine, Zucchini & Cauliflower, Oat Bread. **COLD** Seafood Salad w/Lettuce, Cole Slaw, Pasta Salad w/Cheese, Multigrain Bread. **Fruit Loaf**	19 **Corn Chowder** **HOT** Sweet Potato Crusted Fish w/Cream sauce, Herbed Brown Rice, Spinach & Mushrooms, Rye Bread. **COLD** Roast Beef w/American Cheese & Lettuce, Orzo Vegetable Salad, Garden Salad w/ Dressing, Oat Bread. **Fruit**
24 **Beef Consommé w/Vegetables** **HOT** Stuffed Pepper w/Ground Beef & Tomato Sauce, Creamy Parmesan Polenta, Green Cabbage, Wheat Bread. **COLD** Egg Salad w/Lettuce (V), Lo Mein Pasta Salad, Purple Cabbage Cole Slaw, Multigrain Bread. **Mixed Fruit**	25 **Seafood Chowder** **HOT** Salmon Boat w/Dill Sauce, Rice Pilaf w/Brown Orzo, Spinach & Mushrooms, Multigrain Bread. **COLD** Turkey & Provolone Cheese w/ Lettuce & Mayo, English Pea Salad, Cauliflower Carrot Salad, Oat Bread. **Rice Pudding w/Topping**	26 **Cream of Broccoli Soup** **HOT** BBQ Chicken, Carrots, Baked Beans, Corn Bread. **COLD** ***Ham & American Cheese w/ Lettuce on Rye Bread, Summer Squash Salad, Balsamic Vinaigrette Pasta Salad. **Fruit**
31 **Cream of Carrot Soup** **HOT** Roasted Turkey w/Gravy, Cranberry Sauce, Baked Potato w/Sour Cream & Margarine, Jardinière Style Vegetables, Multigrain Bread. **COLD** Seafood Salad w/Lettuce, Three Bean Salad, Macaroni Salad, Rye Bread. **Applesauce**		

THURSDAY	FRIDAY
6 **Minestrone Soup** **HOT** Roasted Turkey w/Gravy, Cranberry Sauce, Mashed Potatoes, Peas & Onions, Rye Bread. **COLD** Roast Beef w/Swiss Cheese on Multigrain, Lettuce Leaf/Lt Mayo, Garden Salad, Lt Italian Dressing, Tri-Colored Pasta Salad. **Pears**	7 **HOT** Veggie Burger (V) w/American Cheese on Roll, Ketchup, Roasted Red Potatoes, Honey Glazed Carrots. **COLD** Tuna Salad on Oat Bread, Lettuce Leaf, Beet Salad, Greek Pasta Salad. **Fresh Fruit**
13 **Cream of Sweet Potato** **HOT** Ginger Chicken, Rice Pilaf, Broccoli & Cauliflower, Whole Wheat Bread. **COLD** Egg Salad on Oat Bread (V), Lettuce Leaf, Coleslaw, Orzo Vegetable Salad. **Chef's Choice Dessert**	14 **HOT** Macaroni & Cheese***(V), Green Beans and Red Peppers, Whole Wheat Roll. **COLD** Mediterranean Tortellini Salad (V), Carrot Pineapple Salad, Wheat Bread. **Fresh Fruit**
20 **Tomato Basil Soup** **HOT** Turkey, Broccoli, Penne Casserole, Root Vegetables, Wheat Dinner Roll. **COLD** BBQ Chicken Sandwich w/Red Onions & Mozzarella Cheese on Roll, Lettuce, German Potato Salad, Tomato Cucumber Salad. **Applesauce**	21 **Split Pea Soup** **HOT** Broccoli Mushroom Quiche (V), Tuscan Blend Vegetables, Roasted Red Potatoes, Scali Bread. **COLD** Vegetarian Chef Salad w/Lt Italian Dressing(V), Wheat Bread. **Mixed Fruit**
27 **Minestrone Soup** **HOT** Roast Pork w/Honey Mustard Sauce, Red Bliss Potatoes, Peas & Onions, Oat Bread. **COLD** Chicken Salad w/Lettuce on Bulkie Roll, Pasta Vegetable Salad, Broccoli Tomato Salad. **Peaches**	28 **HOT** Lentil Stew(V), Garden Salad w/Lt Italian Dressing, Root Vegetables, Dinner Roll. **COLD** Tuna Salad w/Lettuce, Macaroni Salad, Tomato Red Pepper Salad, Rye Bread. **Birthday Cake**

LUNCHEON SPECIALS FOR MARCH

Reservations for ALL Springwell lunches must be made by 11:00 am on the weekday preceding the day on which you want to have lunch. For reservations for Monday, call the previous Friday by 11:00 am. Call 617-730-2770 for reservations. Lunch is served at 12:00 noon unless otherwise noted. On **Monday, March 17,** celebrate a St Patrick's Day Lunch. And on **Tuesday March 18,** celebrate birthdays at the monthly Birthday Lunch. The sponsor of this lunch has happily provided a complimentary lunch and a small gift to all March birthday celebrants. Be sure to let us know if you or someone in your party has a March birthday when you make your reservations

And on **Tuesday, March 25**, the *Let's Go Out to Lunch Bunch* will be dinning at Family Restaurant in Brookline. (See p. 7).

All meals include 8 oz. of 1% milk and margarine, all soups come with crackers;
Low sugar desserts are available, and need to be ordered with the site manager
***Higher Sodium Content Menu subject to change, $2.00 suggested donation
You can obtain a copy the monthly menu online at: www.springwell.com

(V) denotes vegetarian entrees. Soups contain beef, chicken, or shellfish base, and are not vegetarian.

MARCH AT A GLANCE*

Saturday, March 1
3:30 pm Piano Concert with Sivan Etedgee at Goddard House
Monday, March 3
1:00 pm Women's History Month with Sally Matson as Margaret Bourke-White
Tuesday, March 4
1:00 pm Movies for Film Lovers—Captain Phillips
Wednesday, March 5
9:00-12:00 noon BLAB
1:00 pm Brookline Music School Concert featuring Bryan Eyberg
6:30-800 pm BrooklineCan Event at Brookline High School-Drinking, Drugs and Rock 'N Roll
Sunday, March 9
2:00 pm Witness Uganda ART Cambridge ***
3:30 pm Lisa Yve's –The Great Ladies of Jazz at Goddard House
Tuesday, March 11
Movies for Film Lovers —West Side Story
Wednesday, March 12
1:00 pm Council On Aging Meeting
Thursday, March 13
1:00 pm A Geriatrician's Perspective– Why you need a geriatrician
Friday, March 14
11:30 am-4:00 pm Brookline Adult Excursion to Boston Flower and Garden Show
Monday, March 17
2:00-3:00 pm Putterham Book Discussion –The Language of Flowers
12:00 noon St. Patrick's Day Lunch ***
Tuesday, March 18
12:00 noon March Birthday Lunch ***
1:00 pm Movies for Film Lovers—National Treasure
1:40-3:00 pm St. Patrick's Celebration Center Communities dinning room ***
Wednesday, March 19
4:00-6:00 pm Stock Our Shelves (SOS) Restaurant Event ***
Friday, March 21
10:30 am South Brookline Senior Social at the Putterham Library
Sunday, March 23
2:00 pm The Seagull at the Huntington Theater ***
3:30 pm Ari and Mia Boston's Americana Sister Duo at Goddard House
Monday, March 24
1:00 pm Senior Center Members Celebrate Women's History Month
Tuesday, March 25
9:00-10:00 am Public Issues Book Discussion-"Eaarth"
9:30 am Nia for Seniors Free Trial course
12:00 noon Let's Go Out to Lunch Bunch Family Restaurant ***
1:00 pm Movies for Film Lovers—Blue Jasmine
Thursday, March 27
1:00 pm Mass College of Pharmacy Workshop—Osteoporosis
Saturday, March 29
1:00 pm Coolidge Corner Chorus

ONGOING SENIOR CENTER EVENTS

Monday

8:30 am-4:30 pm Fitness Center Open membership required
8:45-10:15 am Strength Training for Seniors **
9:30-11:30 am Mastering Your iPhone or iPad **
10:00-11:30 am Poetry Workshop ***
10:00-12:00 noon Introduction to Watercolor ***
10:30-11:30 am Senior S-T-R-E-T-C-H **
12:00 noon Springwell Lunch ***
12:00-4:00 pm BETS
12:30-4:00 pm Bridge
1:00-3:00 pm Reading the Book of Numbers**

Tuesday

8:30 am-4:30 pm Fitness Center Open membership required
One-to-One Computer Sessions ***
AARP Tax Appointments ***
9:00-12:00 noon Reiki Therapy ***
10:00 am Flexibility, Resistance Training, and Balance Exercise
10:15 am Brookline Bees, Quilters
10:30-12:30 Literary Discussion Group **
12:00 Springwell Lunch ***
12:00 noon French Conversation
12:00-4:00 pm BETS
12:30-3:30 pm Canasta Group***
1:00 pm Bingo
1:00 pm Movies for Movie Lovers
2:00-3:00 pm Exercise for Health and Rejuvenation
2:00-3:00 pm Yoga for Older Adults (Chair class)**

2:00-4:00 pm Food Distribution Site (hours approximate)
3:00-4:00 pm Yoga Mat Class **

Wednesday

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

Thursday

8:30 am-4:30 pm Fitness Center Open membership required
9:30 Drawing for Pleasure Figure Drawing ***
9:30 Art for Pleasure and Watercolor Class ***
10:30 am Arthritis Exercise ***
10:30 am and 1:30 pm Knit and Crochet
12:00 noon Springwell Lunch ***
12:00-1:00 pm Intermediate Spanish***
1:15-2:15 pm Beginning Spanish Class***
1:15-2:15 pm Beginning Spanish Class***
1:30 pm Russian Tea Room—For more information, call Rita Kropp at 617-730-2106
1:30 pm Zumba Gold
2:00-4:00 pm Open Computer Lab
2:30-3:30 pm Spanish Conversation Group ***
3:30-4:30 pm Boot Camp for seniors ***

Friday

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

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

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A HealthBridge Management Company

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

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

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

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

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

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

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

Brookline Health Care Center
A Nursing and Rehabilitation Center
99 Park Street, Brookline, MA 02446 • 617-731-1050
www.healthbridgemanagement.com

416172

EXERCISES FOR HEALTH AND REJUVENATION

In this class at the Senior Center on **Tuesdays from 2:00 to 3:00 pm**, enjoy simple movements based on principles of Chinese medicine — tapping, swinging, massaging, and stretching. These exercises work on energy level, flexibility, balance, and circulation. The class is free and open to everyone.

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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.

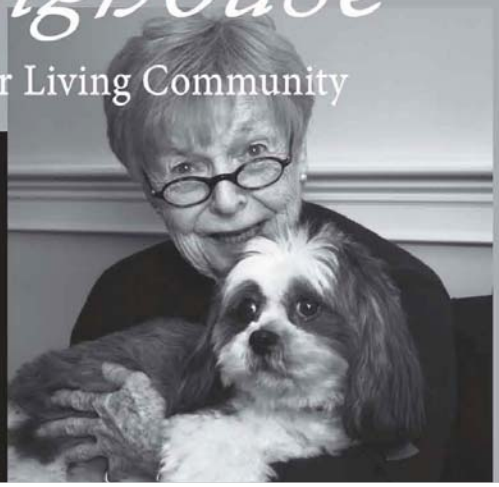
THE WOMEN'S BAR FOUNDATION'S ELDER LAW PROJECT

The two-fold mission of the Women's Bar Foundations project is to educate seniors about the importance of having end-of-life documents and to prepare these documents for low-income seniors for free. If you need a Simple Will, Health Care Proxy, HIPPA Consent Form, Durable Power of Attorney or Homestead Declaration. Call us at 617-651-HELP or 617-651 2357.

TOUR THE SENIOR CENTER

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

Springhouse
Senior Living Community



Contact our Community Relations Team Today!

617-522-0043

springhouseboston.org

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- Assisted Living
- Assisted Living with memory support

44 Allandale Street Boston, MA 02130

THE SOLEMATES

Walking is a great way of keeping fit. It gets you out in the fresh air and the opportunity to socialize with friends. And it doesn't cost a thing. The Solemates walking group meets **on Friday mornings** at the Senior Center. To register or for more information, call Julie Washburn at 617-730-2760. **We are looking for a co-leader for this group who drives.**

SENIOR CHORUS

The Senior Chorus always welcomes new members to add to its already enthusiastic roster of singers. There are no auditions. Just come on **Fridays at 10:30 am** and make a joyous sound with the group led by Zohra Shaw.

LIVING OUR VALUES

This group meets at the Senior Center on **Wednesday mornings from 9:00 to 10:00 am.** Facilitator Tom Faulhaber uses current events and issues as triggers for discussion at meetings. Hone your values in this age of controversy and conflict.

CONTEMPORARY ELEGANCE

Meets the Spirit of Boston.

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WITHIN THE CITY
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at reasonable prices!

MODERN DANCE AND MOVEMENT

Lynn Modell's ever-popular workshop will meet on **Friday, March 14 and 21 at 2:00 pm**. This is an excellent way to exercise and have fun at the same time. And for only $2 per session. Imagine that!

MASS COLLEGE OF PHARMACY WORKSHOPS

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

Thursday, March 27, at 1:00 pm: Osteoporosis and a discussion on ways to keep your bones strong and healthy as well as treatments for osteoporosis.

Thursday, April 10, at 1:00pm Immunization and the many vaccinations that the elderly are encouraged to receive. Come down and learn about what vaccines you should and should not consider getting to help prevent certain diseases.

MODERN BEADING WORKSHOP

This workshop for beginners and experienced beaders will meet at the Senior Center in April.

Check the subscription date on the mailing label on your Senior News and Events. If it has been highlighted, your subscription has run out. Renew subscription so you don't miss out on news and events each month! Use the envelope enclosed in this copy of the newsletter. Do it today, and stay on top of everything!

SENIOR SCENE

Senior Scene host, Betty Joel, has scheduled a new program on the Age Friendly Cities Initiative which is a member designee of the World Health Organization. Her guest will be Nancy Daly, Co-chair of the Age Friendly Initiative and member of the Board of Selectman, Roger Blood, Chair of the Housing Advisory Board and Frank Caro, Co-Chair of the Age Friendly Initiative. This program will focus on Brookline's participation and housing. Look for this new Senior Scene show in March. Senior Scene airs on Brookline Access Television (BATV) on **Thursdays at 7:00 pm** and **repeats on Fridays at 1:00 pm and Sundays at 7:30 pm**.

ESL CONVERSATION GROUP

If you want to practice your English, come to the English as a Second Language (ESL) Conversation Group that meets on **Wednesdays at 3:00 pm** at the Senior Center.

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

SPANISH IMMERSION

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

1. One-hour, one-on-one Spanish conversation sessions with native seniors from many Latin American countries.
2. 10-week Beginning Spanish classes run on **Thursday afternoons from 1:15 to 2:15 pm,** in small groups in a relaxed, friendly atmosphere.
3. 10-week Intermediate Spanish classes also **will run on Thursdays from 12:00 noon to 1:00 pm**.
4. Spanish conversation small group meetings on **Wednesdays at 3:00 pm** with multifaceted conversations in Spanish designed to provide Spanish conversation on varied topics and to share Latin American topics with the other seniors who attend the meeting each week.
5. Latino instrumental and vocal music on **Tuesday afternoons.**
6. Basic Computer Class in Spanish on **Fridays from 12:30 to 2:00 pm**.

For more information and to register for programs, contact program coordinator Giovanna Tapia at 617-953-7016.

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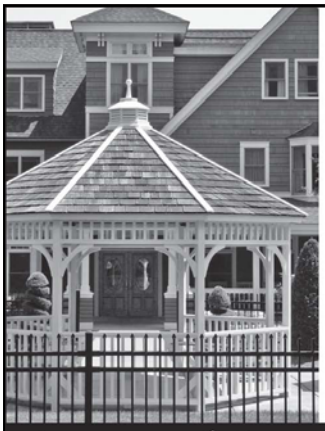
These programs are cosponsored by the Brookline Senior Center and JPC: Spanish Immersion Jamaica Plain.

SPANISH IMMERSION!! CONVERSACIÓN EN GRUPO!!

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

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

2014 SOCIAL SECURITY

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

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50 YEARS AGO IN MARCH

- Beatles begin filming "Hard Day's Night"
- Jimmy Hoffa is convicted of jury tampering
- Cassius Clay joins the Nation of Islam Tom O'Hara runs world record mile (3:56.4)
- Malcolm X leaves Black Muslim Movement
- Supreme Court issues NY Times vs Sullivan decision, public officials must prove malice to claim libel & recover damages
- Grammy Awards: Days of Wine & Roses, Barbara Streisand wins 2 awards
- Dallas jury sentences Jack Ruby to death in Lee Harvey Oswald murder
- Kennedy half-dollar issued
- 9.2 earthquake shakes Prince William Sound, Alaska
- "Funny Girl" opens at Winter Garden Theater NYC for 1,348 performances
- 1st Ford Mustang produced.

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ADVOCACY

FROM THE DIRECTOR

The first day of spring is one thing, and the first spring day is another. The difference between them is sometimes as great as a month.

Henry Van Dyke (1852–1933)

March, despite claiming to have the first day of spring, has some of the bleakest weather and with it some of us get the 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. Certainly, coming through our doors is the perfect antidote to mud, gray days and the wind. Stop by today.

I personally want to thank everyone who has so far responded to our Annual Appeal and generously sent in a check to us. Everyone needs to be aware that donations support the van, equipment, and our food expenses. This year we also made a special appeal to expand our weekend and evening hours. I am proud to announce that due to your generosity, we have been able to schedule some exciting weekend and evening offers. Please keep sending in your donations. Be as generous as you possibly can. The construction part of our renovation project is now complete. The fitness center has officially moved to the second floor and is operating Monday – Friday 8:30 to 5:00. We will now concentrate on purchasing needed furniture and supplies including the much anticipated ping pong table! Again we thank you all for your patience during the construction. Stop by for a look at the great new space.

Please help those who are going hungry this winter by coming to the Stock our Shelves Event on March 19th from 4-6. Delectable samples from local restaurants including jazz music will entertain you all for the price of $5.00 and 2-3 cans of food – all for our Food Programs.

In addition, remember no senior should be hungry in Brookline. We have the SNAP (food stamps), hot lunches at the Senior Center, Brookline Co-op's weekly bread and produce programs, Brookline Food pantry. Amble nourishment abounds ensuring sound nutrition.

In this agency, we are fortunate to have the dedication of many people who go beyond their normal duties to make the world a better place. March is Social Work Month and this year's theme is "All People Matter". I want to acknowledge the important work of our social workers. We have our social work interns, professional staff, and retired social worker volunteers. Each one contributes to Brookline's strong sense of community. When you see one of our social work staff please thank them.

Buy some daffodils or shamrocks, eat a slice of Irish bread, and take a walk when the sun shines. Please remember to bring a donation to the Food Pantry when you visit this month.

Ruthann Dobek-Director

FROM THE BOARD PRESIDENT

A special thank you to all of you who made an end of the year donation to the Senior Center. Due to the generosity of the community, we have already scheduled a weekend event (See p. 7). Please continue sending your donations so we can continue to have more events on the weekend. Watch the Tab and the March News and Events for more information.

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

COUNCIL ON AGING MEETING

On **Wednesday, March 12 at 1:00 pm** Dawn Carmen Sibor, Emergency Preparedness and Medical Reserve Corps Coordinator will discuss the Emergency Preparedness Buddies Program.

THANK YOU

Annual Appeal Donors:

Charlotte & Nicholas Burrage, Joan G. Dolan
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In Honor of:

The ELF program ***From***
Bernard and Dolores Wax
Judith Buckman's birthday ***From***
Beverly Kargir
The Chinese Mah Jong program ***From***
Claire Yung and the Chinese Mah Jong Group
The superb staff and many volunteers ***From***
Shirley Partoll
All the good people at Senior Center ***From***
Marena Morrison
Joseph Hupert ***From*** Sylvia Lanza
Get Well Wishe to Alice Fastov ***From***
Ted and Ellie Shamitz

In Memory of:

Kathleen Gunnuscio ***From*** Michael Gunnuscio
William F. Manley ***From*** Dorothy Bell
Deborah Brass ***From*** Enid A. Shapiro
William F. Manley ***From*** Ruthann Dobek
Her grandparents ***From*** Bharti Khurana
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Minna Bauman ***From*** Francine Bauman
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Evelyn Stern ***From*** Berol & Shirley Robinson

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ELF

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

To borrow or donate an item or even multiple items staff social workers will help you. Because of space limitations and other guidelines, ELF is not able to accept all items you might want to donate, so please call 617-730-2753 before dropping items off.

MEDITATION IN MOVEMENT

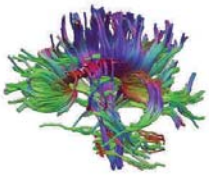
One of our lovely ongoing programs is Meditation in Movement with instructor Jennifer Winslow. In this class for seniors on **Fridays from 1:00 to 2:00 pm** at the Senior Center, the focus is on gentle, simple movements to improve posture, balance, lung capacity, overall joint health, and movement. Fee: $5/session. For more information, call Julie at 617-730-2760

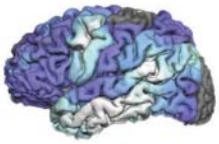
SAVE THE DATE DANCE PARTY USA!

On Friday April 4 Dance from 6:30 to 8:30 pm. - Put on your dancin' shoes and get ready to boogie the night away as our old friend, DJ Tommy Bahama spins your favorite tunes of the '50's, 60's, and 70's. Light refreshments will also be available. This event is cosponsored by the Brookline Senior Center and Centre Communities of Brookline. Registration is required. Residents of Centre Communities of Brookline can sign up at their buildings (100 and 112 Centre Street and 1550 Beacon Street). Everyone else wanting to join in the fun can register by calling 617-730-2770.

ALZHEIMER'S DISEASE RESEARCH STUDY AT MGH:

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





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

GODDARD HOUSE EVENTS

PIANO CONCERT WITH SIVAN ETEDGEE

Saturday March 1st at 3:30pm. Praised for its clarity, elegance, and expressive warmth, pianist Sivan Etedgee, pianist performs frequently throughout the Boston area both as a soloist and as a chamber musician. In recent years he has presented programs exploring themes as diverse as jazz-influenced music from the Americas and Europe to music written by composers who perished during the Holocaust.

LISA YVE'S "THE GREAT LADIES OF JAZZ"

Sunday March 9th at 3:30pm
Lisa plays and sings the songs that were made famous by Ella Fitzgerald, Blossom Dearie, Sarah Vaughan, Diane Shuur, Carmen McRae, Betty Carter, Annie Ross and Joni Mitchell.
Lisa Yves is a singer/musician. Lisa performs with other musicians, produces her own albums and writes her own songs.

ARI AND MIA, BOSTON'S AMERICANA SISTER DUO

Sunday March 23rd at 3:30 pm. Ari & Mia, Boston's Americana sister act, reference the traditions of southern and northeastern fiddle music and the early American songbook to create a realm where their own compositions cross paths with older traditions. Their stylish and sophisticated music honors the sounds of Appalachian cottages, rural dance floors, and urban concert halls. Combine this with their innovative approach to song and tune-writing and the result is a fresh and contemporary sound.

SAVE THE DATE SUCCESSFUL AGING

A mind body approach lecture with Ann Webster, PhD., Director of the Mind Body Program at Mass General Hospital will be held at Goddard House on **Thursday, April 3, 6:00-7:30 pm.** Some topics of discussion are: mindfulness, stress reduction, staying fit, gratitude, resilience and doing what is good and new. To register call Jennifer Bourgoin at 617-731-8500 X 130 or email jbourgoin@goddardhouse.org.

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REAP VOLUNTEER OPPORTUNITY

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

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

CALLING ALL JOB AND VOLUNTEER WORK SEEKERS:

REAP will offer a Jobs and Volunteer search support team on **Tuesdays, March 11, 18, 25 and April 1 from 2:00-3:00 pm** at the Brookline Senior Center.

Mia Louik and Deidre Waxman will facilitate a Networking Support Group series to job and volunteer opportunities seekers. The group meetings are free with the goal of facilitating your search through communication and resource sharing with other group members. We will share ideas, strategies, and resources to help in the search for work and Encore experiences. Registration is required. Contact Deidre Waxman at: 617-730-2767 or email: dwaxman@brooklinema.gov with questions or to register.

MARKET RESEARCH POSITION

A Market Research firm is seeking project based telephone research assistants to phone businesses to do market research analysis. All research is conducted over the phone and involves cold calling to respondents in their place of business. There is no selling involved but the ability to connect with and convince people to participate in these studies is vital. Pay range $13-$22 hr. based on experience. Contact Deidre Waxman for requirements for this position 617-730-2767.

BUSINESSES AND ORGANIZATIONS SEEKING VOLUNTEERS!

The REAP program has begun screening and placing energetic and enthusiastic volunteers in local nonprofit organizations and offices. If you would like to train and work with a volunteer in your organization or business, call Deidre Waxman 617-730-2767.

SAVE THE DATE

Wisdom Works a job search program for Mature Workers

Wednesdays, April 30, May 7 and 14 from 2:00-5:00 pm. This comprehensive three session class explores:

- Skills, Accomplishments and Values
- Resumes, networking, and Interviews
- Job Search Techniques and Resources including online job boards and applications

This workshop is also suitable for those wishing to volunteer. Pre-registration is required. To register contact Deidre Waxman at dwaxman@brooklinema.gov or 617-730-2767

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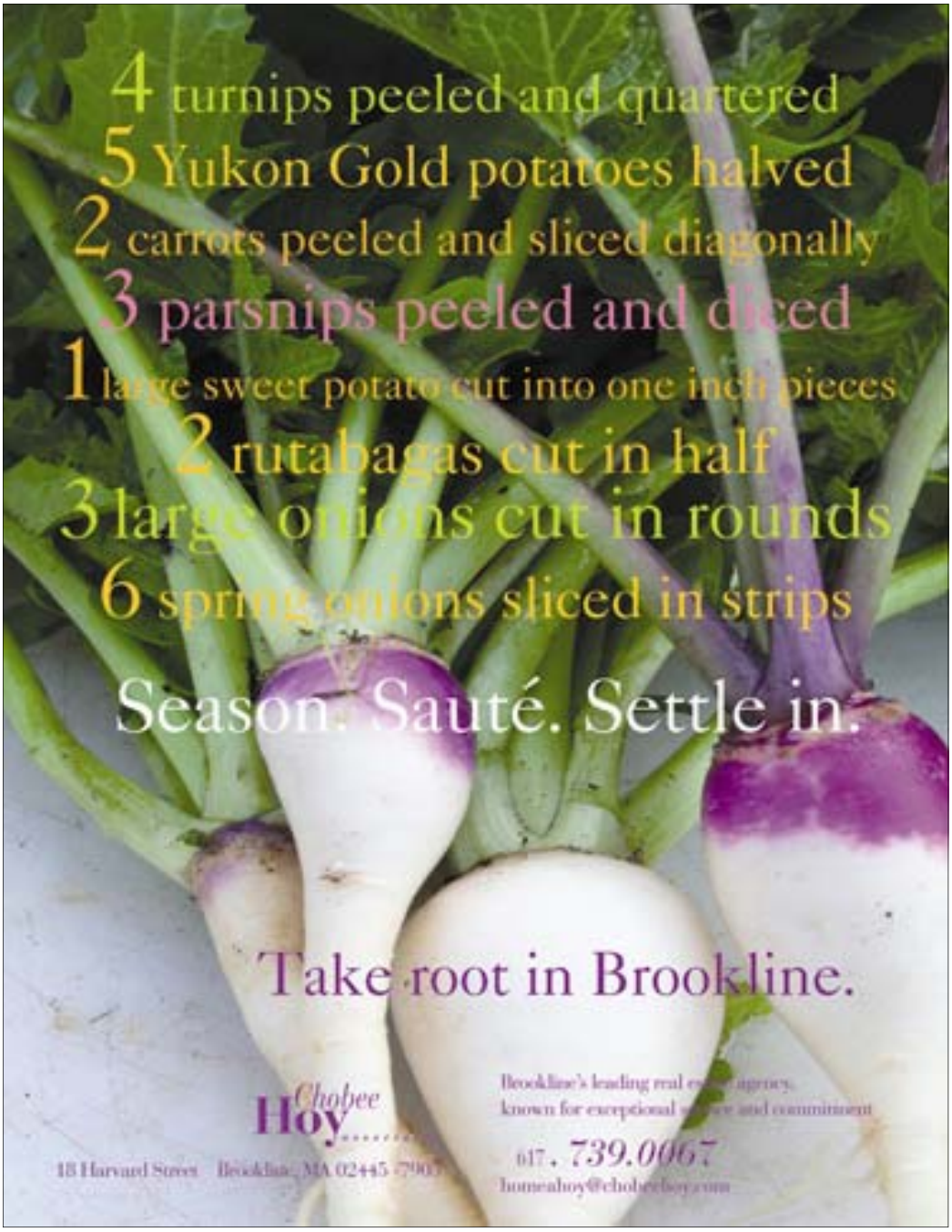

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