

# TOWN OF BROOKLINE SENIOR NEWS AND EVENTS

Council on Aging

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

Brookline Senior Center  
93 Winchester Street  
Brookline, Massachusetts 02446



**Council on Aging Information Hotline**

617-730-2777      617-730-2778

**Senior Center      Van**

617-730-2770      617-730-2750

**Brookline Council on Aging**

[www.brooklinema.gov](http://www.brooklinema.gov)

[www.brooklineseniorcenter.org](http://www.brooklineseniorcenter.org)

**Brookline Community Aging Network**

[www.BrooklineCAN.org](http://www.BrooklineCAN.org)



**Monday, March 5 at 1:00 pm** Historian Bruce Hambro will return to the Senior Center to present his multimedia presentation on Judy Garland (See P.12).

**March 12 from 1:00 to 2:30 pm**

Ukulele Group returns (See P. 9).

**Wednesday, March 21 at 1:00 pm**

Daniel Price Concert (See P. 15).

**NOTE: All Programming is Weather Permitting. Please call 617-730-2770 for weather related updates.**



MARCH 2018

## ENDING AGEISM



The major obstacle to ageing 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, for over twenty years has been one of the world's leading authorities 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 Hunne-man Hall, Brookline Public Library. This program is free of charge but registration is required. Please call 617-730-2770 to register.

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

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## CAN'T DO AN ISLAND GETAWAY?

Then Trader Joe's will bring the island getaway to you on **Monday, March 19 at 1:30 pm!** Join us for what is always a fun performance by our friend, Tommy Bahama and enjoy some light refreshments courtesy of Trader Joe's. Put on your dancing shoes and get ready to dance the afternoon away! Space is limited so please register by calling 617-730-2770.

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## SUNDAY, MARCH 11



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

Ruthann Dobek  
*Director, Council on Aging/Senior Center*

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

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

## MARCH OBSERVANCES

There are no holidays in March on which the Senior Center closes. Programs can be enjoyed Monday through Friday all month. In addition to Social Work Month, we celebrate Purim on March 1 which is a two day event beginning at sundown on the fourteenth day of Adar, the twelfth month of the Jewish calendar. In addition we celebrate Women's History, National Craft and Irish Heritage month. We celebrate St. Patrick's Day and Evacuation Day on March 17, the first day of Spring on March 20, Passover begins at Sundown on March 30 and Easter begins at Sunday, April 1.



### 112 CENTRE STREET RENOVATION PROJECT

Our neighbors at 112 Centre Street are beginning a major renovation project in March. Construction related noise may end up impacting programming at the Senior Center. Stay tuned for further information regarding any program adjustments that may need to be made as a result.

### COUNCIL ON AGING MEETING

The March Council on Aging 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.

## -SAVE THE DATE-

### HAVE FUN! IMPROVE YOUR BRAIN! CONTRA DANCE!

How can you lose 500 calories an hour AND improve your memory? To find out, come to the Brookline Senior Center for a lively evening of "Contra Dancing in the Ballroom" on **Sunday, April 8 from 7:00-9:00 pm**.

Linda Leslie, acclaimed local caller, known for her clear teaching style and enthusiasm, will be joined by musicians Amy Larkin on the Fiddle and Debby Knight on the piano. Beginners and singles are welcome, and light refreshments will be served.

Tickets are \$7.00. Advance ticket purchase is recommended as space is limited. Tickets can be purchased at the Brookline Senior Center or online ([ballroomcontradance.eventbrite.com](http://ballroomcontradance.eventbrite.com)). For more information call 617-730-2777. This community event has been generously supported by Chobee Hoy Associates.

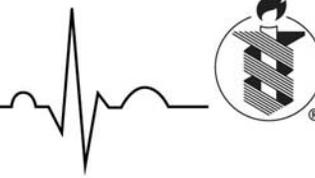
## SPRING INTO ART



The Brookline Senior Center is pleased to display the beautiful works of its Art for Pleasure class – an open studio painting class led by Boston artist Nancy

Marks. On display are the works of a dozen talented artists who come each Thursday to share their artistic visions and some laughs. Artists include: Ina Chertok, Joel Covitz, Elena Khanina, Rene Marshall, Fred Mays, Lyudmila Rudyakov, Natalia Rutkevich, Tamara Shilmayster, Kea van der Ziel, Nancy Van Zant, Florence Warren, and Claire Weston.

The exhibit will be on display at the **Coolidge Corner Library from March 9 – April 20**, and there will be a **reception with the artists on Thursday, March 15 from 3:00 – 4:30 pm**.



**Ask a Nurse** Lynn Schuster, a nurse from the Greater Medford Visiting Nurse Association will be at the Senior Center on **Thursday, 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, March 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, March 15** from 1:00-2:00 pm at the Senior Center

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

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

**Wednesday, March 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, March 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](mailto:mdeery@brooklinema.gov) or call at 617-730-2790. I will make sure that Dr. Salamon gets the questions and answers them in the Newsletter.*

**Question:** I often have trouble sleeping. What can I do for this? I have heard that insomnia can lead to dementia. Is this true?

**Answer:** Many people have periods of time when they have trouble falling or staying asleep. Some studies have shown a connection between years of chronic insomnia and memory loss, but this connection has not been proven for sure. In fact, several studies show that some anti-anxiety medicines which are sometimes prescribed for insomnia, if taken regularly for many years, may affect one's memory.

It is believed that 7 to 8 hours of sleep can help us think more clearly as well as improve memory. There are several non-medicine ways to try to help improve sleep.

If you have trouble sleeping at night, you can make up for lost sleep by taking a short afternoon nap before 5:00 pm so it doesn't interfere with sleep later.

What you eat (or don't eat) may affect whether you sleep well. It is hard to sleep on a very full stomach. On the other hand, if you are hungry at bedtime, you may not be able to fall asleep. A snack in the evening may help prevent this, but it depends on what you eat: Spicy foods may cause heartburn. People who are lactose intolerant may be kept awake with bloating and abdominal pain by foods containing milk products such as cream soups, yogurt or ice cream. Caffeine-containing foods such as coffee, tea, or chocolate may prevent you from falling asleep. Alcohol can make you fall asleep faster, but when it wears off, it can cause you to wake up early or sleep restlessly, so it is best not to drink alcohol within 2-3 hours of going to sleep.

Foods that may help you sleep include:

A cup of chamomile tea is thought to be a relaxing-drink 2 hours before bedtime. Warm milk, turkey and tuna fish contain tryptophan, which is an amino acid which helps induce sleep.

Some medications may interfere with sleep if taken at bedtime, such as cold pills containing decongestants, some blood pressure medicines, some anti-depressants and steroids. Discuss with your doctor whether you can take these medicines earlier in the day. Try not to drink much liquid after supper so you won't have to go to the bathroom when you are sleeping. Getting exercise during the daytime (at 30 minutes/day) can help relax the body and make sleeping easier. Sleeping pills can cause more problems than they solve, whether they are over the counter or by prescription. If they are used for more than a couple of weeks, they can become addictive. They may cause side effects that last into the next day, such as drowsiness, driving accidents, memory impairment and increased risk of falls.

There are many relaxation techniques that can be used to help you sleep (warm shower or bath before bedtime, reading (a book, not an electronic e-reader) before going to sleep, deep breathing exercises).

In the winter, when there is less light, sitting under a lamp designed for SAD (Seasonal Affective Disorder) for 30 minutes each morning can help reset a wake-sleep cycle and even boost our spirits during the winter, which can help sleep.

It is common to have short periods of time when we have trouble sleeping, but these usually pass. If they persist, speak with your doctor about seeing a sleep therapist.

## 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, March 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](mailto: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.

## 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.

## COOLIDGE CORNER CHORUS CONCERT



Join us for a wonderful concert with the Coolidge Corner Community Chorus at the Senior Center on **Saturday, March**

**24 at 1:00 pm.** This event is free. Preregistration is required by calling 617-730-2770

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## AGING TOGETHER SENIOR CHILDREN AND THEIR PARENTS

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

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

In-person interview with each of you at a place of your convenience. You will each receive \$40 as a thank you – plus you may enjoy talking to us! Please call our study team at 617-901-1082 or email us at [agingtogether@umb.edu](mailto:agingtogether@umb.edu)



## E.L.F. MONTHLY FEATURED ITEMS



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

## 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.**



## -SAVE THE DATE-

### CELEBRATION OF THE MEDITERRANEAN DIET

Talk and Tastings with Kelly Toups, Nutritionist of Oldways. Kelly has a passion for delicious nutritious food which she discovered while studying in Sicily, and Deborah Hasen chef, sommelier and owner of Taberna de Haro on **Thursday, April 26 from 6:00-7:30 pm** at Goddard House Assisted Living. This event is free of charge but space is limited so RSVP to Jennifer Miller at 617-731-8500 x 110 or [jmiller@goddardhouse.org](mailto:jmiller@goddardhouse.org).

## 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.

## MAHJONG



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

## 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.



## 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



Get in shape and have fun with Zumba Gold at the Senior Center! Join Emily Brenner, our Zumba Gold instructor, on **Thursdays from 1:30-2:30 pm**. Free introductory class on **Thurs-**

**day, March 15 at 1:30 pm**. Subsequent spring sessions on **Thursdays, March 22-May 10 from 1:30-2:30 pm**. Cost for spring 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

Please give Brookline Seniors a place to sit! It is March, one of the busiest months at the Senior Center which means we have a lot of activities which causes wear and tear on the classroom chairs and tables. Thanks to your wonderful end of the year donations, we purchased 60 new classroom chairs, which will arrive soon. However we still need to replace 15 chairs at \$388 per chair. Please be as generous as you possibly can so that all seniors can have a safe place to sit.

*With much appreciation for your support*  
Betsy

## “MEDICAL CANNABIS: ACCESS AND CHOICE”



Many people live their daily lives suffering from a whole host of issues. Chronic pain, insomnia, anxiety, arthritis, nausea, neuropathy, just to name a few, are all things many people cope with day in and day out. Medical cannabis can help treat all these conditions, and many more. MedWell Health & Wellness, in collaboration with the Brookline Council on Aging will be presenting an educational seminar on **Wednesday, March 28 at 1:00 pm**, to provide a better understanding of the benefits of medical cannabis, cannabis products, and the steps to becoming a medical cannabis patient. Alongside our cannabis industry professional guests, we will be providing education, with the opportunity to receive a medical cannabis evolution following the program (fee does apply) at a discounted rate. If you have questions about the event please contact Ann Brum of MedWell Health at 774-223-7330. To register, please call 617-730-2770.

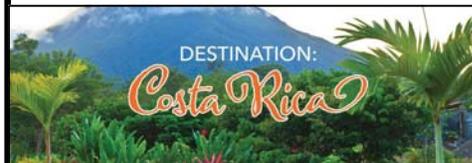
## UKULELE IS BACK!

Our fun filled Ukulele Group will return on **Monday, March 12 from 1:00 to 2:30 pm**.

If you like singing and want to pick up the ukulele as well, this may be the group for you. We play and sing mostly oldies but also some modern songs. The more voices, the better. If you just want to sing along, that would work as well. Stop by and try it out. It is FUN!



## 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.

## GALLERY 93

### Off the Wall Photography

Photographs  
by  
Julie Smith

March 2  
through  
April 27

Reception  
with the artist:  
Thursday,  
March 15,  
6:00-8:00 pm



## Thinking about downsizing or selling your home?

We're here to help.

***And you don't need to pay us until your home is sold.***

We are a  
**one-stop service company**  
that gets your home  
ready for sale and  
makes your move stress-free.

We'll transform your home  
into a marketable property  
that will stand out  
from the rest and  
**sell faster, at a higher price.**



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**STEP 1**  
**WE GET YOUR HOME  
READY FOR SALE.**

*Organizing, decluttering, painting,  
repairs, junk removal, deep-cleaning,  
staging, and curb appeal*

**STEP 2**  
**WE HELP YOU MOVE.**

*Packing, charity donations, deliveries,  
final-inspection punch list, local  
moving, and more*

**STEP 3**  
**WE HELP YOU SETTLE INTO  
YOUR NEW HOME.**

*Unpacking, furniture arrangement,  
repairs in your new residence, and more*



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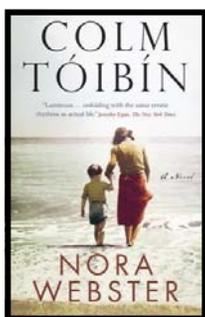
Leon Gelfand, Founder

*"I want to thank you and  
your team. You are  
responsive, professional,  
and fun to work with."*

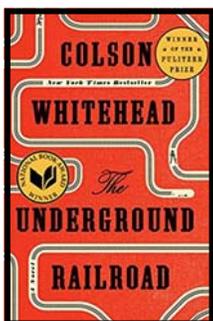
— Gerry C., Newton

## BOOK DISCUSSION GROUP AT THE PUTTERHAM LIBRARY

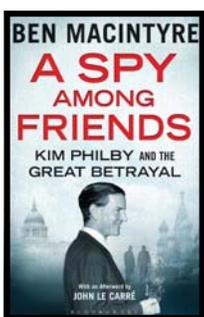
Meetings are in the community room at the Putterham Branch Library. New members are always welcome. Our monthly meetings are on **Mondays from 2:00–3:00 pm**. Books are available at the Putterham Branch Library. The discussion leaders for this Book Group are Charlotte Millman and Batia Bloomenthal.



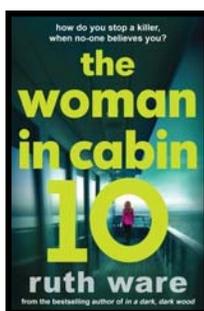
**March 19**  
*Nora Webster*  
by Colm Toibin



**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

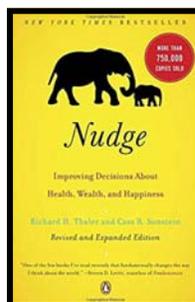


**June 18**  
*The Woman in Cabin 10*  
by Ruth Ware

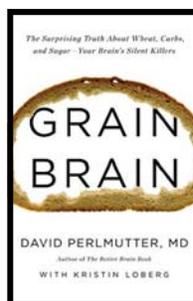
## PUBLIC ISSUES NONFICTION BOOK DISCUSSION GROUP *At the Senior Center*

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**.



**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.

<p><b>Healthy adults, 18-85,</b> Needed for noninvasive study of Emotion and Memory.</p>
<p><b>Research conducted at Boston College</b></p>
<p>Complete pen-and-paper and computerized tasks. Receive \$10/hr. For information, call Sarah Scott at 617-552-6949 or e-mail canlab@bc.edu.</p>

## THE LEGENDARY JUDY GARLAND



Historian Bruce Hambro will return to the Senior Center on **Monday, March 5 at 1:00 pm** to present his multimedia presentation on Judy Garland. You may remember Bruce from his past presentations on

George Gershwin and Frank

Sinatra. This time around, his power-point presentation will review of the life and fabulous career of the girl from Oz! Bruce analyzes the genius of Judy Garland---a show business dynamo of unparalleled gifts. You'll see fascinating archival photos and videos from these delightful motion pictures in which Judy starred such as The Wizard of Oz, Babes in Arms, For Me and My Gal, Meet Me in St. Louis, Easter Parade, Summer Stock and A Star is Born. And, of course, the afternoon is highlighted by the sounds of many of her hit recordings such as Somewhere Over the Rainbow, Have Yourself a Merry Little Christmas, The Trolley Song, Get Happy and The Man That Got Away. Audience members are encouraged to sing along! To register, please call 617-730-2770.

## METROPOLITAN CHORALE

### ARTISTS IN RESIDENCE



Come join Artists-in-Residence from the Metropolitan Chorale on **Monday, March 26 at 1:00 pm** at the Senior Center as they celebrate "Operas Greatest

Hits" and the songs of Leonard Bernstein. Soprano Natalie Logan, Tenor Garry McLinn, and pianist Julia Scott Carey will perform arias and duets from La Traviata, Rigoletto, Don Pasquale, Manon, and La Bohème, as well as songs and duets from Candide and West Side Story . We hope that you will join us for this program dedicated to remembering and discovering the best of opera, stage and beyond! To register, please call 617- 730-2770.

### SPECIAL FRIDAY FLICK



**Friday, March 23 at 1:00 pm**  
"Chisholm '72: Unbought and Unbossed" (2004) 1 hour, 16 minutes

Brooklyn-based Congresswoman Shirley Chisholm represented a series of firsts: She was the first African-

American woman elected to

Congress and the first black person and woman to run a serious, high-profile campaign in the U.S. presidential primary. She made further history when she vied for the presidency in 1972. And while her inspiring journey would have made headlines today, it was virtually ignored by the mainstream media at the time. To register, please call 617-730-2770.

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## SPOTLIGHTED VOLUNTEER



### *Ruth Geller & Marsha Jones - A Volunteer Opportunity Becomes a Real Friendship*

Ruth Geller started coming to the Brookline Senior Center about ten years ago - days after moving from New York to Brookline. Almost immediately she became a volunteer. Over the ten year period, Ruth has volunteered on the gift cart, in the TRIPPS program, with the Out-To-Lunch Bunch, for the annual Craft Fair, co-chaired the Current Events program and did anything else she was asked to do. Last fall, Ruth overcame her feeling of not wanting to impose on anyone when she really needed help shopping. Ruth did not need or want someone to do shopping for her; she wanted someone to do shopping with her as her vision no longer made it safe for her to take the train alone.

Marsha Jones has been a volunteer with the library helping to select books and providing pick-up and drop-off library book service for Brookline seniors for 25 years. In September 2017, Marsha retired and called Patricia, the Volunteer Coordinator to say she now had more time and was ready to expand her volunteering. Soon after, Patricia called Marsha and asked her if she would like to accept this volunteer opportunity with Ruth. She immediately said yes. After a few weeks, Patricia checked in with Ruth and Marsha and found that they were spending even more time together. In addition to shopping, they had added rides to Ruth's physical therapy appointments, forays to the library and a trip to Marsha's recommended jewelry store to repair a piece of Ruth's jewelry. Ruth and Marsha consider themselves friends and kindred spirits. Marsha says that she is so impressed by Ruth, a spunky person in her 90s who texts her children on her Smartphone and has a full and enjoyable life. She enjoys her time with Ruth and says she is a real inspiration. Ruth says that, "Marsha is such a lovely person who gives of herself - a truly generous spirit" who always makes her feel comfortable.

Ruth continues to be a volunteer and a recipient - a helper and being helped. When asked why she thought they had formed this friendship, Ruth said that she "felt they both had the same value system, they were free to discuss any topic openly and were interested to hear each other's perspectives". Both agree that the original shopping opportunity has turned into a very nice experience and a true friendship.

### MEMORY CONNECTIONS CAFÉ



On **Wednesday, March 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 Cafe is sponsored by Benchmark Senior Living-Chestnut Park at Cleveland Circle.

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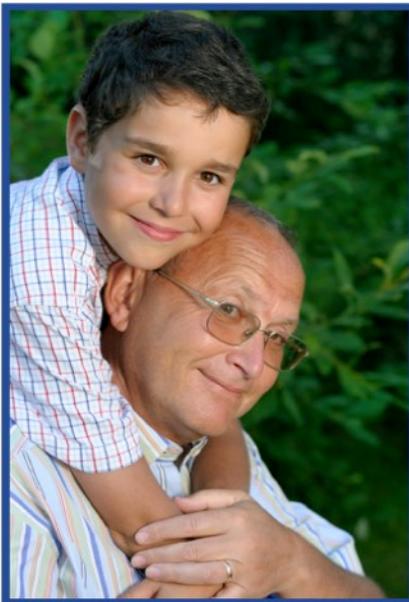
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Hebrew SeniorLife is about options and choices for seniors. Nowhere is this more evident than at Center Communities of Brookline—three buildings in the heart of Brookline. These buildings provide an affordable home to 600 seniors who live independently, 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](mailto:scarlsen@hrca.harvard.edu)



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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.

## AARP TAX PREPARATION ASSISTANCE

Our wonderful AARP Tax Aide volunteers will once again return to the Senior Center on **Tuesdays through April 10** to assist you with filing your returns. **We are currently scheduling appointments.** 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.

## DANIEL PRICE CONCERT



Join Daniel Price, a recent graduate of Berklee College of Music, on **Wednesday, March 21 at 1:00 pm** for an hour of musical entertainment. He will perform jazz, classical, oldies and country tunes that you'll remember from the 1930s-1970s on piano, and share humor and stories about the music. Sing along if you know the tune! Get to know Daniel as he shares some original music and talks about his inspiration. Three more volunteers at the center will be honored by Daniel with songs that he has written for them, though he plans to keep it a surprise until the day of the performance. Daniel is a composer and improviser in a variety of musical styles, from jazz, to salsa and country, with lyrics in English and Spanish. To register, please call 617-730-2770.

## SOCIAL WORKERS MONTH 2018



Social workers stand up for millions of people every day. These include people who are experiencing devastating illnesses and mental health crises, our veterans, children, families and communities. Yet many people still misunderstand who social workers are and the invaluable contributions they bring to society.

This year we will commemorate Social Work Month with a **“Social Workers Stand Up!”** campaign. This campaign will educate the public about the contributions of social workers and give social workers and their allies tools they can use to elevate the profession. So when you see one of our social work staff please thank that person.



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## MARCH 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, March 20 we celebrate March 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.**

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## LET'S GO OUT TO LUNCH BUNCH



The Out to Lunch Bunch will dine at The Corrib Restaurant in West Roxbury on **Tuesday, March 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.

## -SAVE THE DATE- 2018 VOLUNTEER LUNCHEON



The 2018 Annual Volunteer Luncheon will be held on **Wednesday, April 11 at 12:30 pm.** Invitations and information regarding nominations will be coming in the mail soon. Once

you receive your invitation, **please RSVP by March 21 by calling 617-730-2777.** Nominations for the Volunteer of the Year can be emailed to [rdobek@brooklinema.gov](mailto:rdobek@brooklinema.gov) or left in Ruthann's mail box.

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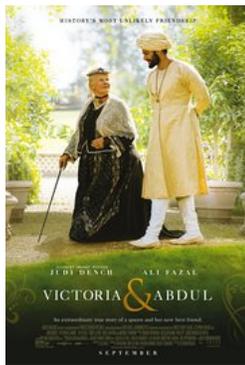
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## MOVIES FOR FILM LOVERS

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



**Tuesday, March 6**  
***Battle of the Sexes* (2017)**  
 2 hrs. 1 min.  
 The true story of the 1973 tennis match between World number one Billie Jean King and ex-champ and serial hustler Bobby Riggs.



**Tuesday, March 13**  
***Victoria and Abdul* (2017)**  
 1 hr. 51 min.  
 Queen Victoria strikes up an unlikely friendship with a young Indian clerk named Abdul Karim.



**Tuesday, March 20**  
***Paris When It Sizzles* (1964)**  
 1 hr. 50 min.  
 The sprightly young assistant of a Hollywood screenwriter helps him over his writer's block by acting out his fantasies of possible plots.  
 Stars: William Holden,

Audrey Hepburn and Grégoire Aslan



**Tuesday, March 27**  
***Goodbye, Christopher Robin* (2017)**  
 1 hr. 47 min.  
 A behind-the-scenes look at the life of author A.A. Milne and the creation of the Winnie the Pooh stories inspired by his son C.R. Milne.

**-SAVE THE DATE-**

## NATIONAL PUBLIC HEALTH WEEK GREATR CONVERSATIONS START WITH "HELLO"

In the event of serious illness, do you have someone designated who knows your preferences and wishes? Having a health care proxy and conversations with your proxy and physician are among the most important things you can do for yourself and your loved ones. Through an engaging conversation game to start thinking about what matters most, Brookline residents have the opportunity for greater peace of mind by starting conversations that heal, inspire and connect.

Supported by a grant from the [Brookline Community Foundation](#) and donations from Ryan Construction Company. "The Dialogue Starts Here-HELLO Brookline" has begun as a town-wide initiative for adults of all ages. Coordinated by [Hebrew SeniorLife's](#) Center Communities of Brookline, in collaboration with the Department of Public Health and the [Brookline Senior Center](#), a HELLO event will be held at the Senior Center on Tuesday, April 3 from 1:30-3:30 pm. To register, please call 617-730-2770.



## 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 March pick up will be on Wednesday, March 28.**



## DRAWING FOR PLEASURE FIGURE DRAWING

We are pleased to announce that this ever popular series, taught by Louise Weinberg and Martin Anderson, has a few openings for new participants. The class meets on **Thursday mornings from 9:30-11:45 AM**, uses a live model and is recommended for people with some drawing experience. Please note that there will be a small model fee of no more than \$5 per session. Space is limited, so call 617-730-2770 to register.

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## MARCH AT A GLANCE

### **Thursday, March 1**

11:00am Ask A Nurse

1:30pm Easy Travel to Costa Rica with Jamie

1:30pm Zumba Gold Free to BHA

### **Friday, March 2**

### **Monday, March 5**

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

1:00pm Historian Bruce Hambro-Judy Garland\*\*\*

### **Tuesday, March 6**

1:00pm Movies for film lovers-"Battle of the Sexes"

AARP Tax Preparation Assistance\*\*\*

### **Wednesday, March 7**

9:00am-12:00pm Brookline Legal Assistance

1:00pm Brookline Music School Concert

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

### **Thursday, March 8**

1:30pm Zumba Gold \$7/class Free to BHA

6:00-7:30pm Ending Ageism with Margaret Morganroth Gullette \*\*\*

### **Friday, Friday 9**

### **Monday, March 12**

1:00-2:30 Ukulele Group

### **Tuesday, March 13**

1:00pm Movies for film lovers-"Victoria and Abdul"

AARP Tax Preparation Assistance\*\*\*

Reunion Project-Hunneman Hall, Brookline Public Library Village Branch\* ends

### **Wednesday, March 14**

1:00pm COA Meeting Older Adults with Knee Pain

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

### **Thursday, March 15**

1:00-2:00pm Blood Pressure Screening

1:00-2:00pm Brookline Hearing Services

1:00-2:30pm TRIPPS-MBTA Overview\*\*\*

1:30pm Zumba Gold (Free Introductory Class)

3:00-5:00pm Art for Pleasure Reception at Coolidge Corner Library\*

6:00-8:00pm Gallery 93 reception/ Julie Smith

### **Saturday, March 17**

11:00am-1:00pm LBGT Lunch Bunch\*

### **Monday, March 19**

1:30pm Trader Joe's Island Getaway with Tommy Bahama\*\*\*

2:00-3:00pm Putterham Book Group\*

### **Tuesday, March 20**

10:00am-12:00pm Tax Exempt Information

12:00noon March Birthday Lunch\*\*\*

1:00pm Movies for film lovers-"Paris When It Sizzles"

AARP Tax Preparation Assistance\*\*\*

### **Wednesday, March 21**

1:00pm Low Vision Group

1:00pm Daniel Price Concert\*\*\*

2:00-3:00pm Managing Losses Later in Life Support Group\*\*\*

### **Thursday, March 22**

1:30-2:30pm Zumba Gold-\$7/class Free to BHA

### **Friday, March 23**

1:00pm Friday Flick-Chisholm "72"

### **Saturday, March 24**

1:00pm Coolidge Corner Community Chorus Concert\*\*\*

### **Monday, March 26**

1:00pm Metropolitan Chorale Concert\*\*\*

### **Tuesday, March 27**

9:00-10:00am Public Issues Nonfiction Book Discussion Group

12:00noon Out To Lunch Bunch\*\*\*

1:00pm Movies for film lovers-"Goodbye, Christopher Robin"

AARP Tax Preparation Assistance\*\*\*

### **Wednesday, March 28**

1:00pm Medical Marijuana Information session\*\*\*

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

1:30pm Memory Café\*\*\*

2:00-3:00pm Managing Losses Later in Life Support Group\*\*\*

### **Thursday, March 29**

1:00pm Mass College of Pharmacy Program\*\*\*

1:30-2:30pm Zumba Gold- \$7/class Free to BHA\*\*\*

## 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](http://www.brooklineadulthood.org) to register

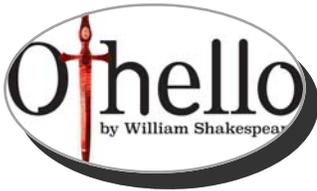
\*\*\* Registration Required

## 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 March 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](mailto:meals@ethocare.org) or 617-522-6700 ext. 306

**-SAVE THE DATE-**

**NEW REP COMES TO YOU!**



The New Rep Theatre's CRC production of "OTHELLO" will be presented at the Brookline Senior Center on

**Sunday, April 15 at 2:00 pm.** Join us for this famous tale of race, love, jealousy, and revenge. Featuring live music, and seven young actors taking on multiple roles, this bold adaptation breathes new life into one of Shakespeare's most well-loved tragedies. Cost is \$5. Free to BHA residents. Light refreshments and a chance to meet the cast will take place following the play. To register, please call 617-730-2777.

## HANDICAPPED ACCESS

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

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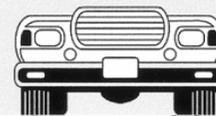
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## FOOD DISTRIBUTION SITE



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.

### 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.

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## TRIPPS



Tripping on the MBTA: Everything you ever wanted to know about “T” Travel. Join us at the Senior Center for an informative discussion on using the public transit system.

Covered will be safety tips and strategies for seniors. Do you have a Senior Charlie Card? Learn how to “top up” your Card both online and at store locations. We will cover subways and bus maps and the MBTA’s trip planning function. Come with ideas about where you want to go and we’ll cover discounts and strategies for getting you there! Are you a regular T user? Come share your knowledge of the MBTA’s system. Snacks will be provided. This session will be held on **March 15 from 1:00 – 2:30 pm.** To register, call the TRIPPS line at (617)730-2644. When registering, please indicate if you require transportation to this event.

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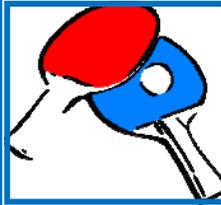
Member FDIC

**LEARN TO PLAY OR IMPROVE  
YOUR CHESS GAME**



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

**LET'S PLAY SOME PING PONG!**



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

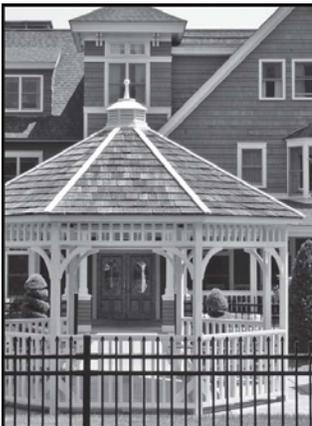
Are you at least 60 and have a problem with your in-home caregiving services?

Do you know someone who does?

**If so, please call us!**

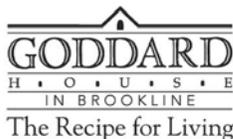
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## ONE-ON-ONE COMPUTER SESSIONS



Computer one on one appointments with our volunteer Dan Siagel will be held in the 2nd floor nurse's office between March-April 10, while the AARP tax preparers are using the computer lab. There is no computer in the room but there is Wi-Fi. The appointments will be limited to those people needing help with their own smartphones, tablets or laptops. To schedule an appointment call Olga Sliwa, 617-730-2768

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

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

### ***What do our recent clients say?***

Thanks to Judy, the sales process was super easy. Your honesty will not be forgotten. I will fondly cherish the memory of you sharing with me "I will make more money with this buyer but this is not the best buyer for you." Human beings like you are rare. We are lucky to know you. -Dd, *past buyer and seller*

I found Judy to be professional, responsible and amazingly service oriented...It's all about taking care of you during the selling or buying process and that's what Judy does best. -David, *past buyer and seller*

She always had our best interest in mind. Her knowledge about the real estate market is excellent. -Tzu-Chun and Zhongjun, *past buyer*

Judymoses@judymoses.com | 617.969.6188 | PathwayHome.com

## SUBSCRIBE or RENEW: SENIOR NEWS & EVENTS

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## REAP

### MANAGING LOSSES LATER IN LIFE SUPPORT GROUP

Aging can be a challenge! Come explore and discuss the different losses and changes you experience as you age in a supportive environment! This group will be focused on losses such as driving, housing, vision, mobility, memory, and more. The support group is time limited and will meet for 5 consecutive sessions **on Wednesdays, 2:00-3:30** at the Brookline Senior Center on **March 28, April 4, April 11, April 18, and April 25.**

### 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.

### REAL ESTATE TAX EXEMPTION

Sandy Spector will have information for seniors on real estate tax exemptions and abatements in the gallery area of the Senior Center on **Monday, March 5 and Tuesday, March 20 from 10:00am-12:00 noon.** Feel free to drop by with your questions.

## MARCH SPOTLIGHTED VOLUNTEER OPPORTUNITIES



This month's spotlighted opportunities include: Coffee Duty – Monday- Friday mornings 8-9am (any or all days would be a help); 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 @ 617-730-2743 or email her at [pburns@brooklinema.gov](mailto:pburns@brooklinema.gov) to make an appointment to talk about things you like to do, your skills and potential volunteer opportunities.

### INDIVIDUAL JOB SEARCH SKILLS APPOINTMENTS

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

## SHOP “Students Helping Older People”

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

### 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.

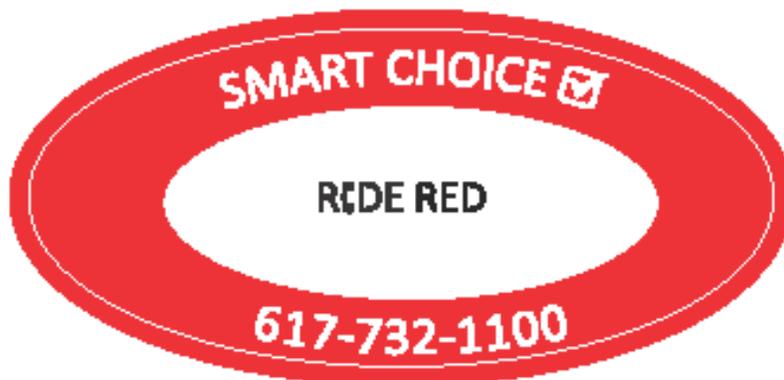
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### *In Honor of:*

Constance Warshowsky honoring Olga Sliwa  
Pat Ahlin honoring Nick Aldin  
Ruthann Dobek honoring Harold Brown  
Martha Schieve honoring Sonia Wong

### *In Memory of:*

Andrea Canzonetti Griffen by Patricia H.  
Dobek - for the Van  
Marshall Pearl by Sherry Lee  
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Emilie Drooker by her friends in Senior Stretch  
Marshall Pearl by Dorothy Bell  
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Stephen Walt & Rebecca Stone  
Cyrill Wolf  
Carol Woodworth  
Margaret Zaremba  
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### **BROOKLINE MUSIC SCHOOL CONCERT**



Join us on **Wednesday, March 7 at 1:00 pm** when our Brookline Music School performer Brian Friedland, jazz pianist will join with another performer to entertain us. We hope to see you there!

### **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.

## 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. At the Senior Center we 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 all who have responded to our Annual Appeal and generously sent in a check. Everyone needs to be aware that donations will support “a place to sit” Thanks to your wonderful end of the year donations, we purchased 60 new classroom chairs, which will arrive soon. However we still need to replace 15 chairs at \$388 per chair. Please be as generous as you possibly can.

In addition, remember no senior should be hungry in Brookline. We have SNAP (food stamps), hot lunches at the Senior Center, Brookline Co-op’s weekly bread and produce programs, The Food Commodity Program and the Brookline Food Pantry. Ample nourishment abounds ensuring sound nutrition. Remember to complete the food insecurity survey sent to you in February which will help us assess the needs of Brookline Seniors.

March is Social Work Month and this year’s theme is “Social Workers–Leaders, Advocates and Champions”. I want to acknowledge the important work of our social workers. We have our social work interns, professional staff, retired social worker volunteers and board members. Each contributes to Brookline’s strong sense of community. When you see one of our social work staff, please thank and tell them they are our “champions”.

Buy some daffodils or shamrocks, eat a slice of Irish soda bread, and take a walk when the sun shines. Please consider bringing a donation to the Senior Center for our special local soup kitchen protein collection (see P. 19).

PS Mark your calendar and save April 11 for our Annual Volunteer Luncheon.

PPS A warm welcome to Kate Jovin MSW, LCSW. Kate is a recent graduate of Simmons College of Social Work and interned at the Andover Senior Center . Kate will join us in March.

*Ruthann Dobek-Director*

### 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.”

### MASS COLLEGE OF PHARMACY WORKSHOP

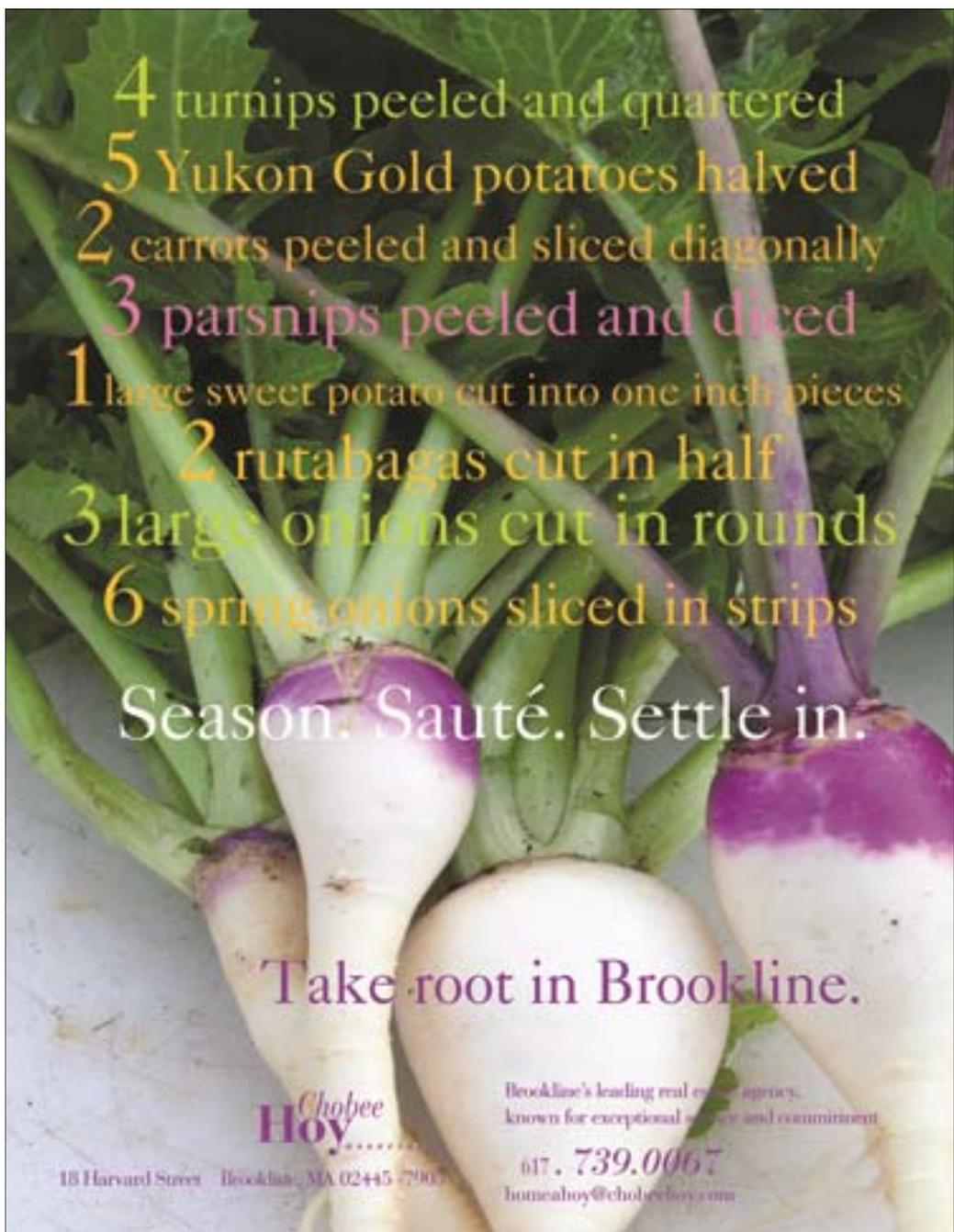


Join students and faculty from MCPHS University on **Thursday, March 29 at 1:00pm** for an interactive information session to be announced in the TAB. Faculty and students always encourage questions!

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2 rutabagas cut in half  
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