

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



JULY 2018



Council on Aging Information Hotline

617-730-2777 617-730-2778

Senior Center Van

617-730-2770 617-730-2750

Brookline Council on Aging

www.brooklinema.gov

www.brooklineseniorcenter.org

Brookline Community Aging Network

www.BrooklineCAN.org



NOTE: NO (BLAB) Brookline Legal Assistance Bureau due to the Holiday.

NOTE: Nick will be off on Monday July 2 and Tuesday July 3 so the Van will not be running.

BLOOD SUGAR SCREENING

Olga Abamelik, RN, now affiliated with Central Home Health Care, Inc., will return to the Center to do blood sugar screenings on **Thursday, July 12 from 11:00-12:00pm.**

ARE WE TRULY "PRESENT" IN OUR LIVES?

A Harvard study says we are lost in thought, ruminating or operating on "autopilot" roughly half the time -- not fully attuned to what we are doing when we are doing it. Mindfulness, a way of being present in our lives, has captured attention on the cover of Time magazine and in many spheres of life, from corporate America and the US military to professional sports teams. The practice of mindfulness -- purposely paying attention in the present moment without judging our experience -- can play a key role in stress reduction, well-being, and skillfully navigating life's challenges. Join us on **Thursday, July 19 at 1:00 pm**, as Neil Montenko provides a basic introduction to mindfulness and its foundations, guided meditation practices, and an orientation to formal and informal mindfulness practices that can be integrated into daily life. Neil, a retired lawyer who for many years was a Brookline resident, is an instructor qualified to teach mindfulness-based programs by the Center for Mindfulness in Medicine, Health Care and Society at the University of Massachusetts Medical School. To register, please call 617-730-2770.

HOW SAFE IS YOUR SUPERMARKET?

On **Monday, July 9 at 1:00 pm** join Patricia Burns to hear about situations, practices and issues that we should all be aware of in supermarkets. Raise your level of consciousness and sharpen your focus on potential dangerous conditions so you can identify and avoid practices that could lead to foodborne illnesses. To register, please call 617-730-2770.

INDEX

Alzheimer Caregiver Support Group.....7	REAP.....28
Ask A Nurse.....4	Recycling Presentation.....11
At a Glance, July.....20	Reiki Therapy.....22
Blood Sugar Screening.....1	Reunion Project.....13
Board President.....18	Richards, Archie Concert.....12
Book Discussion Group, Public Issues11	Services, Senior (BETS, BLAB, File of Life, HELP, SNAP, SHINE, Social Security).....6
Book Discussion Group, Putterham.....11	SHOP.....29
BrooklineCan-.....13	Supermarket-How Safe is Yours.....1
Chess.....25	Thank You.....30
Chess, Learn to play.....22	Travel, Easy.....13
Chorus, Senior.....10	TRIPPS23
Clear Captions Presentation.....7	Ukulele.....29
COA Meeting8	Vibrant Assistive Technology.....12
Computer Lab.....25	Volunteer Spotlight Opportunities15
Craft Fair Meeting.....8	Volunteer Spotlited.....15
Director, from the.....19	Wax Museum Trip.....7
ELF.....29	Zumba Gold.....9
ELKS BBQ.....3	
Exercise-How to Stay Motivated.....20	
Fitness Center.....25	
Food Distribution Site, Senior Center.....23	
Free Fun Fridays.....9	
Genealogy Speaker.....17	
Geriatrician, Ask a.....5	
Handicapped Access.....10	
Health Page, (Ask a Nurse, Podiatry Clinic, Low Vision Group, Blood Pressure Screening, Clinic, Health Coach).....4	
Health Care-Right Care Alliance.....18	
Hearing Services, Brookline4	
ICRE Ride for Eye Care.....4	
Jeopardy-Kate’s Viewing Party.....3	
Let’s Go Out To Lunch Bunch.....17	
Living Our Values10	
Luncheon Specials for July.....17	
Mahjong8	
Medical Qigong.....15	
Medicare-New Cards.....13	
Memory Café.....9	
Mindfulness.....1	
Movies for Film Lovers.....18	
Newcomers Group.....7	
Observances, July.....3	
Ongoing Senior Center Events.....21	
Pastel Workshop.....3	

GALLERY 93

The Gallery will return in Fall check the news-
letter in August for updates!

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

Ruthann Dobek

Director, Council on Aging/Senior Center

Julie Washburn

Program Manager, Council on Aging/Senior Center

Maureen Cosgrove-Deery

Newsletter Editor

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.

JULY OBSERVANCES



On **Wednesday, July 4**, the Senior Center will be closed as we celebrate Independence Day, a great day to go to the ocean, to barbecue, or to have a clambake with your friends, children, and grandchildren. Then in the evening, sit back and watch fireworks while the country celebrates its birthday. July is also the month we celebrate National Blueberry Month, National Anti-Boredom Month, National Cell Phone Courtesy Month, National Hot Dog Month, and National Ice Cream Month so Enjoy!

KATE JOVIN ON JEOPARDY!



If you missed the April appearance of Kate Jovin, one of our newest COA Social Work staff members, on Jeopardy!, now is your chance to see it. Join us on **Friday, July 13 at 1:00 pm** to

watch the episodes on which Kate appeared. Kate will also be on hand to tell us a little about her experience in preparing for and being a contestant on the show. If you'd like to test your own skills prior to the viewing, you can visit the Jeopardy! website www.jeopardy.com and take their 30 question practice test. To register, please call 617-730-2770.

TOUR THE SENIOR CENTER

The Senior Center offers escorted tours of the Center Monday through Friday. You need to sign up for the tours ahead of time. To inquire about a tour, call 617-730-2777.

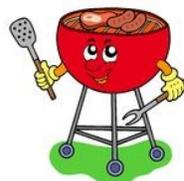
MONET'S MAGIC



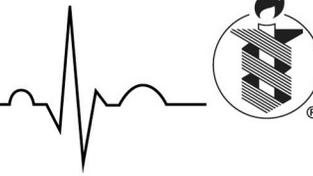
Gregory Maichack will make his annual visit to the Senior Center on **Wednesday, July 11 from 1:00-3:00 pm** to present his adult hands-on pastel painting

workshop, "Monet's Magic: Pastel Paint Monet's Wondrous Water Lillies." This workshop is designed for sheer beginners to experienced artists. Participants will freely experiment with hundreds of the artist's professional grade pastels, pastel pencils, and pastel paper in this fun pastel painting workshop. In this new, highly researched two-hour workshop, participants have fun producing their own pastel painting using the actual imagery that inspired Monet to paint his "Water Lily" paintings. Maichack is an award winning artist who creates a supportive and positive environment for his workshops. Questions are encouraged and everyone will take home their original pastel painting. To learn more about Greg Maichack, please visit his web-site at www.gregorymaichack.com. This program is co-sponsored by Waterstone at the Circle and the Brookline Senior Center. Space is limited, so please call 617-730-2770 to register.

ELK'S BARBECUE



On **Saturday, July 7 at 1:00 pm** come to the Senior Center for a very special event—a BBQ—prepared and sponsored by Brookline Elks Lodge #866. The Brookline Elks always do a marvelous job on their special meals—whether a holiday feast or a summer BBQ—so be sure not to miss this treat. However, since the event is so popular, you need to make reservations. To make reservations, call 617-730-2770.



Ask a Nurse Lynn Schuster, a nurse from Visiting Nurse and Community Care will be at the Senior Center on **Thursday, July 5 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, July 18 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, July 19 from 1:00-2:00 pm at the Senior Center

Wednesday, July 11 from 1:00-2:00 pm at Sussman House

Wednesday, July 25 from 1:00-2:00 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, address and phone. 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, July 19 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

ICARE: Independent Clients Accessing Rides to Eyecare. The Council on Aging, through the HELP program, has a program in partnership with ITNAmerica, through their generous grant funding. The HELP program provides free transportation for Brookline residents to scheduled eyecare appointments in the Greater Boston area. To access, please contact the HELP line at 617-730-2752 at least 1 WEEK before your scheduled appointment, as a home visit to sign up for the HELP program is required to access this sub-program.



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

*The Health Page is sponsored by
Beth Israel Deaconess Medical Center*

Affiliated with  **Joslin Clinic**

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

 Official hospital of the
Boston Red Sox

ASK A GERIATRICIAN

Dr. Suzanne Salamon, Chief Associate of Clinical Geriatrics at **Beth Israel Deaconess Medical Center**, answers your **general** questions about aging and geriatric medicine in this column every month. (Editor's note: *If you have questions, e-mail them to me at mdeery@brooklinema.gov or call at 617-730-2790. I will make sure that Dr. Salamon gets the questions and answers them in the Newsletter.*

Question: Do I need to treat sleep apnea if it doesn't bother me? Is there anything other than a CPAP machine that will help?

ANSWER:

The American Academy of Sleep Medicine defines sleep apnea as a disorder of sleep that causes you to stop breathing while you are sleeping. This can happen when the back of your throat closes while you are sleeping. It can be caused by the back of your throat collapsing or, if you sleep on your back, by your tongue falling back and blocking the airway. When the airway is blocked, less air can reach your lungs. This can cause less oxygen to reach your brain and other parts of your body. During the night, this lack of oxygen can wake up your body and start you breathing again. As a result, you can wake up in the morning feeling tired even after a full night's sleep because of several night time awakenings. This lack of oxygen can also cause high blood pressure, heart disease, stroke and memory loss. One of the most common symptoms of sleep apnea is often snoring, although not everyone who snores has sleep apnea. Other symptoms include long pauses in breathing, choking sounds, and daytime fatigue. The biggest risk factor for sleep apnea is being overweight, with a BMI greater than 30 (obese). Other risk factors for who is more likely to have sleep apnea include a large neck, older age, being male, high blood pressure and a family history of sleep apnea.

To test if you have sleep apnea, you may need an overnight sleep study done by a sleep physician. There are some sleep studies you can do at home, which can also be ordered by a sleep physician. The best treatment for sleep apnea is to try to correct the underlying cause, such as losing weight if you are overweight, avoiding alcohol at night or sleeping pills, avoid sleeping on your back and stopping smoking. Otherwise, the main treatment is with a CPAP (Continuous Positive Airway Pressure) machine. This machine forces air into your throat to keep your throat and airway open so air/oxygen can get into your lungs. Most people feel much better rested after using the CPAP machine. In the past, CPAP machines were large, bulky and noisy, and people often stopped using them. However, the newer machines are smaller and quieter. They come with either a mask that covers your mouth and nose, or 2 smaller prongs which fit into your nose. It will probably take some adjusting to see what the right fit and pressure are for you.

CPAP machines can take some getting used to, but most people are quite pleased with how much better they feel. There are very few side effects, but these may include discomfort with the straps on the mask (which can be adjusted), and a dry or runny nose.

There are some devices to treat sleep apnea which can be fitted by a dentist or orthodontist which can be worn at night in the mouth like a mouth guard, to try to pull the lower jaw forward or to hold the tongue in place so it doesn't fall back and block the throat. The sleep physician/clinic can advise which the best is for you. Since symptoms of sleep apnea are worst when sleeping on your back, re-training yourself to sleep NOT on your back can often improve these symptoms. There are night-shirts with a pocket in the back for a tennis ball, so that when you turn onto your back, it is so uncomfortable that you change positions. These can be bought on line, or you can sew a pocket onto a shirt yourself that will fit a tennis ball.

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.

TRIPPS looking for alternative transportation options to driving or have a specific question about the MBTA/The Ride, Uber/Lyft or medical transportation? Contact TRIPPS at maria@trippsmass.org or 617-730-2644.

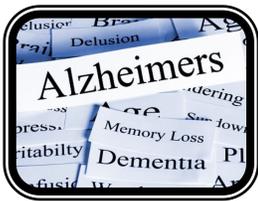
BLAB A Brookline Legal Assistance Bureau volunteer lawyer will return on **August 1 from 9:00 am-12:00 noon** to consult on legal matters of law. **This service is offered for Brookline residents only, is free of charge, and no appointment is needed. Please pick up a number at the reception desk or the 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:dwxman@brooklinema.gov

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

ALZHEIMER'S CAREGIVER SUPPORT GROUP



This ongoing daytime support group is designed to help caregivers cope with the stress and demands of loved ones struggling with Alzheimer's.

It meets on the 4th Tuesday of each month. If you are interested in this group, please call the facilitator Ted Sturman at 617-803-610

DREAMLAND WAX MUSEUM



Join us on **Wednesday, July 18** for a Brookline Senior Center van trip to Boston's Dream-

land Wax Museum. Come face-to-face with history makers, hometown heroes, & cherished celebrities! Rub elbows with every U.S. President and take selfies with your favorite stars. With more than a dozen themed galleries and over 100 sculpted figures, New England's premier wax museum is dedicated to educating and entertaining each guest that visits. We'll **meet at the Senior Center at 9:30 am and the BSC van will transport us down to the Museum for our 10:30 am** scheduled arrival. The estimated time for viewing the galleries is 60-90 minutes so we'll plan to begin our return trip to the Senior Center around 12 noon. Our special group rate admission is \$13.95 per person and it is due at the time of registration for the trip. To register for this fun outing, please call 617-730-2777 or stop by the Council on Aging offices (2nd floor). **Space is limited.**

HELLO FROM CLEAR CAPTIONS



Join us on **Thursday, July 12 at 1:00 pm** as Frances Rose, our local Clear Captions Title IV ADA Specialist, will discuss how you can receive a **FREE** caption phone if you struggle with any form of hearing loss. An ice cream social will follow, but space is limited. To register, please call, 617-730-2770.

GODDARD HOUSE 5TH ANNUAL COOKIN' UP JAZZ SERIES



Bo and Bill Winiker will give a lecture at Goddard House called, "Our Lives in Jazz" on **Thursday July 26 from 6:00 - 7:30pm**. They will spend the evening telling stories from the highlights of their long careers performing jazz around the Boston area and beyond. Reception is 6:00 - 6:30 pm / Lecture 6:30 pm - 7:30 pm in the Library at Goddard House. Seating is very limited and RSVP is required by calling Patti 617-731-8500.

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)



MAHJONG



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

COUNCIL ON AGING MEETING

The Council on Aging (COA) board is on vacation in July and August. However, the Nominating Committee will meet in mid-August to consider new members for the board. If you would like to serve on the board or if you know someone you think would make a good member, please contact Ruthann at 617-730-2756 or Ruthann at rdebek@brooklinema.gov.

ANNUAL HOLIDAY CRAFT FAIR MEETING

Holiday Craft Fair

It's that time of year again! Time to start planning for our Annual Holiday Craft Fair. Our first meeting will be held at the Senior Center on **Monday, July 30 at 1:00**

pm and all are welcome. It has been proposed that we consider holding this year's Fair in December instead of November. **We will be taking a vote and deciding on the dates for this year's Fair at this first meeting so please be sure to attend if you would like for your vote to be counted.** The proceeds from the Craft Fair help to support many of the programs and services that we provide throughout the year. Let's make this our most successful year yet!



Providence House

Assisted Living at Corey Park in Brighton

Affordable Assisted Living for Seniors of All Incomes

617-731-0505 www.providencehouseassistedliving.com

MEMORY CONNECTIONS CAFÉ



On **Wednesday, July 25 from 1:30-3:00 pm**, 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 Home Instead Senior Care-Waltham Office.

-SAVE THE DATE-

The 2nd Annual "Camp Memory Connections" will be held on Wednesday, August 22 from 11am-2pm at Larz Anderson Park. Sponsored by the Brookline Senior Center, Goddard House Assisted Living, and Brookline Recreation, this free outdoor day camp experience for people living with memory changes and their care partners will include conversations with peers over camp-themed lunch, S'mores, & snacks, along with expressive therapy activities (music, art, exercise, etc.). Either party can attend by themselves, but a care partner must accompany those who require any care assistance (bathroom facility available). ***Please RSVP and book available Transportation: Jamie-617-730-2753 or jjensen@brooklinema.gov.*** Parking also available in small lot off Goddard Ave. This program is supported by a grant from the Brookline Community Foundation. **Please note: this event is in place of the monthly Memory Connections Café.**

FREE FUN FRIDAYS



July 6 Peabody Essex Museum, Cape Cod Maritime Museum, Battleship Cove, Gore Place, New England Quilt Museum.

July 13 Edward M Kennedy Institute, Charles River Watershed, Larz Anderson Auto Museum, Telephone Museum and the Sports Museum.



Visitors offered no-cost admission to many of the most treasured cultural venues in Massachusetts. This program was created to increase access and enrichment opportunities for children and families throughout Massachusetts during the summer months.



Every Friday, from the end of June through the end of August, multiple sites are open for free. We reach out to schools, veterans groups, libraries, seniors centers, and many other community organizations to ensure that everyone knows that they are also welcome. For more information

highlandstreet.org/programs/free-fun-Fridays or call 617-969-8900.

Chestnut Hill Ride/ Chestnut Hill Errands & More

**Friendly, Reliable, Affordable
Errands &
Transportation Services**

**A Family owned and operated and committed
to make your life easier and less hectic**



617 - 874 - 0487
www.chestnuthillerrands.com

ZUMBA GOLD



Get in shape and have fun with Zumba Gold at the Senior Center! Join Emily Brenner, our Zumba Gold instructor, on **Thursdays through August 23* at 1:30 pm.** *Please note that

there will be **no class on July 19, August 9, and August 16.** 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.

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.

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.

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.

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.**



Sold at first Open House

**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



Home Ready Solutions

(617) 331-7848

Call me for a **complimentary consultation:**



(617) 331-7848



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. Please NOTE: we will be on vacation during July and August. See you in September!

RECYCLING PRESENTATION



Have you ever wondered what happens to the material you place in your recycling carts? Are you curious about the relationship between the global market and Brookline's Recycling program? Con-

fused about why some materials are acceptable and others are not? Join Tom Segear, Assistant Recycling Coordinator for the Town, on **Thursday, July 26 at 1:00pm** to learn about the relationship between Brookline's curbside recycling program and the global market and how you can make a difference! To register, please call 617-730-2770.

TRAIN WITH SHAIN

IN HOME BALANCE THERAPY AND
FITNESS TRAINING FOR SENIORS

Steven R. Shain
(508) 231-6378

www.trainwithshain.net
trainwithshain@gmail.com

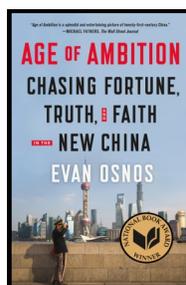
ACSM certified cpt/hfi
CPR/AED certified
Fully Insured

PUBLIC ISSUES NONFICTION BOOK DISCUSSION GROUP

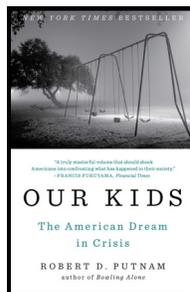
At the Senior Center

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.

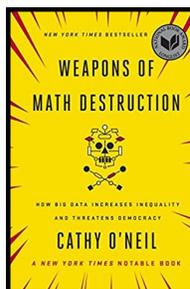
Suggestions for future titles are encouraged. Meeting time is **9:00 to 10:00 am on the fourth Tuesday of each month**.



July 24 *Age of Ambition: Chasing Fortune, Truth and Faith in the New China* by Evan Osnos (Farrar, Straus and Giroux)



August 28 *Our Kids: the American Dream in Crisis* by Robert D. Putnam (Simon & Schuster, Inc.)



September 25 *Weapons of Math Destruction: How Big Data Increases Inequality and Threatens Democracy* by Cathy O'Neil (The Crown Publishing Group | Penguin Random House LLC)

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

ARCHIE RICHARDS CONCERT



On Monday, July 23 at 1:00 p.m., Archie Richards will perform a classical piano

concert. It will include the music of Chopin, Rachmaninov, Schumann, and Liszt. Archie started playing the piano as a child, but didn't find a good teacher until he was 32. In his career, he was a stockbroker and a weekly newspaper columnist on money matters. He became a professional musician in 2008, when he was 72 and now plays concerts and singalongs in Massachusetts senior facilities.

His good teacher was Kyriena Siloti, with whom he studied at the Longy School in Cambridge, MA. Then in her eighties, Kyriena was the daughter, student, and long-time assistant of Alexander Siloti. He in turn was widely considered the best of the students of Franz Liszt and was world renowned in the early 20th Century. While Archie was with Kyriena, his performance of Beethoven's Waldstein Sonata was played on WCRB- Radio in Boston on a Sunday morning. To register, please call 617-730-2770.

VIBRANT ASSISTIVE TECHNOLOGY PROGRAM



The Massachusetts Association for the Blind and Visually Impaired (MABVI) is proud to announce the VIBRANT program in partnership with the Centers on Aging and the

Brookline Senior Center. What is VIBRANT? It is assistive technology guidance that empowers you. If you are losing your vision, we can help train you on current technology that makes your life easier. Assistive technology is any piece of hardware or software designed or modified for use by a person with a disability. Specialized assistive technology training can help with all kinds of tasks and daily living activities, such as reading, walking, personal finance and more. Anyone with low vision or blindness is welcome to reach out to us, as well as those interested in how we are serving the spectrum of vision loss.

After a Vibrant intake and assessment, conducted by Jerry Feliz, the Brookline Senior Center Assistive Technology Director, clients will be matched with a trained volunteer. Our Vibrant Volunteers will provide you with applied assistive technology instruction to help accomplish your everyday goals.

Jerry can be reached at: 857-443-6636, or send email to: Jfeliz@mabcommunity.org or stop by the Senior Center computer lab on Wednesday or Thursday afternoons and ask for Jerry. We look forward to working with you soon.



Sherrill House

A Not-for-profit Skilled Nursing & Rehabilitation Center

Brookline Senior Center Preferred Site!

The *Return to Home Program*TM is designed to prepare patients to return to their homes as quickly as possible following a hospitalization. At Sherrill House, our patients enjoy access to exceptional services and programs.

Call 617-735-1775 to schedule a personal tour. To learn more, visit www.sherrillhouse.org.

135 S. Huntington Avenue • Boston, MA 02130



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

BROOKLINE AGE-FRIENDLY CITY COMMITTEE SEEKING NEW MEMBERS

The Brookline Age-Friendly City committee is seeking new citizen members. The committee coordinates Brookline’s Age-Friendly City initiative, a comprehensive, multi-year effort to strengthen the Town’s response to its rapidly growing senior population. Age-Friendly Brookline is a collaboration involving the Town of Brookline, the Council on Aging, and BrooklineCAN. Members are expected to attend monthly meetings and contribute to committee projects. Committee members are appointed by the Select Board for 3-year renewable terms. For more information contact Co-Chair Frank Caro frank.g.caro@gmail.com

SPOTLIGHT ON FOOD INSECURITY



Watch the 17th Age Friendly Cities TV show entitled SPOTLIGHT on FOOD INSECURITY. It will focus on feeding the hungry in Brookline. Guests are Meghan Ostrander of Springwell, Elizabeth Boen

of Brookline Food Pantry, and Patricia Burns of the Senior Center Food Pantry. These organizations serve many of the town’s most vulnerable residents. All three need volunteers and financial donations.

The aim is to ensure everyone in our community who needs help comes to one or more of these organizations. In Brookline, in addition to regular nutritious meals, Springwell offers kosher, Chinese, and therapeutic meals for people on special diets. Check out the Brookline Age Friendly Cities TV programs on the BrooklineCAN web site and note references on the BrooklineCAN Twitter and Facebook accounts. Programs are aired on Channel 3 on Comcast and RCN.

NEW CARDS WILL ISSUED SOON

New Card! New Number! *Mailing in 2018*

<p>Current Medicare Card</p> <p>1-800-MEDICARE (1-800-633-4275)</p> <p>NAME OF BENEFICIARY JANE DOE</p> <p>MEDICARE CLAIM NUMBER 000-00-0000-A</p> <p>SEX FEMALE</p> <p>ENTITLED TO HOSPITAL (PART A) MEDICAL (PART B)</p> <p>EFFECTIVE DATE 07-01-2016</p> <p>SIGN HERE <i>Jane Doe</i></p>	<p>NEW Medicare Card</p> <p>MEDICARE HEALTH INSURANCE</p> <p>Name/Nombre JOHN L SMITH</p> <p>Medicare Number/Número de Medicare 1EG4-TE5-MK72</p> <p>Entitled to/Con derecho a HOSPITAL (PART A) MEDICAL (PART B)</p> <p>Coverage starts/Cobertura empieza 03-01-2016 03-01-2016</p>
---	--

THE REUNION PROJECT IS BACK!

In case you missed the 2017 exhibit at the Senior Center, we are please to announce that Lora Brody’s Reunion Project exhibit featuring many familiar Brookline Senior Center, Center Communities, and Goddard House faces will once again be on display at **Town through September**. This project was sponsored by BrooklineCAN, the Brookline Council on Aging, Center Communities of Brookline and Goddard House Assisted Living.

Center Communities of Brookline

The Lifestyle you want, where you want it.



1550 Beacon Street



100 Centre Street



112 Centre Street

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



Mount Auburn Lifeline

Medical Alert & Medicine Dispensing Services

Supporting Independent living for seniors since 1988



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

Philips HomeSafe with AutoAlert (fall detection) automatically places a call for help if it detects a fall and you cannot push your help button when at home.

Philips GoSafe with AutoAlert (fall detection) provides access to help both at home & on the go.

A program of
Mount Auburn Hospital
Member of
CAREGROUP™

Founding Hospitals:
Beth Israel Deaconess Medical Center
New England Baptist Hospital
Mount Auburn Hospital

**For More Information
please call:
617-499-5525**

SPOTLIGHTED VOLUNTEER



Lincoln School 2018 8th Grade graduating students came to the Brookline Senior Center on June 14 for a Community Service day of board and card games and engaging with seniors. Their curiosity, eagerness to share what they are involved in at school and their interest in learning about the seniors with whom they spoke was wonderful. In addition to the above activities some students also worked with the senior flower arrangers and others watched the Chinese knitting and crocheting group. Some students also brought food donations. Patricia, the Volunteer Coordinator shared the recent Food Security Survey results to confirm how important food donations and food supplement programs are even in a town like Brookline. Over lunch, the students eagerly shared interesting stories about the seniors that they had interviewed – growing up in the Soviet Union, relocating in Brookline for the last year after losing everything in the hurricane in Puerto Rico, memories of WW II and being in the Israeli Army. Some students got to practice their Spanish and Japanese as well. The Brookline Senior Center seniors definitely appreciated the students and their 2 teachers and the guidance counselor and the joy and energy that they brought to the BSC. We hope that they will continue volunteering when they attend the high school next year. Congratulations to all!

MEDICAL QIGONG



Thousands of years old, qigong ("chee-gung") is the practice of cultivating mental and physical balance through the coordination of breath, movement and awareness. Medical qigong is said to help the body heal and stay strong through the use of exercises designed to gently stretch and strengthen. Simpler than taiji (which combines aspects of qigong and Chinese kung fu), medical qigong can be practiced throughout one's entire life to promote overall health and well-being. We will be offering an 8 week qigong course at the Senior Center on **Tuesdays, July 24-September 11 from 9:30-10:30 am**. Cost for 8 week session is \$45. Free to BHA residents. Please note that this course requires a minimum of 8 participants to run. **Please register by Tuesday, July 17 by calling 617-730-2777.** Your instructor, Laura Kandziolka is a 100-hour Zen Wellness-certified medical qigong instructor. She studies medical qigong, taiji chuan and bagua with Human Harmonies and Flowing Zen.

HOW TO STAY MOTIVATED FOR EXERCISE

Join us on July 2 at 1:00 pm for a presentation by Cristina Colón-Semenza, MPT, NCS, a PhD candidate with the Center for Neurorehabilitation at Boston University will give a talk that focuses on behavior change research that tells us what the key steps are to becoming and staying physically active. If you need a bit more motivation – and who doesn't – to keep exercising, come get some tips from an expert! To register call 617-730-2770.



Waterstone at the Circle offers the active lifestyle you desire - with everything you need to live it.

Discover our boutique community, modern apartments with stunning city views, exquisite culinary experience, best-in-class amenities, 24-hour concierge services and a vibrant, urban culture.

What are you waiting for?
Schedule your private showing today!

617.996.7776

Living@WaterstoneAtTheCircle.com

COME SEE WHAT
WATERSTONE AT THE CIRCLE
HAS WAITING FOR YOU.

NOW OPEN



**WATERSTONE
AT THE CIRCLE**

AN OVER-62 COMMUNITY

385 Chestnut Hill Avenue
Boston, MA 02135

WaterstoneAtTheCircle.com

   Mass Relay 711



JULY 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, July 17 we celebrate July birthdays at the monthly Birthday Lunch. The sponsor of this lunch has happily provided a complimentary lunch and a small gift to all July 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.

LET'S GO OUT TO LUNCH BUNCH



The Out to Lunch Bunch will dine at Pho Lemongrass on Harvard Street on Tuesday, July 31 at 12:00 noon. The van will leave the Senior Center at 11:30 am sharp! For reservations and transportation, please call 617-730-2770.

GETTING STARTED IN GENEALOGY



Whether you are just beginning your family history research or have been researching for many years, New England Historic Genealogy Society can help. Maybe you want to learn the identity of your ancestors, find out where they lived or what they did for a living? Or maybe your family lore includes stories of a Mayflower immigrant? Perhaps you have medical concerns and wish to find out about your family's medical legacy? Curiosity, lineage, and medical history are just some of the common reasons to take up the growing hobby of genealogy. **Join NEWLY SCHEDULED NEHGS genealogist Kathleen Kaldis on Monday, July 16 at 1:00 pm** to learn about getting started in genealogy. Kathleen will cover basic research tips, common problems, the most useful records and resources, and how to access a variety of material both online and in person. Among many other things, Kathleen serves on the board of the Massachusetts Genealogical Council as their Newsletter Director and she has represented the MGC at the PBS Genealogical Roadshow in Boston, Providence, and Houston. To register, please call 617-730-2770. Please note that this program was rescheduled due to some confusion around the date in June.

MOVIES FOR FILM LOVERS

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



Tuesday, July 3

***Gifted* (2017)**

1hr. 41min.

Frank, a single man raising his child prodigy niece Mary, is drawn into a custody battle with his mother.



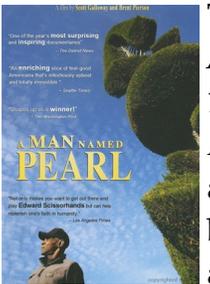
Tuesday, July 10

***All the Money in the World* (2017)**

2 hr. 12min.

The story of the kidnapping of 16-year-old John Paul Getty III and the desperate attempt by his devoted mother to convince his bil-

lionaire grandfather Jean Paul Getty to pay the ransom.



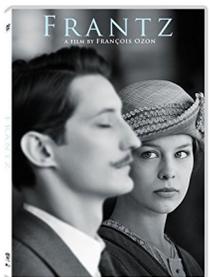
Tuesday, July 17

***A Man Named Pearl* (2006)**

1hr. 16min.

A Man Named Pearl is a subtle and intriguing film that opens both hearts and minds. It offers an upbeat message that speaks to

respect for both self and others, and shows what one person can achieve when he allows himself to share the full expression of his humanity.



Tuesday, July 24

***Frantz* (2016)**

1hr. 53 min.

In the aftermath of WWI, a young German who grieves the death of her fiancé in France meets a mysterious Frenchman

who visits the fiancé's grave to lay flowers



Tuesday, July 31

***Get Low* (2009)**

1hr. 43 min.

A movie spun out of equal parts folk tale, fable and real-life legend about the mysterious, 1930s

Tennessee hermit who famously threw his own rollicking funeral party... while he was still alive.

WHAT IS YOUR EXPERIENCE LIKE WITH THE AMERICAN HEALTH CARE SYSTEM?

What do you think about drug prices and access to medicines? How does our current system address your needs? If you have stories, concerns, opinions to share, or if you want to listen to others' experiences with health care, come to the Health Care Sound-Off!

This event is organized by the Brookline Senior Center and the local chapter of the Right Care Alliance, a grassroots movement that brings together health professionals and patient advocates to organize for a healthcare system that is affordable, accessible, equitable. We believe that healthcare is a right and that coverage should be universal: everybody in, nobody out. For over a year, we have been touring the Greater Boston Area to hear stories from people like you about their healthcare concerns and needs. For more information visit our website at: <http://rightcarealliance.org> Join us at the Brookline Senior Center on **Wednesday July 18 from 4:30-6:00** The program is free and open to the public. We will serve refreshments so let us know if you are coming. To Register call Deidre Waxman at 617-730-2767.

FROM THE DIRECTOR

July is usually a time for summer vacations and a slower pace, but not so much at the Senior Center. Come in to enjoy special events as well as our regular programming that will happen all summer long. And remember—stop by if there is a heat wave as we are a cooling center for your comfort.

On Saturday, July 7 at 1:00 pm we welcome back the Elks, who generously host the annual Barbeque. Reservations can be made at the reception desk downstairs, or by calling 617-730-2770. Please thank the Elks for their generous program here at the Center.

Another new offering this month will be an “Introduction to Mindfulness” with Neil Montenko on Thursday, July 19, at 1:00 PM. The practice of mindfulness—a way of being present in our lives—has captured attention on the cover of Time magazine and in many spheres of life, from corporate America and the US military to professional sports teams. Mindfulness can play a key role in stress reduction, well-being, and skillfully navigating life’s challenges. See front page for more information.

This summer we welcome a variety of student interns to the Senior Center. When you see the students in the building, give them a warm welcome and chat with them.

The Theater Club certainly is not taking the summer off! Make your reservations now to see two great summer shows. The Club will be visiting the Reagle Theatre for Anything Goes on Sunday, July 8, and The Music Man on Sunday, August 5. Please make your reservations early as tickets are selling quickly!

The heat of summer will be felt as Emily Brenner continues her great workout Zumba Gold classes on Thursday afternoons. For people who live in Brookline Housing, the Zumba classes continue to be free thanks to the generosity of our donors. If you haven’t already given to support our fitness programs please do so today.

And finally, I want to wish a Happy Fourth of July to all. My family always has a big party to watch the glorious fireworks and enjoy the delicious summer foods. I especially look forward to eating juicy grilled burgers, sweet watermelon, and fresh corn on the cob. Summer flies by so quickly when you are an adult so make sure to savor your favorite tradition! Keep cool- come to the Senior Center to enjoy our air conditioned building, drink extra water this month, and join me at the Farmer’s Market for yummy summer treats and socializing with your neighbors.

Ruthann Dobek-Director

FROM THE BOARD PRESIDENT

The Brookline Senior Center gratefully accepts donations to its nonprofit arm. These donations are completely tax-deductible. We use your gifts to keep the van running, support fitness programs as well as to fund furnishings, improvements, and innovative programs for the Senior Center. We are proud of our strong community and need your help to sustain it. Please be as generous as you can be.

*With Much Appreciation,
Betsy Pollock*

JULY AT A GLANCE

Monday, July 2

1:00pm How to Stay Motivated for Exercise

Tuesday, July 3

No BSC VAN Today

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

Wednesday, July 4

Holiday

Thursday, July 5

11:00am Ask A Nurse

No Easy Travel this Month

1:30pm Zumba-\$7 per session/Free for BHA

Friday, July 6

Saturday, July 7

1:00pm ELKS BBQ***

Monday, July 9

1:00pm How Safe is Your Supermarket***

1:00-2:30 Ukulele Group

Tuesday, July 10

1:00pm Movies for Film Lovers-*All the Money in the World*

Wednesday, July 11

1:00-3:00pm Greg Maichack Pastel Workshop***

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

Thursday, July 12

11:00am Blood Sugar Screening

1:00pm Clear Captions Presentation***

1:00pm Low Vision Support Group

1:30pm Zumba-\$7 per session/Free for BHA

Friday, July 13

1:00pm Viewing Party of Kate on Jeopardy***

Monday, July 16

1:00 Introduction to Genealogy***

Tuesday, July 17

12:00noon July Birthday Lunch***

1:00pm Movies for Film Lovers-*A Man Named Pearl*

Wednesday, July 18

9:30am Wax Museum***

1:00pm Low Vision Support Group

4:30pm Right Care Alliance Event***

Thursday, July 19

1:00pm Mindfulness***

1:00-2:00pm Blood Pressure Screening

1:00-2:00pm Brookline Hearing Services

No Zumba Today

Friday, July 20

Monday, July 23

1:00pm Archie Richards Concert***

Tuesday, July 24

9:30-10:30am Medical Qigong***

9:00-10:00am Public Issues Nonfiction Book Group-Age of Ambition

1:00pm Movies for Film Lovers-Frantz

Wednesday, July 25

1:30pm Memory Café***

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

1:30-3:00pm Memory Connections Café***

Thursday, July 26

1:00pm Recycling Presentation***

1:30pm Zumba-\$7 per session/Free for BHA

6:00-7:30 Cookin' Up Jazz at Goddard House*

Friday, July 27

Monday, July 30

1:00pm Holiday Craft Fair Meeting #1

Tuesday, July 31

12 Noon Out To Lunch Bunch***

1:00pm Movies for Film Lovers-*Get Low*

LEARN TO PLAY OR IMPROVE YOUR CHESS GAME

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

ONGOING SENIOR CENTER EVENTS

Monday

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

Tuesday

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

Wednesday

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

Thursday

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

Friday

8:30 am-4:30 pm Fitness Center Open-
Membership required
9 :00 am Bridge
10:30 am Current Events Discussion Group
10:30 am Senior Chorus
12:00 noon Springwell Lunch ***
1:00-2:30 pm Basic Computer Class in Spanish

1:00-2:00pm Bootcamp for Seniors **
1:00-5:00 pm Ping Pong
2:00-3:30pm Tai Chi **
3:00-5:00pm Learn to play chess
3:30 pm Latino Instrumental and Vocal ***

*Not at the Senior Center

** This is a Brookline Adult and Community
Education (BA&CE) course so registration
with them is required. Call 617-730-2700 or
go to www.brooklineadulthood.org to register

*** Registration Required

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-

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.

Moving? Downsizing?



Call Karen Zweig
for a free consultation!

617.455.1964

karen@movemaven.com



**PROUD TO SUPPORT THE
BROOKLINE SENIOR CENTER**

BrooklineBank

BrooklineBank.com

Member FDIC

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.

MOUNT PLEASANT HOME



WORRIED ABOUT A SENIOR LIVING ALONE?

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

All-inclusive & affordable!

Near the Brookline Border



617.522.7600 301 South Huntington Ave, Jamaica Plain, MA

www.MountPleasantHome.org

BARBARA'S TIPS FOR RIDING THE T

TRIPPS volunteer and T-riding expert Barbara has the following tips for older adults looking to start (or continue!) riding the T on a regular basis.

1. Ride the T at off hours—not during rush hour (which are generally 7-10 am and 4:00-6:00 pm).
2. Keep your belongings close to you.
3. Locate the yellow strips that, when pressed, indicate to the driver that a stop is requested.
4. On the Green Line, the Boylston and Hynes T stops do not have elevators or escalators.
5. Use a Senior CharlieCard. They save money and time when boarding the trains & buses.
6. When putting value on your Senior Charlie Card, you can use cash or credit card. When using cash, the fare machines only give back coins not dollar bills!
7. When getting on the T, have your Senior Charlie Card ready so you can tap it on the fare box. Take your seat immediately.
8. There are two seats at the front of the car reserved for seniors and persons with disabilities.

Advocate for yourself and ask someone for a seat on a crowded bus or train. You can ask the driver to help you.

TRIPPS

WHAT IS TRIPPS?

City dwellers of all ages and abilities are reducing their dependence on driving and opting for a driving-free or driving-less lifestyle. Luckily, as seniors in our area transition from driving, they are spoiled for choice when it comes to travel options. The TRIPPS program offers the support of a network of trained volunteers who are ready to offer seniors individual, personalized support as they explore and expand their transportation options. In addition, we publish a resource guide with a comprehensive list of travel options both in print and online at TRIPPSMass.org. Finally, we host a variety of educational programs in Brookline, Newton and beyond to raise awareness in older adults on the issues of driving retirement. Have a transportation related question? Contact TRIPPS at info@trippsmass.org or (617)730-2644.

PERSONAL OFFICE SERVICES

Document and record management
 Financial/ Tax organization
 Bookkeeping
 Bill Payment

At your home or remotely!

CONTACT

T: (508)-930-1119, (508)-951-2900

✉: personalofficeservices@gmail.com

Transition to your new phase of life!



JB Team / COMPASS
jbteam@compass.com



Realtors dedicated to addressing the needs of the long-time homeowner

617-388-6751

www.HSM-Move.com

Brookline
 Adult &
 Community
 Education



Join us,
 new classes
 starting soon!

www.brooklineadulted.org

617-730-2700

CONGRATULATIONS TO RUTHANN AND JIMMY



The Greater Boston Employer Advisory Board's 21st Distinguished Employer Award was presented to Ruthann Dobek, Director and Jimmy Tong, Building Custodian on June 19th at the Massachusetts State House, in the Great Hall of Flags.

This award is given to a select group of employers in recognition for going "above and beyond" expectations in promoting diversity, employment opportunities and inclusionary hiring for qualified applicants with disabilities.

BROOKLINE FARMERS MARKET

On **Thursdays through October 30** the Brookline Farmers Market will be open from **1:30 pm until dusk**, rain or shine. Check out the locally grown food items at the Center Street west parking lot.

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.

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.

TUESDAY MORNING DANCE PARTY

Modern Dance is now Tuesday Morning Dance Party! Join instructor, Lynn Modell every Tuesday morning from 11:00-11:45 am for the same great fun and dancing. All for a suggested donation of \$2 per class. **NOTE: WILL NOT MEET ON July 24 and 31**



Your Attorneys for Wills, Probate, Medicaid/Long Term Care & Gift and Estate Tax Planning

WADE HOROWITZ

LaPOINTE LLC

1309 Beacon Street, 2. Fl.

Brookline, MA 02446

617-738-1919

www.wadehorowitz.com

\$100 Discount!
Applies to Will package
or to Initial Conference

COUPON

FITNESS CENTER



Inquire about becoming a member, contact Sharon Devine, 617-730-2769. Membership includes use of strength training and cardio equipment, small group classes. Quiet and relaxed atmosphere. Assistance of certified personal trainer at no additional charge.

ONE-ON-ONE COMPUTER SESSIONS

One-on-One Computer Help



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

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

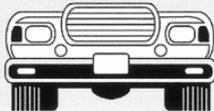
CYPRESS AUTOMART

USED CAR DEALERSHIP

A DIVISION OF AUDY'S MOBIL

proudly serving Brookline & surrounding areas since 1973

Village Mobil
345 Boylston St.
617 738 4706



Harvard St. Mobil
198 Harvard St.
617 734 6810

1996 Business of the Year

www.cypressauto.com www.mobilstations.com/audys

Home Is Still The Best Place



- Appointment Escorts
- Meal Preparation
- Companionship
- Light Housekeeping
- Shopping & Errands

Call for a free, no-obligation appointment or brochure:

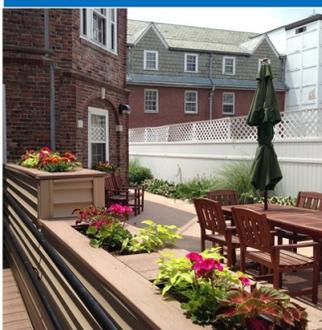
Waltham 781-314-0153

Home Instead
SENIOR CARE

With a little help from a friend.

Each Home Instead Senior Care franchise office is independently owned and operated.

homeinstead.com



Landmark at Longwood

Gracious
Independent,
Assisted & Memory
Care Living

Please call to schedule your free lunch and tour!
Landmark at Longwood
63 Parker Hill Ave., Boston, MA
www.landmarkSeniorLiving.com
617-975-0110



SERVING THE BROOKLINE COMMUNITY FOR 75 YEARS



BECOME A MEMBER TODAY!

We offer a full range of financial services, from savings and checking accounts to Real Estate Loans.

 **BROOKLINE MUNICIPAL CREDIT UNION**

334 Washington Street, P.O. Box 470776
Brookline, MA 02447-0776
Tel: (617) 232-9419 Fax: (617) 232-1462
B-Line: (781) 398-1865





The Pathway Home Team
Michelle Quinn
Susanna Stiefel
Kim Sullivan

*Where Your Move is the Only Move that Matters!
(and sometimes the best move is not to move at all!)*

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

WHAT DRIVES US:

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

What do our recent clients say?

"Michelle took such good care of us! She helped us sell our home, then identify, purchase, and move to our next one. She made it such a smooth transition!"

-Joel and Fiona, buyer and seller clients

Michelle Quinn & Susanna Stiefel of The Just Right Move Team helped us find our dream home. They asked us questions to help us decide exactly what we were looking for, and when we found the perfect place, they helped us put together a winning offer. They also coached us through the process of getting our condo polished up and sold as well. It was a wonderful experience, and we're delighted with our "just right move." *-Ann and Ben, buyer and seller clients*

"We're so grateful that Kim Sullivan helped us sell our home and buy our next home! The level of knowledge and attention we received was outstanding. She took the time to get to know us, what we loved about our home, as well as what we were looking for in our next home. We truly felt she had our best interest in mind. Kim's caring & calm personality kept us grounded & reassured us from start to finish. I highly recommend Kim & the Pathway Home Team!" *-Andrea and Joe, buyer and seller clients*

1359 Centre Street, Newton | 617.969.6188 | PathwayHome.com

SUBSCRIBE or RENEW: SENIOR NEWS & EVENTS

Don't Miss Out! JUST \$10 for 12 months

Be sure you receive every issue of Senior News & Events all year. Stay current on vital and timely information and happenings at the Brookline Senior Center, the town, and the metro area.

Not Yet a Subscriber? Sign up Now! Don't miss a single issue! Fill out the form below and mail to the Brookline Senior Center with your \$10 check.

Current Subscriber? Check the date that is printed next to your name on the address label on the back page. If the date is 30 days or less away, use the form below to renew.

***NEWS & EVENTS* – Subscription Form - \$10/year**

YES! I would like to Subscribe Renew my subscription to *Senior News and Events*.

I am including a contribution for the following amount: \$ _____

Name(s) _____

Street Address _____

City/State/Zip _____

E-Mail _____ Phone(s) _____

**Please mail this form with your check payable to "Brookline Senior Center" to
Brookline Senior Center, 93 Winchester St., Brookline MA 02446**



SUPPORT THE BROOKLINE SENIOR CENTER

Help BROOKLINE's SENIORS age with dignity and respect

Use the form above. OR Donate Online via PayPal at

www.brooklineseniorcenter.org

The Brookline Senior Center is a 501(c)(3) non-profit organization.

Your gift is tax-deductible to the full extent of the law.

CHECK YOUR SUBSCRIPTION RENEWAL DATE



**Wake up to
Wingate**

Where Healthcare and Hospitality Meet



Located just minutes from some of the world's finest hospitals, Wingate at Chestnut Hill meets the short-term rehab, long-term care and respite care needs of patients and their families—always with attention, understanding, compassion and respect.

—Family-Owned and Operated for Three Decades—

615 Heath Street Chestnut Hill, MA 02467 | 617-243-9990
WingateHealthcare.com

REAP

LIBRARY CONNECTION



Are you a lover of library books and other resources, yet unable to enjoy the pleasures of

browsing on your own? We have a solution for you! The Library Connection, a partnership of Brookline's Council on Aging and the Public Library of Brookline, provides delivery of library materials directly to homebound Brookline residents who are unable to leave their home. A volunteer from the community will deliver materials to you throughout the year. If you are interested in becoming a volunteer or receiving this service, contact Volunteer Coordinator Patricia Burns at the Council on Aging 617-730-2743.

GREATER BOSTON FOOD BANK FOOD COMMODITY PROGRAM



The Greater Boston Food Bank Commodity Program provides shelf-stable food to low income seniors.

Two shopping bags of food for each approved participant are delivered to the Brookline Senior Center at 93 Winchester Street, Sussman House at 50 Pleasant Street and O'Shea House at 61 Park Street on the 3rd Wednesday of each month. We are actively recruiting new applicants to participate in this program. If you or anyone you know are interested in applying for or finding out more about the program, please call Patricia @ 617 730 2743 to set up an appointment.

JULY SPOTLIGHTED VOLUNTEER OPPORTUNITIES



This month's spotlighted opportunities include: TRIPPS - data entry support, and/or research and writing on transportation topics; Information Desk-backup; 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 or have ideas for new opportunities at the BSC, please call Patricia, the Volunteer Coordinator at 617-730-2743 or email her at pburns@brooklinema.gov to make an appointment to talk about things you like to do, your skills and potential volunteer opportunities.

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 617-30=2743 or e-mail her at pburns@brooklinema.gov for an appointment.

UKULELE GROUP



The Ukulele has become a very popular instrument to play. It is pretty easy to learn, and not too expensive to buy. Why not come for a session and see whether it will be a new hobby for you. We have a songbook and choose songs to play and sing. Everyone is invited, even if you do not have a Uke, so join us **on Monday, July 9 at 1:00pm** for an hour and a half of fun, singing songs that most of us know. For a copy of the songs, please contact Judy, our Uke coordinator at hearojudy51@yahoo.com.

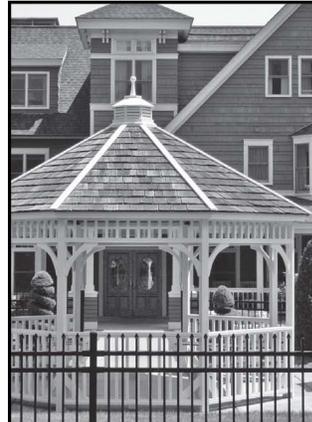
E.L.F. MONTHLY FEATURED ITEMS

The program is in need of tub bench/chair donations and rollator donations. Please call Jamie at 617-730-2753 to donate these items or to request any available items.

Healthy adults, 18-85,
Needed for noninvasive study of
Emotion and Memory.

Research conducted at Boston College

Complete pen-and-paper and computerized tasks.
Receive \$10/hr. For information, call Sarah Scott at
617-552-6949 or e-mail canlab@bc.edu.



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

Lance Chapman
617.731.8500 x105
www.goddardhouse.org

GODDARD
H · O · U · S · E
IN BROOKLINE
The Recipe for Living

Assisted Living in Brookline

THE NEW RED CAB

**TRUSTED
FLEXIBLE
CONVENIENT**



SMART CHOICE

RIDE RED

617-732-1100

THANK YOU

Annual Appeal Donors:

Marie-Louise Gabbe
Beverly Gleason
Marie C. Kamin
Anita Jamieson
Laurence Geffin
John Bassett and Christina Wolfe
Mady and Bruce Donoff
Daniel Ferguson
Franklin and Maria Ferguson
John F. Hodgman
Jack and Marie Kotik
Joseph F. Nowak
Gloria Kramer
Joel and Ellen Shoner
Jill Greenberg
Marsha Frankel
Muriel Harriet Allen
Betsy and Dennis DeWitt
Livia Frank
Marilyn Jurich
Judith Kidd
Anne Levin
Judy Mason
Kathleen Murphy
Elenore Parker
Shirley Sandi Rosenfield
Richard and Winnie Rubino
Brenda and Ralph Tracey
Doreen D. Vittori –for the Van
Ethel Miller
Mary French
Eleanor Small and Ruth Geller
Esfira Annenberg
Judith and Stephen Bernstein
H. Gail Gordon
Philip and Dianne Honig
Rimma Kofman
Mary Jane McGoey
Helen Rudy
Charlotte Alkon

Annual Appeal Donors continued:

Louise A. Bonar
Margaret Cain
Elinor and Morton Davidson
C. Anthony Broh and Jennifer L. Hochschild
Jean Doherty
Lillian Freedman
Rudolph Kass
Bryna Litchman and Arthur J. Epstein
Richard and Anne Reed

BrooklineCAN Donors:

Carol Axelrod
John Bowman
Martha Bullock
Bambi & Michael Good
Reva Katz
Suzanne Kee
Harry Margolis
Bea Mikulecky
Judith Mir
Elenore Parker
Dudley Post
Robert & Gloria Ricles
A.E. Ryan
Carol Schraft
Denise Sullivan

In Honor of:

Ruthann Dobek honoring Ginny Mazur
Francine and Arnie Aaron honoring the
Brookline Senior Center
Lin and Steve Bressler honoring Eleanor Small
Marena Morrison honoring the Thursday
Exercise Class
Rhonda Glyman honoring Ruthann Dobek
John and Betty Mulhane honoring
Agnes Rogers
Yolanda Rodriguez honoring Doreen Gordon's
93rd birthday
Sherry Lee honoring all the social workers

In Memory of:

Ikuko Burns by Padraic Burns
Debbie Whalon by Emma M. Lane
Martin Schetzen by Jeannine Schetzen
Marshall Pearl by Muriel B. Stark
Yok (Eddie) Chan by the Senior Stretch Class
John F. Dobek by Patricia H. Dobek - for the Van
Her mother and godmother by Patricia J. Burns
Howard Chin by Sherry Lee
Ponnie Katz by James Franco

To Celebrate and honor :

the 70th Anniversary of
Shirley and Berol Robinson from:
Charlotte and Arthur Millman
Yolanda Rodriguez

With BAYADA Home Health Care...

*"I found the perfect match
for extra help at home."*

- Mary Lou P., Client



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

With a broad range of services and a team of professionals who are committed to keeping people of all ages safe at home, BAYADA provides:

- Assistive care and support services
- Carefully screened care professionals
- Support 24 hours, 7 days



617-332-7600
www.bayada.com

Compassion. Excellence. Reliability.



*We deliver the extra support
and assistance you or your
loved ones need to continue an
independent lifestyle.*



111 Perkins St, Boston MA 02130
179 Boylston St, Jamaica Plain MA 02130
T 617-983-0044 www.elderachievers.com

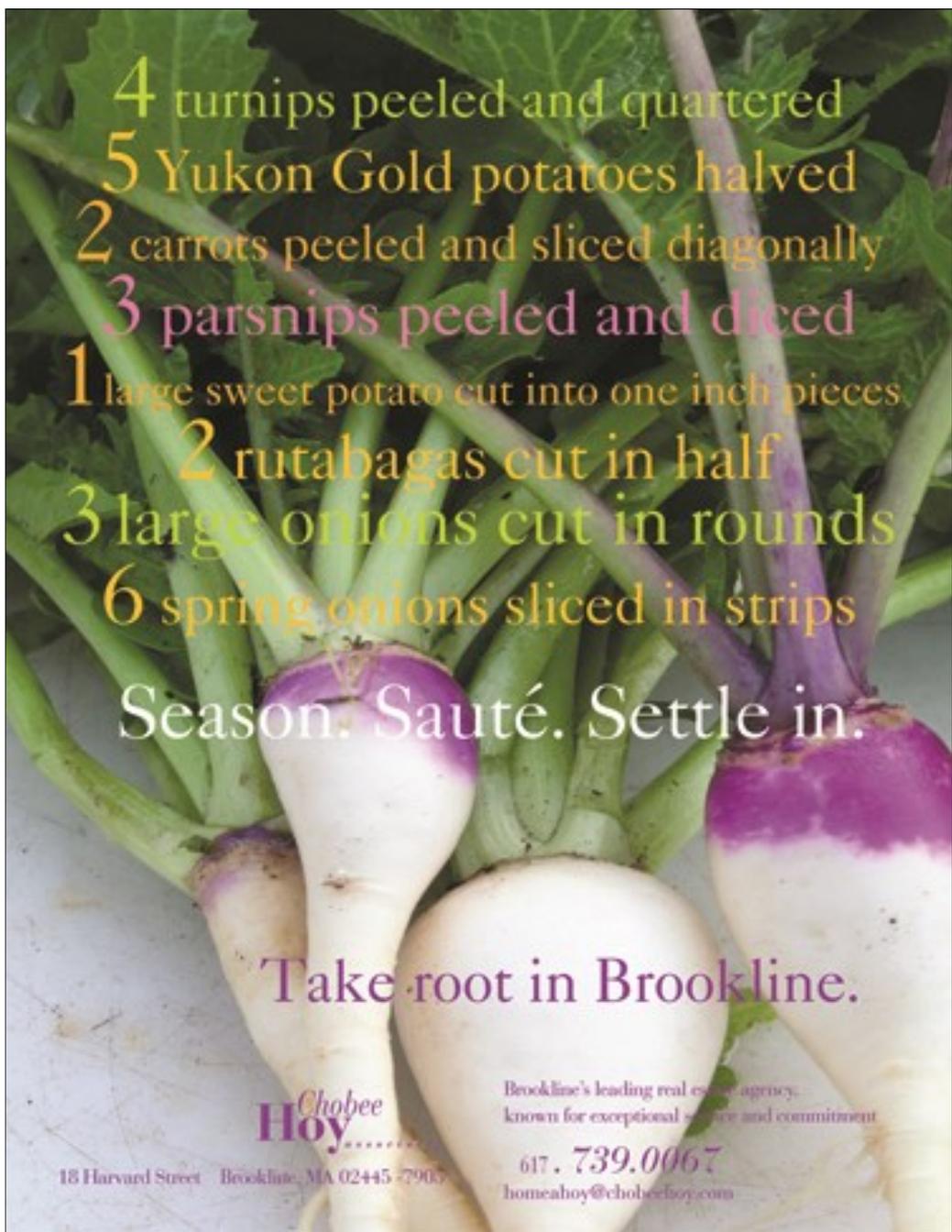
Services:

- Alternative & Holistic Services
- Medication Assistance
- Incidental Transportation
- Home Modification
- Financial Options
- Evaluation Process
- Human Service Associate Direct Care
- Our Commitment to the LGBTQ Community

Brookline Senior Centers Corporation
93 Winchester Street
Brookline, Massachusetts 02446

PREST STD
US POSTAGE PAID
BOSTON MA
PERMIT NO 55181

OR CURRENT OCCUPANT



4 turnips peeled and quartered
5 Yukon Gold potatoes halved
2 carrots peeled and sliced diagonally
3 parsnips peeled and diced
1 large sweet potato cut into one inch pieces
2 rutabagas cut in half
3 large onions cut in rounds
6 spring onions sliced in strips

Season. Sauté. Settle in.

Take root in Brookline.

**Chobee
Hoy**.....
18 Harvard Street Brookline, MA 02445 7905

Brookline's leading real estate agency,
known for exceptional service and commitment

617. 739.0067
homeahoy@chobeehoy.com