# 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** 617-730-2770

**Van** 617-730–2750

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

**Brookline Community Aging Network**
www.BrooklineCAN.org

**Thursday, September 20 at 1:00 pm** Tax Work-Off meeting (See P. 28).

**Thursday, September 13 from 5:00-7:00** pm BrooklineCAN Annual Meeting (See P. 13).

## -SAVE THE DATE-

Its that time of year again. October Flu Clinic at the Senior Center on **Tuesday, October 30 from 11:00 am-1:00 pm.**

## SEPTEMBER 2018

## PIATIGORSKY FOUNDATION CONCERT

Join us on **Monday, September 24 at 1:00 pm** for our annual Piatigorsky Foundation Concert. The Piatigorsky Foundation's mission is to make live classical music a part of the fabric of everyday life for communities throughout the United States. Gregor Piatigorsky, the renowned Russian cellist for whom the organization is named, believed that music is not a luxury for an elite few, but a necessity of life for all. This year's featured artists are Evan Drachman, cellist and Mary Au, pianist. Evan is the Founder and Artistic Director of The Piatigorsky Foundation and the grandson of Gregor Piatigorsky. He spends much of his time performing recitals, concerti and chamber music in the United States and abroad. As Artistic Director of The Piatigorsky Foundation, he has become one of this country's most respected authorities on the presentation of live classical music to diverse audiences. Mary Au is a much sought after collaborative pianist and chamber musician with worldwide experience. Ms. Au has collaborated with renowned artists from around the globe, including the legendary opera superstar Christine Brewer and Tchaikovsky Competition Gold Medalist Nathaniel Rosen. Heralded as one of the "Outstanding Young Women of America," Ms. Au is a graduate of the Royal Academy of Music and the University of Southern California. This is a concert that is not to be missed! To register, please call 617-730-2770.

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**SEPTEMBER 4 PRIMARY ELECTION (DAY AFTER LABOR DAY)**


**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*

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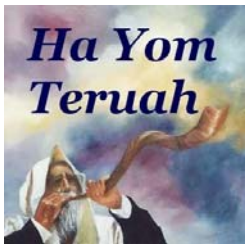
*Newsletter Editor*

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.

## SEPTEMBER OBSERVANCES

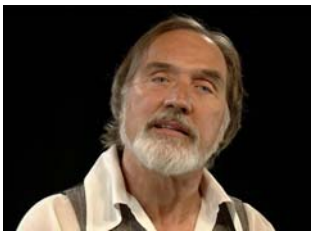
**Monday, September 3, is Labor Day. The staff will have a holiday and the Senior Center will be closed.** Labor Day is traditionally celebrated with parades, picnics, BBQs with family and friends and back to school preparations Tuesday, September 11 Patriot Day is a day of service and remembrance.




Rosh Hashanah, The Jewish New Year, begins on **Sunday, September 9 at sundown**. Yom Kippur, also known as the Day of Atonement, the holiest day of the year for Jewish people begins at sundown on **Tuesday September 18.**

September is also designated as a month to educate ourselves about Atrial Fibrillation, Cholesterol Education and Prostate Cancer Awareness.

## "SAILING TOWARDS MY FATHER"



Join us on **Wednesday, September 26 at 1:00 pm** as our friend Stephen Collins returns to the Senior Center to present the one man play "Sailing Towards My Father", by Carlo A. Rossi. The play chronicles Herman Melville's life from youth to old age, concentrating on his evolution as a writer and his complex relationships with God, his parents and siblings, his wife and children, and Nathaniel Hawthorne. To register, please call 617-730-2770.

## 2018 ALZHEIMER'S WALK

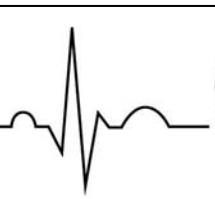
**Sunday, September 23**

Everyone knows someone with Alzheimer's. Please help fund research on this disease by signing up for the Brookline Senior Center Alzheimer's Walk team and/or donate through the BSC. Put your walking shoes on and get donations from your friends and families. You can walk either 1 ½ or 3 ½ miles while enjoying a lovely view and visiting with friends. Transportation will be provided to and from the Senior Center. It is never too early to start collecting donations.

To sign up to walk, please contact Patricia, Volunteer Coordinator at 617-730-2743 or pburns@brooklinema.gov. Send donations (BSC, Alzheimer's, 93 Winchester Street, Brookline, MA 02446) or drop off donations (on the 2nd floor). Make checks payable to the Brookline Senior Center with Alzheimer's in the memo line.

## COUNCIL ON AGING MEETING

Join us for the Council on Aging meeting on **Wednesday, September 12 at 1:00 pm**, as we welcome Aladdin Ossorio, PsyD, the founder of the SageMind Program at William James College. SageMind is a research-based cognitive health program based on over 70 scientific research studies & experimental programs. SageMind began with the following question: precisely what factors are associated with decreases in memory and thinking as we age? We hope you'll join us to learn more about this interesting program. We are always welcoming new members. If you are interested, please contact Ruthann at 617-730-2756 or e-mail her at rdobek@brooklinema.gov.



**Ask a Nurse** Lynn Schuster, a nurse from Visiting Nurse and Community Care will be at the Senior Center on **Thursday, September 6 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.

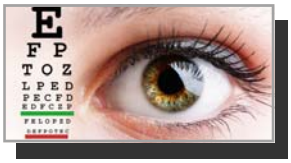
**Low Vision Group** This peer-led support group for individuals with limited eyesight will meet on **Wednesday, September 19 at 1:00pm**

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

**Thursday, September 20 from 1:00-2:00pm** at the Senior Center
**Wednesday, September 5 from 2:00-3:00** pm At the BPHD building on Pierce Street.
**Wednesday, September 26 from 1:00-2:00 pm** at 61 Park Street.

**Brookline Hearing Services** The staff from Brookline Hearing Services will be visiting the Brookline Senior Center on **Thursday, September 20 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 subprogram.

**A FILE OF LIFE** provides individuals with emergency medical identification cards to be used both at home and away from home. Having a FILE OF LIFE folder will allow medical personnel to treat you quickly and with greater certainty should you have a medical emergency. For more information on the FILE OF LIFE, call 617-730-2777, and leave your name, address and phone number. Ruth Brenner will call you back as soon as possible. Should you prefer, for personal or privacy reasons, to fill out your FILE OF LIFE cards yourself, we will, at your request send them to you along with their magnetic and purse/pocket cases.

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

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

*Affiliated with* Joslin Clinic

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

*Official hospital of the* Boston Red Sox

# ASK A GERIATRICIAN

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

**Question: What is the best way to take care of my feet as I get older?**

**Answer:** The American Podiatric Medical Association estimates that the average American has walked 75,000 miles by the age of 50. No wonder that many people suffer from problems with their feet! There are many reasons why foot problems are more common with age, such as decreased cushioning at the bottom of our feet, increased dryness of skin and nails, diseases such as heart disease and diabetes which can lead to poor circulation. Since foot disorders can cause pain and decreased mobility, it is important to take the best care possible of our feet.

**Some common foot problems are:**

-Athlete's foot. This is a fungal infection usually found in warm, moist, dark areas. It often starts between the toes and spreads to the nearby skin and causes redness, peeling and itchy skin. The best treatment is to keep the skin of the feet clean and dry and especially dry well between the toes. Keeping the skin open to the air for a few hours/day wearing good-fitting sandals helps keep the skin dry. Treat the affected areas with over the counter athlete's foot cream or spray.

- Onychomycosis is a fungal infection that infects the nails, makes the nails white, thick and tough to cut. It is more difficult to treat than athlete's foot. There are pills that can help treat this, though they may have side effects.

-Corns and calluses. These often occur because of shoes rubbing against the skin. A podiatrist can pare these down using a callus file (you can try this yourself with a special callus file or pumice stone, but be gentle so as not to pare down healthy skin). Be sure you are wearing comfortable shoes that don't rub.

-Ingrown toenails. These are caused when a nail digs into the skin and can be quite painful. They can also become red and swollen, suggesting an infection and should be seen by a doctor. Cutting toenails too short can cause this. Nails should be cut straight across and even with the top of the toe so the nail doesn't grow into the skin.

-Hammertoes. These can be caused by shoes that don't fit properly, trauma to the toe, arthritis or pressure from a bunion. They can be managed by wearing wide shoes, padding with pads from the pharmacy and doing foot exercises.

-Neuropathy. Some people have numbness, tingling or burning pain in their feet which can be caused by diabetes, alcohol, some medicines, poor circulation or back problems. There are several medications available to help treat neuropathy, although first one must try to identify the cause. It is important to keep walking and exercising as much as possible.

-Heel spurs. These are bony protrusions under the heel bone. They often are painless, though sometimes they can cause heel pain. They usually don't go away on their own. Some can be managed with orthotic devices, shoe inserts or heel lifts to relieve the pressure caused by spurs.

To keep your feet healthy, see a podiatrist regularly. Medicare will pay for a certain number of visits every year. Also, wear comfortable shoes with a lot of room for your feet to move. Keep your feet clean and dry them well, especially between the toes. High heels may look cute, but they are not good for anyone's feet!

# 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 2017 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 $56,800 and a couple's annual income cannot exceed $64,900. 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 be at the Senior Center on **September 5 from 9:00 am-12:00 pm** to consult on legal matters of law. **This service is offered for Brookline residents only, is free of charge, and no appointment is needed. Please pick up a number at the reception desk or the COA office on the second floor.**

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

**REAP** The Retirement Engagement Alternatives Program is replacing the old JOBS program. This new program is based on working together to help occupy your retirement! Contact Deidre Waxman 617-730-2767 or email:dwaxman@brooklinema.gov

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

## -SAVE THE DATE-

### SENIOR CENTER THEATER CLUB
### NEW REP COMES TO YOU
### ANIMAL FARM

**Sunday, October 14 at 2:00pm.** The animals of Mr. Jones' farm believe they could build themselves a utopia, if only they could get rid of the humans in charge. When their dreams become reality, life isn't as easy as they thought, as old problems take new form. Originally written as a critique of Stalinism, George Orwell's acclaimed 1945 novel finds new life in this contemporary stage adaptation by New Rep's Classic Repertory Company. Exploring themes of power, politics, and propaganda, this frightening fairytale feels ripped from the headlines. Cost to attend is $5; free for BHA residents. Space is limited please register 617-730-2777.

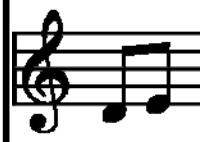
## BROOKLINE DAY 2018

On **Sunday, September 23**, come one, come all to the 7th annual Brookline Day Festival from **11:00 am to 3:00 pm** at Larz Anderson Park! This event celebrates Brookline's residents and all of the great things that the Town of Brookline has to offer. The event was created to promote a sense of community pride, town spirit, and interest in Brookline, while educating residents about Brookline's wide variety of service organizations and programs—all in an atmosphere of fun. The Brookline Recreation Department is planning the best vendors, games, inflatables, trucks, food, face painters, bands, prizes, and special activities that they can find so we hope to see you there. For the most up-to-date information, please visit Recreation's Brookline Day website at www.brooklineday.org. **Be sure to stop by the Council on Aging and BrooklineCAN information tables that day to say hello!**

## COMMUNICATING EFFECTIVELY WITH YOUR DOCTOR

Clear and honest communication with your medical provider can help you make informed decisions about your health. Join Ailene Gerhardt, board certified patient advocate of Beacon Patient Advocates, on **Thursday, September 27 at 1:00 pm** to discuss ways to make sure you get the most from a medical appointment. Ailene will also be available to answer any questions that you might have. Space is limited. Please call 617-730-2770.

## -SAVE THE DATE-
## BROOKLINE MUSIC SCHOOL CONCERT



Join us on **Wednesday, October 3 at 1:00 pm** for the return of our monthly Brookline Music School Concerts. Be sure to check the October newsletter for more information on the scheduled artist.

## LIVING OUR VALUES

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

## MEMORY CONNECTIONS CAFÉ

On **Wednesday, September 26 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 carepartner must accompany those who require any care assistance. Please call Jamie at 617-730-2753 for information and to RSVP. This program is supported by a grant from the Brookline Community Foundation. This month's Cafe is sponsored by CareOne at Brookline.

## ANNUAL HOLIDAY CRAFT FAIR MEETING

Planning is underway for our 34th Annual Holiday Craft Fair! Our first planning meeting was very successful and the decision was made to host this year's Fair on Friday, November 9 from 10:00 am-3:00 pm and Saturday, November 10 from 10:00 am-1:00 pm so be sure to mark your calendars. Join us for our next meeting on **Wednesday, September 5 at 1:00 pm** when we will be voting on the selection of a secondary charity. We are sorry to announce that we have filled all of our "Craft Vendor" spots for this year, but there is still plenty of room for volunteers to help out in other areas. The proceeds from the Craft Fair help to support many of the programs and services that we provide throughout the year so let's make this our most successful year yet!

Number One Readers Choice Awards #1 2017

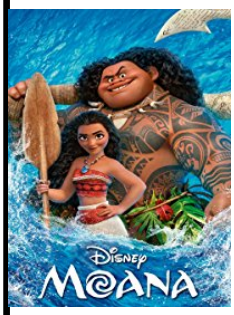
Providence House

*Assisted Living at Corey Park in Brighton*

*Affordable Assisted Living for Seniors of All Incomes*

617-731-0505 www.providencehouseassistedliving.com

## FREE FRIDAY FLICK




Join us on **Friday, September 7 at 1:00 pm** for a screening of "Moana." Moana is an adventurous teenager who sails out on a daring mission to save her people. During her journey, she meets the once-mighty demigod Maui, who guides her in her quest to become a master wayfinder. Together they sail across the open ocean on an action-packed voyage, encountering enormous monsters and impossible odds. Along the way, Moana fulfills the ancient quest of her ancestors and discovers the one thing she always sought: her own identity. This beautiful film, with music composed by Lin-Manuel Miranda ("Hamilton") is sure to appeal to people of all ages so feel free to bring along the little ones in your life. Light refreshments will follow. Call 617-730-2770 to register.

## 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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www.chestnuthillerrands.com

## NATIONAL SENIOR CENTER MONTH

The 2018 theme is Senior Centers Building Momentum! Senior centers are the future of what aging can be. Innovative programs hosted at senior centers can change the perception of aging, and create important community resources for aging expertise.

The Brookline Senior Center has resources and tools to empower you to make choices that will enhance your lives and help you find balance in your life. The Brookline Senior Center offers a variety of health and fitness classes and lifelong learning opportunities. Everyone is encouraged to be involved at the Senior Center and in the Brookline community. Whether it's trying Zumba, attending a literature or watercolor class, learning about current health issues, enjoying a concert, or using our gym, all these activities add richness to our lives. So this September, celebrate the programming and services that enable older adults to live a balanced life. To celebrate Senior Center Month, get involved by volunteering for a committee or helping with a program. Join the Brookline Community Aging Network (BrooklineCAN) and get involved in one of their many programs.

## 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

## ZUMBA GOLD

Get in shape and have fun with Zumba Gold at the Senior Center! Join Emily Brenner, our Zumba Gold instructor, for a free introductory class on **Thursday, September 6 from 1:15-2:15 pm.** Subsequent fall session is on **Thursdays, September 13-November 1 from 1:15-2:15 pm*. *Please note that all future classes will be held on Thursday afternoons from 1:15-2:15 pm.** We apologize for any inconvenience that this necessary schedule adjustment may cause. Cost for fall 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.

## BROOKLINE RECREATION TRIPS

**Boston Athenaeum**
Fee (Res/NR): $25/$34 (includes transportation and docent led tour) **Thursday, September 27 11:00 am-2:30 pm**

**Fenway Park Historical Tour**
Fee (Res/NR): $36/$48 (includes transportation and ballpark tour) **Wednesday, October 10 8:30 am-12:30 pm**

**Fall Foliage Trip**
Location: Meredith, NH
Fee (Res/NR): $55/$74 (includes transportation, train ride and lunch)
**Tuesday, October 23 9:00 am-6:00 pm**

For more details or to register, please visit www.brooklinerec.com or call 617-730-2069.


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**STEP 3**
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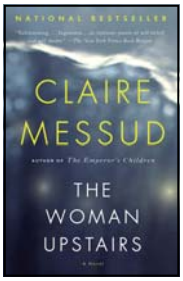
Leon Gelfand, Founder

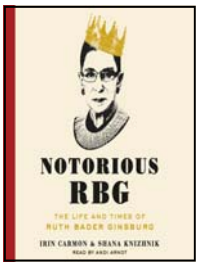
*"I want to thank you and your team. You are responsive, professional, and fun to work with."*
— Gerry C., Newton

## BOOK DISCUSSION GROUP AT THE PUTTERHAM LIBRARY

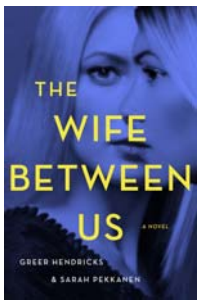
Meetings are in the community room at the Putterham Branch Library. New members are always welcome. Our monthly meetings are on **Mondays from 2:00–3:00 pm**. Books are available at the Putterham Branch Library. The discussion leaders for this Book Group are Charlotte Millman and Batia Bloomenthal.



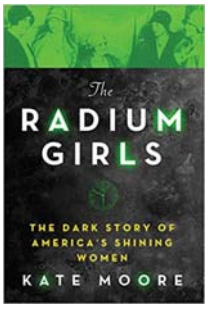

**Monday, September 17** ***The Woman Upstairs*** by Claire Messud
Told with urgency, intimacy, and piercing emotion.




**Monday, October 15** ***Notorious RBG: The Life and Times of Ruth Bader Ginsburg*** by Irin Carmon, Shana Knizhnik




**Monday, November 19** ***The Wife between Us*** by Greer Hendricks, Sarah Pekkanen
"A fiendishly smart cat-and-mouse thriller" New York Times Book Review "Jaw dropping.

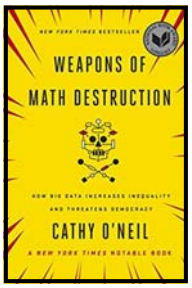



**Monday, December 17** ***The Radium Girls,*** by Kate Moore. A New York Times, USA Today, and Wall Street Journal Bestseller! "the glowing ghosts of the radium girls haunt us still."

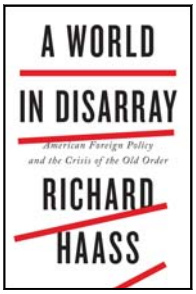
## PUBLIC ISSUES NONFICTION BOOK DISCUSSION GROUP

### *at the Brookline Senior Center*

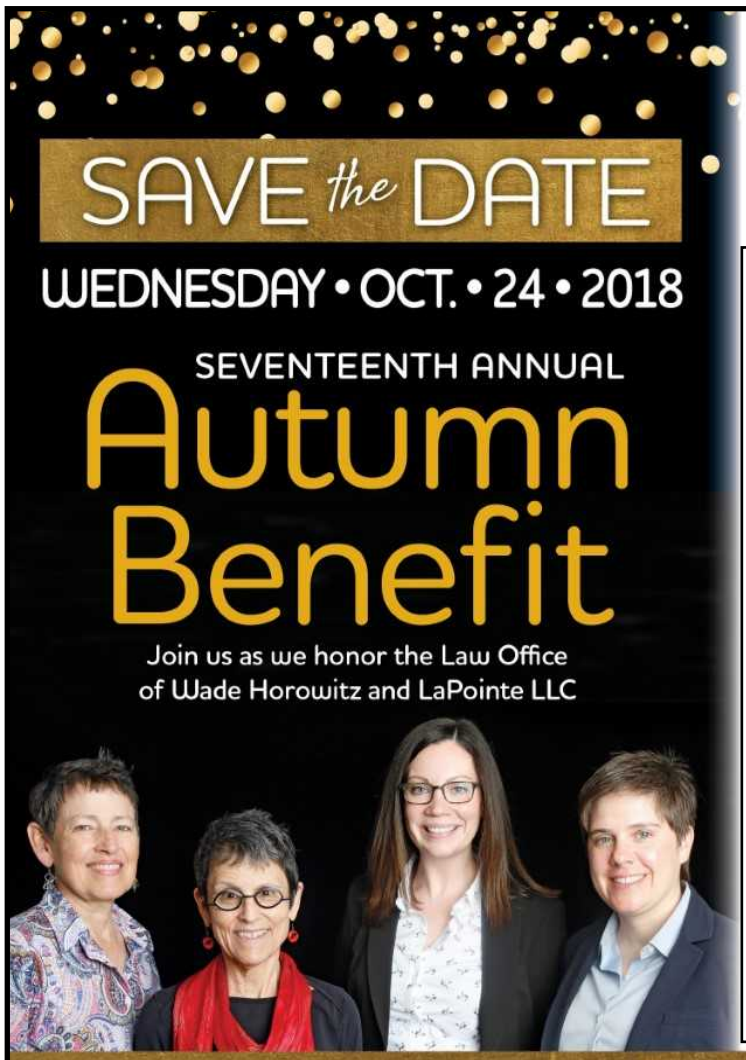
Tom Faulhaber is challenging your thinking every month with a nonfiction book discussion group centered on public issues, history, current events, and other nonfiction topics. Suggestions for future titles are encouraged. **Please note: This group is held at the Brookline Senior Center on the fourth Tuesday of each month from 9:00-10:00 am.**
During the Coolidge Corner Library renovation, copies of the book will be available for loan at the Senior Center. Please bring your Brookline Library card to the Council on Aging Offices (2nd floor) in order to "check out" a book. If you do not have a Brookline Library card, we will not be able to loan you a book. Books must then be returned to one of the book drop boxes located at either the Coolidge Corner Library or 50 Pleasant Street. **The September selection will be available at the Senior Center through September 19.**We appreciate the Library staff's efforts to make this temporary arrangement possible.




**Tuesday. 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)




**Tuesday, October 23** ***A World in Disarray: American Foreign Policy and the Crisis of the Old Order*** by Richard Haass (Penguin Group USA)




Support
BROOKLINE SENIOR CENTER
SPONSORSHIP LEVELS

All sponsorships include listing on our website and in Senior News and Events. Diamond and Ruby sponsors receive special signage and public acknowledgement.

**Diamond**-$2,500+ 8 tickets to event, acknowledgement in the invitation and full page ad in the program book.

**Ruby**-$1000-$2,499 6 tickets to event, acknowledgement in the invitation and full page ad in the program book.

**Sapphire-**$750-$999 4 tickets to event, acknowledgement in the invitation and a half page ad in the program book.

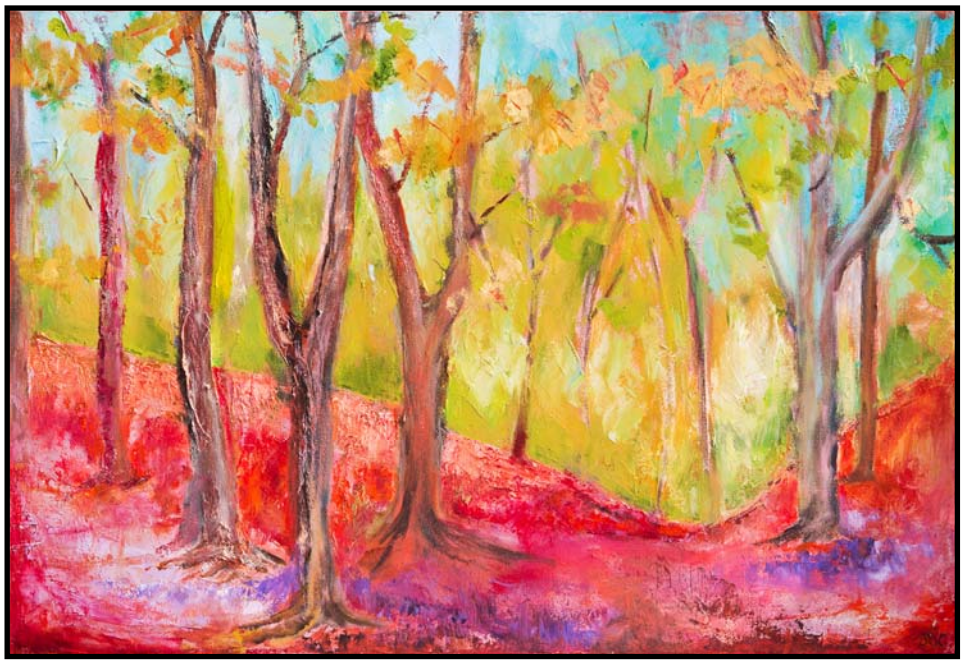
**Emerald-**$500-$749 2 tickets to event, acknowledgement in the invitation and a half page ad in the program book.

**Topaz**-$300-$499 2 tickets to event, acknowledgement in the invitation and a business card size ad in the program book.

## GALLERY 93
## "PAINTING WITH PASSION" PAINTINGS BY JUDY BROWN

**Hours:**
Monday-Friday
8:30-5:00

**Tuesday, September 4 through Friday, October 26**



**Reception with the Artist**

**Tuesday, September 25**

**from 4:00-6:00 pm**

**"Autumn" (oil)**

**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

## BROOKLINECAN ANNUAL MEETING

On **September 13 from 5:00-7:00 pm** BrooklineCAN will hold its 8th Annual Meeting. This year, the event celebrates Brookline age-friendly businesses. Matt Weiss, host of the Age Friendly Cities TV show, will moderate a panel of age-friendly business leaders, including David Leschinsky of Eureka Puzzles, Kathy Tallman of Coolidge Corner Theater, and Kyle Perzanoski of Brookline Bank. They will discuss how businesses are embracing the Age-Friendly campaign, adopting features intended to make businesses attractive to older people that are also welcomed by customers of all ages. The campaign is co-sponsored by the Brookline Chamber of Commerce and the Town's Economic Development Advisory Board. Another feature of the event will be the information fair with additional information about age-friendly businesses and about opportunities for BrooklineCAN participation.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• Downsize
• Simplify

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Jennifer.Lynn.Grella@gmail.com

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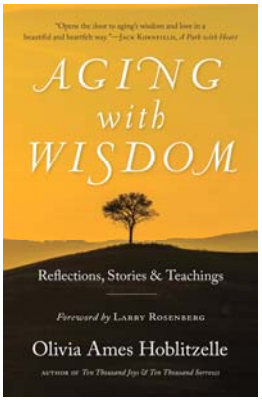
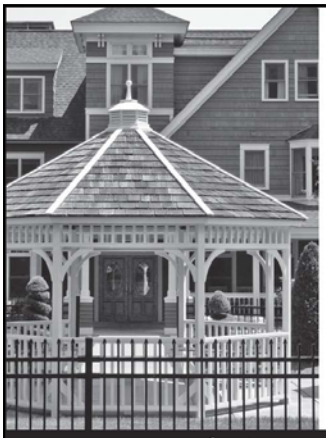
## -SAVE THE DATE-

## AGING WITH WISDOM
## OLIVIA AMES HOBLITZELLE




How do we find meaning and beauty in aging? How do we respond to living in an age-phobic culture? How do we cultivate an inner life resilient enough to handle the vicissitudes of old age? The last phase of life is often the most heroic—rich with opportunity for reflection, growth, and resolution. Olivia Ames Hoblitzelle, writer and teacher, is a pioneer leader in the field of Mind/Body Medicine and she offers new perspectives on aging and inspiration for potentially the most meaningful chapter in our lives. Olivia will join us at the Senior Center on **Thursday, October 11 from 6:00-7:30 pm. Refreshments will be served from 6:00-6:30 pm and the program with discussion will be from 6:30-7:30 pm**. This event is free of charge, but please call 617-730-2770 to register. This program is sponsored by BrooklineCAN and its founding partners.

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

Center Communities of Brookline
Hebrew SeniorLife

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New England Baptist Hospital
Mount Auburn Hospital

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

## SPOTLIGHTED VOLUNTEER

Carol and Phil Fullerton started to volunteer at the Brookline Senior Center (BSC) soon after they moved to Brookline in 2005. The two have always been active in community affairs, participating in many hockey and soccer programs over the years and were involved with New Hampshire Travel & Tourism. They had not anticipated joining the Senior Center, but Carol found herself coming to BSC for an Adult Ed. group on storytelling. After noticing the need for help when passing by the gift cart, in 2006 she became one of the gift cart volunteers. Carol has continued to work on the cart, making sure the cards and gifts are tidy, and Phil has joined her as well. At the cart, Phil enjoys meeting others as they come through the doors. Carol finds that working at the cart boosts her energy and outlook, and she enjoys talking with other volunteers about "everything under the sun", often discussing challenges of aging. She also helps organize the 'out-to-lunch' activities each month. The Fullertons are in charge of the raffle at the November Craft Fair at the Senior Center, as well as at the Town Hall. Phil is a COA Board Member, has helped with the sidewalk sale and various tasks throughout the year, such as setting up for events and helping individuals. At BSC, he participated in the previous men's club and now often exercises at the center's gym. One of their favorite events at BSC is the annual visit of DJ Tommy Bahama, who gets everyone smiling and dancing. They also like going to the community lunches to socialize with friends. Volunteering helps them to keep active and busy, and Carol finds that they always leave BSC feeling energized and uplifted.

*Authored by Julia Riesman, Steps for Success, Brookline High School*

## EASY TRAVEL

Join Maureen Deery, our armchair travel host, on **Thursday, September 6 at 1:30 pm** to travel throughout The Republic of Ireland. The Republic occupies most of the island of Ireland, off the coast of England and Wales.

## MAHJONG

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


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Mass Relay 711

## SEPTEMBER 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, September 18** we celebrate September birthdays at the monthly Birthday Lunch. The sponsor of this lunch has happily provided a complimentary lunch and a small gift to all September 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 be going to the Flaming's Grill & Supreme Buffet (31 Furlong Drive, Revere, MA) on **Tuesday, September 25 at 12 noon. NOTE: The van will be leaving the Senior Center at 11 am sharp**. Please note earlier departure time. For reservations and transportation, please call 617-730-2770.

## -SAVE THE DATE- MASS COLLEGE OF PHARMACY WORKSHOPS

The students from the Mass College of Pharmacy and Health Sciences will be back with their fall workshops on Thursday, **October 11 at 1:00 pm to discuss hypertension and on Thursday, November 8 at 1:00 pm to discuss diabetes.** We hope to see you there with your questions!

## GREATER BOSTON FOOD BANK FOOD COMMODITY PROGRAM

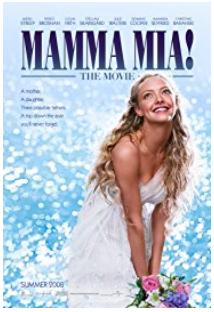
The Greater Boston Food Bank Food Commodity Program provides shelf-stable food to low income seniors. Two shopping bags of food for each approved participant are delivered to the Brookline Senior Center at 93 Winchester Street, Sussman House at 50 Pleasant Street and O'Shea House at 61 Park Street on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

## MOVIES FOR FILM LOVERS

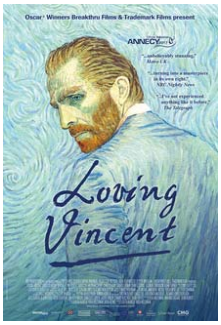
Come to the Senior Center on **Tuesdays in August at 1:00 pm** for a fine feature film. Make a reservation for lunch and make an afternoon of it.

**Tuesday, September 4**
***Queen of the Desert*** (2015)
2hr. 8min.
A chronicle of Gertrude Bell's life, a traveler, writer, archaeologist, explorer, cartographer, and political attaché for the British Empire at the dawn of the twentieth century.

**Tuesday, September 11**
***RGB*** (2018)
1hr. 38min.
RBG An intimate portrait of an unlikely rock star: Justice Ruth Bader Ginsburg. With unprecedented access, the filmmakers explore how her early legal battles changed the world for women.




**Tuesday, September 18**
***Mamma Mia*** (2008)
1hr. 48min.
The story of a bride-to-be trying to find her real father told using hit songs by the popular 1970s group ABBA.
Stars: Meryl Streep, Pierce Brosnan, Amanda Seyfried




**Tuesday, September 25**
***Loving Vincent*** (2017)
1hr. 34min.
In a story depicted in oil painted animation, a young man comes to the last hometown of painter Vincent van Gogh to deliver the troubled artist's final letter and ends up investigating his final days there.

*Taken from https://www.imdb.com/title/tt3262342/*

## 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 **Wednesday, September 17 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.

## 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.

## SPECIAL FREE FRIDAY FLICK

Join us on **Friday, September 7 at 1:00 pm** for a screening of "Moana." Moana is an adventurous teenager who sails out on a daring mission to save her people. During her journey, she meets the once-mighty demigod Maui, who guides her in her quest to become a master way-finder. **(See P. 9)**

## FROM THE DIRECTOR

Welcome to those of you who may be receiving our News andEvents for the first time. We are proud to mail this month's copy to a wider audience and encourage you to subscribe (use the form on page 27) to stay abreast of all our exciting happenings! Our News and Events is a great way to educate yourself about our programs and services. No senior should ever be bored with the wealth of activities that are available, many of which remain free or subsidized due to the commitment of our non-profit fundraising arm.

September is Senior Center Month; this year's theme is "Senior Centers: Building Momentum!" Senior centers are the future of what aging can be. Innovative programs hosted at senior centers can change the perception of aging, and create important community resources for aging expertise. We are striving to ensure that the future of aging in Brookline is ever evolving.

I invite you to attend the Senior Center during the month of September. We offer an impressive variety of classes and programs from art to Zumba. All the different activities will help keep you feeling healthy and involved. Try Tai Chi, a computer class, a literary discussion, or join the chorus. You can even offer to teach a new class yourself! In addition to our ongoing programs, we have special events. This month we will be hosting the Piatigorsky Foundation Concert on September 24, and a performance by Stephen Collins on Herman Melville on September 26. New programs introduced and continuing this year include Qigong— a holistic system of coordinated body posture, movement, breathing, and meditation—and an Introduction to Mindfulness workshop.

The Asian community celebrates the Harvest and their gratitude for abundance with the August Moon Festival at the Senior Center on September 17 (see P.30). Our Jewish friends celebrate the New Year, Rosh Hashanah beginning at sundown on September 9. We extend our warm wishes to both communities as they celebrate these festive holidays.

The fall is also a time for important annual events. Please attend the BrooklineCAN Annual Meeting at the Brookline Senior Center on September 13. This will be a fabulous event, kicking off BrooklineCAN's campaign promoting age-friendly businesses. I urge you to make plans to attend our annual Autumn Benefit on October 24. This year we are honoring the law firm of Wade, Horowitz and LaPointe LLC, for their dedication to older adults and the community. The Autumn Benefit is our biggest fundraiser of the year. I guarantee a phenomenal time of celebrating our community with scrumptious food, fabulous music, entertaining conversation, and mingling with your neighbors. Buy your tickets early and show your support for the Center. This is a great time of year; the weather is glorious and the trees begin to wear their beautiful fall colors. Enjoy the month.

*Ruthann Dobek-Director*

## PUTTERHAM SENIOR SOCIAL HOUR

On **6 Wednesdays beginning September 26 from 10:15 AM – 12:15** at the Putterham Library. Come join the fun! Enjoy conversation and refreshments as we provide a setting for exploring topics that are of interest to you. Come and meet old friends and make new ones. Share your ideas and experiences. For more information contact Jude Burnim Judeb22@hotmail.com or call 617-697-9848

## SEPTEMBER AT A GLANCE

**Monday, September 3**
Center Closed for Labor Day
**Tuesday, September 4**
State Primary Election
1:00pm Movies for Film Lovers-Queen of the Desert
**Wednesday, September 5**
1:00pm Holiday Craft Fair Meeting #2
2;00-3:00pm Blood Pressure Clinic BPHB*
**Thursday, September 6**
11:00am Ask A Nurse
1:15-2:15pm Zumba Gold
1:30pm Easy Travel-Republic of Ireland
**Friday, September 7**
1:00pm Free Flick Friday-***Moana****
**Sunday, September 9**
Rosh Hashanah begins at sundown
**Monday, September 10**
**Tuesday, September 11**
1:00pm Movies for Film Lovers-*RGB*
**Wednesday, September 12**
1:00pm COA Meeting
**Thursday, September 13**
1:15-2:15pm Zumba Gold $7/Free for BHA
5:00-7:00pm BrooklineCAN Annual Meeting***
**Friday, September 14**
**Monday, September 17**
1:00pm August Moon Celebration***
1:00-2:30 Ukulele Group
2:00-3;00pm Putterhan Book Group-*The Woman Upstairs**
**Tuesday, September 18**
No Tuesday Dance Party today
12:00 noon September Birthday Lunch***
1:00pm Movies for Film Lovers-*Mamma Mia*
Yom Kipper begins at sundown
**Wednesday, September 19**
1:00pm Low Vision Support Group
**Thursday, September 20**
1:00pmTax Abatement Meeting
1:00-2:00pm Blood Pressure Clinic at the Senior Center
1:00-2:00pm Brookline Hearing Services
1:15-2:15pm Zumba Gold $7/Free for BHA
**Friday, September 21**
1:00-2:30pm TRIPPS Fall Getaways***
**Sunday, September 23**
Brookline Day
Alzheimer's Walk***
**Monday, September 24**
1:00pm Piatigorsky Foundation Concert***
**Tuesday, September 25**
9:00-10:00am Public Issues Book Group *Weapons of Math Destruction*
12:00pm Out to Lunch Bunch Flaming Grill & Supreme Buffet ***
1:00pm Movies for Film Lovers-Loving Vincent
4:00-6:00pm Gallery Reception-Judy Brown
**Wednesday, September 26**
1:00pm Stephen Collins-Melville Play***
1:00-2:00pm Blood Pressure Clinic at Park Street*
1:30pm Memory Café***
**Thursday, September 27**
1:00pm Communicating with Your MD***
1:15-2:15pm Zumba Gold $7/Free for BHA

## -SAVE THE DATES-

- BROOKLINE MUSIC SCHOOL CONCERTS
  **Wednesday October 3 at 1:00 pm**
- MASS COLLEGE OF PHARMACY
  **Thursday, October 11 at 1:00 pm**
- NEW REP "ANIMAL FARM"
  **Sunday, October 14 at 2:00 pm**
- BCAN "OLIVIA HOBLITZELLE"
  **Thursday, October 11 from 6:00-7:30 pm**
- FLU CLINIC TUESDAY,
  **OCTOBER 30 11:00-1:00 PM**

## ONGOING SENIOR CENTER EVENTS

**Monday**

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

**Tuesday**

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

**Wednesday**

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

**Thursday**

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

**Friday**

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

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

## REIKI THERAPY

Reiki is a safe, gentle, noninvasive form of hands-on healing. People who receive Reiki, report benefits that include a general feeling of well-being, increased energy and relaxation, and reduced pain. It can positively affect physical, mental, and spiritual levels and can help people access their innate healing capacity. Akemi Minami, certified Reiki therapist, offers individual, 25-minute appointments to Brookline seniors age 60 and older and Senior Center volunteers on Tuesdays from 9:00 am to 12:00 noon at a special, discounted rate—a donation of $7 per session. You can also buy a book of 5 treatments for $25 as a gift or for yourself. If you are interested in Reiki treatment, be sure to consult with your physician before deciding if this or any treatment is right for you. For more information, call 617-730-2777.

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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.

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Do you know someone who does?
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## 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.

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## 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 617-803-6105

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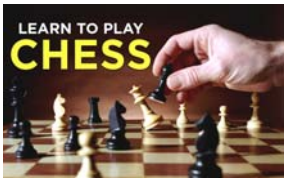
## LEARN TO PLAY OR IMPROVE YOUR CHESS GAME




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 **Fridays 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.

## 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.

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## 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: No CLASS on September 18.**

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## ONE-ON-ONE COMPUTER SESSIONS

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

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


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*-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*

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## REAP

### TAX WORK-OFF MEETING

The annual Tax Work-Off meeting will take place on **Thursday September 20 at 1:00 pm. Attendance is required** for every participant and one hour of credit will be given towards final program hours. Regrets only to Deidre Waxman 617-730-2767

## SHOP "STUDENTS HELPING OLDER PEOPLE"

The Brookline High School has started recruiting students to shop for seniors for this school year. If you are a senior who would like to have a student shop for you, please call Patricia, the Volunteer Coordinator at 617-730-743 or email her at pburns@brooklinema.gov.

The SHOP Program, a collaboration between the BSC and Brookline High School (BHS) has been a community service program at BHS for many years. It is a win-win volunteer opportunity where students grocery shop for an elder in Brookline and seniors share their actual history and experience with students. It is a weekly to biweekly commitment that is usually shared with a partner student. It starts with visiting the senior's home to get a grocery list and cash (no checks, credit cards or EBT cards), 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.

## SEPTEMBER 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 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 @ 617-730-2743 or email her at pburns@brooklinema.gov to make an appointment to talk about things you like to do, your skills and potential volunteer opportunities.

## INDIVIDUAL JOB SEARCH SKILLS APPOINTMENTS

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

## TRIPPS FALL GETAWAYS

Apple Cider & Cider Donut Social: Join us **September 21 from 1:00-2:30 pm** for cider and donuts and another discussion of car-free getaways. Want to head to Foxwoods or Salem without a car? Join us as we discuss all the ins and outs on how to get away comfortably without a car! Senior discounts will be discussed. To register call the TRIPPS line at (617) 730-2644

**-SAVE THE DATE-**

**Thursday, October 18 from 1:00-2:30pm** learn to use Smartphone Apps for Transportation and Travel.
**Monday, October 29 from 1:00 -2:00 pm** License Renewal and Real ID Workshop with the MASS RMV.
**Thursdays November 1, 8, 15 from 10:00 - 11:30am** Getting Around Using Uber and Lyft.
**Wednesday, November 28 from 1:00-3:00pm** Senior CharlieCard Event.

## 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.

## 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.

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Aaron Seidman from Bonnie Alpert and Nathan Rome
Naomi Podhorzer from Carol and Phil Fullerton

### *In Memory of Aaron Seidman by:*

Francine and Brad Beckman
Sandra and Gabriel Seidman

## AUGUST MOON CELEBRATION

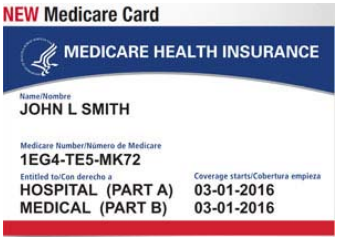
This year, we are hoping to try something a little different for our August Moon Celebration. While we will not be hosting a luncheon this year, there will be a nice afternoon of entertainment, including singing, dancing and instrumental music, followed by light refreshments and moon cakes. Join us on **Monday, September 17 at 1:00 pm** for all the festivities! This event is free, but preregistration is required. To register for the program, please call 617-730-2770. The celebration is co-sponsored by Greater Boston Chinese Golden Age Center. If you'd like to join us for our daily Springwell lunch at 12 noon that afternoon, please plan to make a reservation by 10:30 am on Friday, September 14 by calling 617-730-2747. And if you are craving a Chinese lunch, plan to register for our October Out to Lunch trip to Tin Tin Buffet (Allston). More details to follow on that in our October newsletter.

## RECREATION DEPARTMENT SENIOR PUTTING SOCIAL HOUR

Bring your friends and join us for a 1-hour putting social. **Wednesdays, September 5-October 3, 11:00 am-1:00 pm.** Meet us on the putting green at the Robert T. Lynch course 1281 W Roxbury Pkwy, Chestnut Hill and take part in a fun putting game. We provide instruction and equipment. Weekly games include tic-tac-toe, mini golf course and bocce putting!

Afterwards, join us for lunch and a social hour. **Fee:** $10 (includes: transportation, lunch sandwich, soft drink and putting game)
Register by calling 617-730-2078

## MEDICARE OPEN ENROLLMENT




It's that time of year again! If you are enrolled in a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO/ PPO), **expect an information packet from your plan by the end of September.** It is important to understand and save this information: it explains the changes in your plan for 2019. Premiums, deductibles, co-pays, and the drugs covered by your plan can change significantly!

During Medicare Open Enrollment, you can adjust your plan for next year. SHINE Counselors help you understand your plan changes as well as other options you may have. Call now to discuss your insurance questions, schedule your SHINE phone or face-to-face appointment, or learn about group meetings during the Open Enrollment from October 15 through December 7! **REMINDER: Be on the alert for your new Medicare card in the mail.**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