TOWN OF BROOKLINE
SENIOR NEWS AND EVENTS

Council on Aging

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

Brookline Senior Center
93 Winchester Street
Brookline, Massachusetts 02446

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

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

Brookline Community Aging Network
www.BrooklineCAN.org

OCTOBER 2018

ANNUAL AUTUMN BENEFIT

Attend the 17th Annual Autumn Benefit at the Senior Center on **Wednesday, October 24, starting at 6:00 pm.** This is a GALA event and one you won't want to miss. It's also our major fundraising event of the year, and helps support the Center's operating budget. This year we are honoring the law offices of Wade, Horowitz and LaPointe LLC for their compassionate advocacy for older adults. The law offices are longtime supporters of the Senior Center, and a much-loved community benefactor.

The top floor of the Senior Center will be transformed for the evening into a spectacular ballroom with hors d'oeuvres, wine, a sumptuous buffet, a dance band, and more. Tickets are $100 per person ($65 per senior).

For more information contact Ruthann Dobek at 617-730 2756. RSVP by Thursday, October 18 to ensure your space at this special event. If you cannot attend, please consider a tax deductible contribution by check or make an online donation at www.brooklineseniorcenter.org. Special thanks to our Diamond sponsors: Beth Israel Deaconess Medical Center and Michael Merrill.

FLU CLINIC

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

Brookline Music School Concert Wednesday, October 3 (See P.7).

Mass College of Pharmacy Thursday, October 11 (See P.12).

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BLOOD SUGAR SCREENING

Olga Abamelik, RN, affiliated with Central Home Care, will return to the Center to do blood sugar screenings on **Thursday, October 25 from 11:00 am-12:00 noon.**

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

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

OCTOBER OBSERVANCES

On **Monday, October 8,** the Senior Center will be closed in observance of Columbus Day, a celebration of Italian-American heritage.

Columbus Day celebrations often include parades and street fairs featuring colorful costumes, music, and Italian food. Some cities and towns use the day to honor indigenous peoples; Activities include pow-wows, traditional dance, and lessons about Native American culture. World Sight Day on Friday, October 12, United Nations Day on Monday, October 24, and Halloween is on Wednesday, October 31.

MAZL TOV CHORUS

Come to the Senior Center on **Monday, October 15 at 1:00 pm** for a performance by the Mazl Tov Chorus. This group, founded in 2005, is under the direction of Boris Goldstein, who also composed some of the songs the chorus performs. Under the management of Mikhail Lifshitz, the Chorus has performed more than 100 concerts in day care centers, nursing homes, subsidized housing, rehab centers and at the Senior Center! Their repertoire includes songs in English, Russian, Ukrainian, Yiddish, Hebrew, and Spanish. This performance is sponsored by the Senior Center, but the Chorus is supported by the Massachusetts Association of Russian Speaking Jews Chaverim, Inc.-Boston. To register, please call 617-730-2770.

ALZHEIMERS WALK TEAM

Patricia Burns (Co-Captain). Clara Chin (Co-Captain), Jewel Chin, Jean Doherty. Sherry Lee Jessica Milley-Gee, Soo Fran Pechenick, Fran Perler, Julia Riesman, Yolanda Rodriguez, Phyllis Young. The Team Raised **$4,143 for Alzheimer's research**

RODGERS & HART...RODGERS & HAMMERSTEIN

Historian Bruce Hambro will return to the Senior Center on **Monday, October 22 at 1:00 pm** with his multimedia presentation on Rodgers & Hart...Rodgers & Hammerstein. You may remember Bruce from his past presentations here on George Gershwin and Frank Sinatra. This time around, his power-point presentation will spotlight Richard Rodgers, who composed popular music for more than 50 years. During that time, Rodgers' main lyric-writing partners were Lorenz (Larry) Hart and Oscar Hammerstein II. These two partnerships produced countless hit songs and record-breaking Broadway musicals, many of which were later made into movies. During this presentation, the audience members will be encouraged to sing along with such iconic hit songs as Getting to Know You, Where or When, June is Busting Out All Over and many other classic works from the fertile pens of these two musical geniuses. We hope you will join us! To register, please 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, October 4 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, October 17 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, October 18 at the Senior Center
Is **CANCELLED** for this month.
Wednesday, October 3 from 2:00-3:00 pm
At the BPHD building on Pierce Street.
Wednesday, October 24 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, October 18 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.

TRUSTED TRANSPORTATION PARTNER (TTP) (FORMALLY KNOWN AS ICARE)

The Council on Aging has again been selected to receive an ITNAmerica "Trusted Transportation Partner" grant, with support from Regeneron Pharmaceuticals. Through this grant, the COA's HELP program provides free transportation for Brookline residents to scheduled eye care 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: I have been diagnosed with osteoporosis. My doctor told me it is very important that I take medication. I have read about the side effects and do not trust the medication. Is there anything else I can do to strengthen my bones? I walk and exercise but at 91, I have slowed down.

ANSWER: Osteoporosis is a word that describes bones that have become weaker as a result of the body losing too much bone or not making enough bone. This makes the bones more susceptible to breaking (fractures), either from a fall or even from something more minor, such as a sneeze. It is very common and increases as people get older. It is more common in women, but men also may suffer from it. Often people don't know they have osteoporosis until they break a bone. The bones that are most commonly broken are the hip, the backbone (spine) or the wrist. It can cause people to lose height.

Some medicines can make the bones more prone to osteoporosis, such as steroids, antacid medications and thyroid medicines at doses that are too high.

The best way to diagnose osteoporosis is with a bone mineral density scan (BMD), a very simple test which is painless (no needles). All women should have a BMD at age 65 **and men at risk for osteoporosis at age 70**, and then every several years (it is not necessary to have a BMD every year and probably not more than every 5 years, depending on the results.)

At this time, the recommendations for both prevention and treatment of fractures are calcium and vitamin D3. The calcium should be 1000mg daily, preferably in food (milk, yogurt, including lactose-free milk and yogurt if you are lactose intolerant). To calculate the amount of calcium in food, the nutrition label on the package will say "calcium 45%", so if you add a zero to the 45, you will get 450, which is the number of milligrams in a serving. Vitamin D3 is best taken by pill, 1000 IU daily.

Weight bearing exercises (walking, stair climbing, dancing, tennis) and muscle-strengthening exercises such as yoga and stretch exercises also help reduce the risk of falls and fractures.

However, although calcium and Vitamin D are helpful, in order to build the bones and make them stronger, often medications are needed. People are often scared away when they read the side effects, and not everyone needs these medicines. However, for those who are at highest risk for fractures (people with very low BMD scores, those who fall easily, are taking certain high-risk medications, those who have already broken bones), the side effects of the medications probably are not as dangerous as the chance of falling and breaking a hip or spine. These medicines are proven to decrease the risk of fractures dramatically.

The medications come in various forms. Some are pills you take once a week. There is an intravenous form that you can get once every 1-2 years. There are also injections that help build up the bones that are either injected daily or another which is injected every 6 months.

The most important first step is to get a bone mineral density scan and then discuss the options with your doctor. Until then, exercise and take calcium foods and daily Vitamin D.

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 **Wednesday, October 3 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.

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 MUSIC SCHOOL CONCERT

Join us on **Wednesday, October 3 at 1:00pm** for the return of our monthly Brookline Music School concerts. This month we welcome back Jessica Teal, Violin and Scott Pittman, Guitar who will play a mix of old-timey Americana covers and originals featuring love songs to things like trains, coffee & bikes. Scott Pittman & Jessica Teal are both faculty at Brookline Music School and are neighbors who enjoy rehearsing on porches. We hope to see you there! To register, please call 617-730-2770.

EASY TRAVEL

Join Jamie Jensen, our armchair travel host, on **Thursday, October 4 at 1:30 pm** as she discusses experiences from her 2008 college volunteer trip to New Orleans. Jamie and her classmates worked with Habitat for Humanity to help restore homes affected by Hurricane Katrina. She also did some sightseeing as part of the trip. There will be time for people to share their reflections or memories of that time.

LOSS AND BEREAVEMENT GROUP

Starting in December, the Brookline Senior Center will offer an eight week support group for those who are working through a loss, whether of an individual, job, ability, or otherwise. The group is open to all Brookline and surrounding community residents over the age of 60 who wish to share their experience with others. There is no fee required for this group. For more information, please contact Michael Allen, LCSW at 617-730-2754 or mallen@brooklinema.gov.

MAHJONG

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

MEMORY CONNECTIONS CAFÉ

On ***Wednesday, October 31 from 1:30-3:00pm**, the Senior Center offers a free monthly Memory Connections Cafe for people with early memory challenges and their care partners to connect with their peers. Both participate in socialization and can partake in refreshments and a variety of enjoyable programming in order to gain support and engage with others in a relaxing environment. Either party can attend by themselves, but a care partner must accompany those who require any care assistance. Please call Jamie at 617-730-2753 for information and to RSVP. This program is supported by a grant from the Brookline Community Foundation. This month's Cafe is sponsored by CareOne at Brookline. **Note: This is the 5th Wednesday, instead of the usual 4th.**

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HANDICAPPED ACCESS

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

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

Brookline Senior Center

34th ANNUAL HOLIDAY CRAFT FAIR

93 Winchester Street Brookline, MA 02446

Crafts
Holiday Gifts
White Elephant Sale

Children's Items
Baked Goods
Raffles
and more!

FRIDAY, NOVEMBER 9, 10am-3pm
SATURDAY, NOVEMBER 10, 10am-1pm

Proceeds to benefit the programs and services of the Brookline Senior Center, with a special donation to Hearth, Inc.

93 Winchester Street, Brookline MA 02446 617-730-2770

FROM THE DIRECTOR

I personally invite the entire community to attend and support the Annual Benefit on October 24th (see page 1). This year we are honoring the law firm of Wade, Horowitz and LaPointe LLC, elder advocates and long-time supporters of Brookline's older adults. Delicious food, good company and a great cause deserve your attention. The Autumn Benefit is our biggest fundraising event of the year. For those unable to afford the full ticket price please consider donating any amount, or purchasing a raffle ticket. Each dollar will help us reach our fundraising goal of $50,000 for this year. We will need every penny to keep the van running and to support all of our programs and services, such as expanded transportation services. Special thanks to our Diamond business sponsors:

Beth Israel Deaconess Medical Center and Michael Merrill.

October is a great time of year when the weather is glorious and the trees wear brilliant autumn colors of scarlet, yellow and orange. Enjoy the last days of the Farmer's Market by buying juicy apples or festive pumpkins. In addition, do not forget to wish the indomitable Agnes Rogers a Happy Birthday on October 15th.

.Ruthann Dobek-Director

ZUMBA GOLD

Get in shape and have fun with Zumba Gold at the Senior Center! Join Emily Brenner, our Zumba Gold instructor. Fall session is on **Thursdays, until 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. 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.

RECREATION TRIPS

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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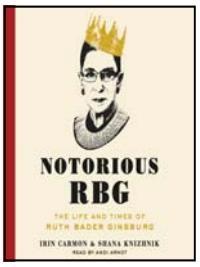
Leon Gelfand, Founder

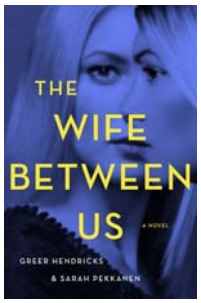
"I want to thank you and your team. You are responsive, professional, and fun to work with."
— Gerry C., Newton

BOOK DISCUSSION GROUP AT THE PUTTERHAM LIBRARY

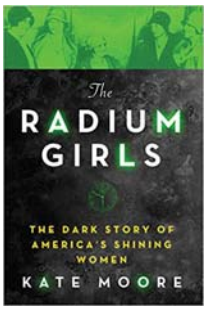
Meetings are in the community room at the Putterham Branch Library. New members are always welcome. Our monthly meetings are on **Mondays from 2:00–3:00 pm**. Books are available at the Putterham Branch Library. The discussion leaders for this Book Group are Charlotte Millman and Batia Bloomenthal.



Monday, 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."

LIVING OUR VALUES

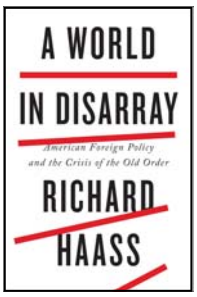
This group meets at the Senior Center on **Wednesday mornings from 9:00 to 10:00 am.** Facilitator Tom Faulhaber uses current events and issues as triggers for discussion at meetings. Hone your values in this age of controversy and conflict.

PUBLIC ISSUES NONFICTION BOOK DISCUSSION GROUP

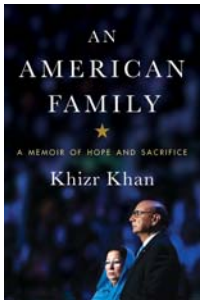
at the Brookline Senior Center

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 October selection will be available at the Senior Center through October 18.** We appreciate the Library staff's efforts to make this temporary arrangement possible.



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



Tuesday, November 27 ***An American Family: A Memoir of Hope and Sacrifice*** by Khizr Kahn (Penguin Random House LLC)

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! To register, please call 617-730-2770.

PROVIDENCE HOUSE LUNCHEON AND TOUR

You might be surprised how good Assisted Living can be. Come have lunch at the Providence House in Brighton on **Thursday October 25** and experience how good living can be. We'll pick you up at the Senior Center at 11:45 a.m., treat you to a "Restaurant Quality" meal (the same that our community is served daily), tour the community and bring you back to the Senior Center around 2 p.m. This event is sponsored by Providence House. Space is limited please call 617-730-2770 to register.

NORFOLK COUNTY REGISTER OF DEEDS

Will hold Brookline Office Hours at the Town Hall on **Thursday, October 25 from 10:00 am to 12:00** Noon. In Room 111, Register O'Donnell and members of his staff will be on hand to answer questions about the Norfolk County Registry of Deeds. The Register will have information about the Massachusetts Homestead Act as well as on-site work stations that can provide in real time the status of your mortgage discharge, a print out of your deed or a demonstration of how the Registry's on-line Land Records Database works. No appointment is necessary. This is a community outreach initiative sponsored by the Norfolk County Registry of Deeds. It is Register O'Donnell's goal to provide a convenient way for residents to learn more about how the Registry serves Norfolk County while conducting Registry business closer to home.

Gallery 93

"Painting with Passion"
Paintings by Judy Brown

Hours:

Monday-Friday
8:30-5:00

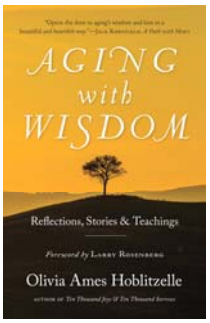
through
Friday, October 26

"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

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.

LASTING WORDS: A GUIDE TO FINDING MEANING TOWARD THE CLOSE OF LIFE

As we grow older we might well wonder how will we be remembered. What difference has my life made to others? What values and wisdom do I wish to pass onto the upcoming generation in my family or community? Many of us have prepared legal wills to distribute our belongings after we die. But few of us have considered leaving a spiritual/ethical will, a record of who we are, a document that can be offered to loved ones either while we are still alive or after we are gone. Based on research, author Claire Willis will join us at the Senior Center on **Thursday, November 1 from 5:00-7:30 pm** to discuss some of the most common aging concerns and how we can begin to pass on a legacy to our loved ones through lasting words. **Refreshments will be served from 5:00 -5:30 pm and the program with an optional writing workshop will be from 5:30-7:30** pm. Books will be available for sale. This event is free of charge, but please call **617-730-2770 to register.** This program is sponsored by BrooklineCAN and its founding partners.

Claire Willis is a licensed independent social worker, lay Buddhist chaplain, yoga teacher and a grandmother to three little girls. Her book Lasting Words was inspired by her work for over 30 years by those living with cancer, their loved ones and those who have lost family and friends to cancer. Her forthcoming book Opening to Grief will be available in about a year. She maintains a private practice in Brookline.

FLU VACCINE WORKSHOP

Join us on **Friday, October 19 at 1:00 pm** when Armenie Varadian, Clinical Nurse Liaison for Care-One at Brookline, will discuss why it is important to get the flu shot, the difference between a cold and the flu, and when you should seek medical attention. This program is cosponsored by Care-One at Brookline and Ascend Hospice. Refreshments will be provided. To register, please call 617-730-2770.

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617-499-5525

SPOTLIGHTED VOLUNTEER

Julia Riesman is a rising senior at Brookline High School (BHS) and was a Steps for Success intern at the Brookline Senior Center (BSC) this summer. While at the Brookline Senior Center, Julia participated in the daily lunch program, the monthly Food Commodity program, the weekly Food Distribution program, interviewed volunteer of the year nominees, wrote mini articles about them for the monthly newsletter and the volunteer pages of the Town and COA websites and performed a variety of administrative tasks. When asked why she chose the BSC for her internship, Julia said that she had lived with her grandparents, likes to help people and lives nearby. She was not sure what to expect at the BSC, but was amazed at the number and variety of programs and resources available.

In addition, during her week off this summer, she was one of the three BHS students who participated in the World Scholars Cup Global Academic Competition in Barcelona, along with 2,000 students from 57 countries. Julia's BHS team placed 4th overall and won the team debate competition. Julia won 1st place for both art and literature. She is looking forward to participating with her team in the Tournament of Champions to be held at Yale University in November.

Photo curtesy of Patricia Silva-Gayle

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BA&CE

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www.brooklineadulted.org

617-730-2700

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 on **Monday October 15 from 1:00-2:30pm** 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 join us 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.

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WEEKLY OPEN HOUSES

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THURSDAYS • 4 P.M. – 6 P.M.

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View Upcoming Events Online:
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Mass Relay 711

OCTOBER 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, October 16 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.

PROUD TO SUPPORT THE BROOKLINE SENIOR CENTER

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LET'S GO OUT TO LUNCH BUNCH

TIN TIN RESTAURANT CHINESE FOOD

Out to Lunch Bunch will dine at TinTin Buffet North Beacon Street, Brighton on **Tuesday, October 30 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.

No Lunch on Monday October 8 Closed for the holiday.

Cold Box Lunch only on Tuesday, October 30 due to flu clinic.

BRAIN HEALTHY COOKING

Join us on **Wednesday, October 17 at 1:00pm** as our friends from Goddard House Assisted Living offer a presentation on Brain Healthy Cooking and the Mediterranean Diet at the Senior Center. Following the talk, there will be a light "brain healthy" lunch for registrants. Registration is limited to 25 participants so please call 617-730-2770 to register.

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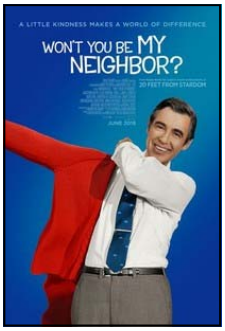
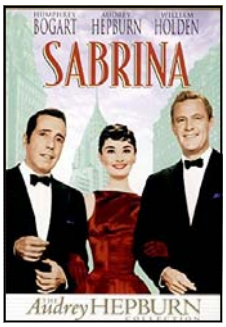
MOVIES FOR FILM LOVERS

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



Tuesday, October 2
Won't You Be My Neighbor?
(2018)
1hr. 34min.
An exploration of the life, lessons, and legacy of iconic children's television host, Fred Rogers



Tuesday, October 9
Sabrina
(1954 version)
1hr. 53min.
A playboy becomes interested in the daughter of his family's chauffeur, but it's his more serious brother who would be the better man for her.

Tuesday, October 16
Temple Grandin
(2010)
1hr. 47min,.
A biopic of Temple Grandin, an autistic woman who has become one of the top scientists in the humane livestock handling industry.

Tuesday, October 23
Three Identical Strangers
(2018)
1hr.36min,
In 1980 New York, three young men who were all adopted meet each other and find out they're triplets who were separated at birth. Then they discover why.

Taken from IMDb https://www.imdb.com/title/tt7664504/

Special Note:
Tuesday, October 30

NO MOVIE TODAY DUE TO FLU CLINIC

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.

PUTTERHAM SENIOR SOCIAL HOUR

On **Wednesdays 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

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FROM THE BOARD PRESIDENT

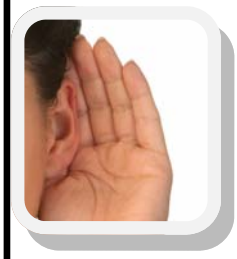
The Brookline Senior Center gratefully accepts donations to its nonprofit arm. These donations are completely tax deductible. All donations are used to keep the van running as well as to fund furnishings, improvements, and innovative programs for the Senior Center.

This month as we celebrate our 17th Annual Autumn Benefit, we invite you to attend our special evening of festivities. We are proud of our strong community, and need your help to sustain it. Please be as generous as you can. The Senior Center Board, the entire Senior Center family and I thank you!

P.S. We are still accepting gift certificates for our raffle. Don't forget to purchase your raffle tickets today. Some of the fabulous donations already received include: a $200 Village Mobil gas card, Coolidge Corner Theater tickets, a weekend at the Courtyard Marriott, and gift certificates from some of our finest local restaurants. Raffle tickets are available at the second floor of the Senior Center.

Betsy Pollock, President, Brookline Senior Center

HEARING TEST



Not hearing like you once did? Does everyone around you seem to mumble? Dr. Tamy Simon Chelst, an audiologist with 40 years of experience will be at the Senior Center on **Thursday, October 4 from 9:00am-12:00 noon** to test your hearing. There will be no out of pocket cost for this testing if you have Medicare. Be sure to bring your health insurance cards with you to the appointment. To register for an appointment, please call 617 -730-2770. Please also be prepared to provide the name and telephone number of your physician.

SHINE

DON'T WAIT UNTIL IT'S TOO LATE! MEDICARE OPEN ENROLLMENT ENDS DECEMBER 7TH

Call SHINE for help comparing options.

Every year, Medicare Part D and Medicare Advantage (HMO, PPO) plans can change their premiums, co-pays, deductibles, formularies (list of drugs covered) and preferred pharmacies. It's extremely important to review your options EVERY year to make sure you have the plan that works best for you for next year.

Call your Senior Center and ask for a SHINE appointment. Be sure to bring your Medicare card, any other drug/health insurance cards and benefit information, and a detailed list of your prescription drugs to your appointment.

If there are no more appointments available at your center before December 7, there may be additional appointments in Framingham (508-532-5980, then press 0) and Needham (781-455-7555). Please call between 9AM and 4PM and ask the receptionist at the front desk for a SHINE appointment.

Trained SHINE volunteers offer free, confidential counseling on all aspects of health insurance to anyone on Medicare. For Medicare related matters (other than an appointment), call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Once you get the SHINE answering machine, leave your name and number. A volunteer will call you back, as soon as possible.

YOU SHOULD HAVE RECEIVED A NEW MEDICARE CARD BY NOW. IF NOT CALL MEDICARE.

OCTOBER AT A GLANCE

Tuesday, October 2
1:00pm Movies for film lovers-*Won't You be My Neighbor*
Wednesday, October 3
10:15-12:15 Putterham Senior Social*
1:00pm Brookline Music School Concert
2:00-3:00pm Blood Pressure Screening at BPHD*
Thursday, October 4
9:00am-12:00 noon Hearing Tests ***
11:00am Ask a Nurse
1:15-2:15pm Zumba Gold $7/session/Free/BHA
1:30 Easy Travel with Jamie (New Orleans after Katrina)
Monday October 8
Columbus Day **Closed**
Tuesday, October 9
1:00pm Movies for film lovers-*Sabrina*
Wednesday, October 10
8:30-12:30 Fenway Park History Tour*/***
10:15-12:15 Putterham Senior Social*
1:00pm COA Meeting
Thursday, October 11
1:00pm Mass College of Pharmacy
1:15-2:15pm Zumba Gold $7/session Free/BHA
6:00-8:00pm Olivia Ames Hoblitzelle***
Friday, October 12
Sunday, October 14
2:00pm New Rep (Animal Farm)***
Monday October 15
1:00pm Mazl Tov Chorus***
1:00-2:30 Ukullele
2:00-3:00pm Book Discussion group-*RGB*
Tuesday, October 16
12:00 noon September Birthday Lunch***
1:00pm Movies for film lovers-*Temple Grandin*
Wednesday, October 17
10:15-12:15 Putterham Senior Social*
1:00pm Goddard House Cooking Demo**
1:00pm Low Vision Support Group
Thursday, October 18
1:00pm TRIPPS APPS class***
1:00-2:00pm Brookline Hearing Services
1:15-2:15pm Zumba Gold $7/session Free/BHA
Friday, October 19
1:00pm Presentation by OneCare (importance of flu shot)***
Monday October 22
1:00pm Bruce Hambro/Rogers and Hart/ Rogers and Hammerstein***
Tuesday, October 23
9:00-10:00am Public Issue Book Group A World in Disarray
1:00pm Movies for film lovers-Three Identical Strangers
6:00pm Long Term Care Finances ***
9:00-6:00pm Fall Foliage Trip*/***
Wednesday, October 24
10:15-12:15 Putterham Senior Social*
1:00-2:00pm Blood Pressure Screening at 61 Park
6:00pm Autumn Benefit***
Thursday, October 25
10:00am-12:00 noon Norfolk County Registry of Deeds will be at Town Hall room 111*
11:00am Blood Sugar Screening
11:45am-2:00pm Lunch Tour of Providence House***
1:15-2:15pm Zumba Gold $7/session Free/BHA
2:00pm FINAL Craft Fair Meeting
Friday, October 26
Monday October 29
1:00pm REAL ID Presentation***
Tuesday, October 30
11:00am-1:00pm Flu Clinic (**No Movie and Box Lunch for Springwell Lunch)**
12:00noon Out to Lunch Bunch***
Wednesday, October 31
10:15-12:15 Putterham Senior Social*
1:30pm Memory Café***

ONGOING SENIOR CENTER EVENTS

Monday

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

Tuesday

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

Wednesday

8:30 am-4:30 pm Fitness Center Open 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***
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

FINAL HOLIDAY CRAFT FAIR PLANNING MEETING

Join us for our final planning meeting on **Thursday, October 25 at 2:00 pm** when we will review all of our last minute "day of" details for volunteers and crafters. We are sorry to announce that we have filled all of our "Craft Vendor" spots for this year. The proceeds from this year's Craft Fair will benefit the programs and services of the Brookline Senior Center, with a special donation to Hearth, Inc. so let's make this our most successful year yet!

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

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)

COUNCIL ON AGING MEETING

FriendshipWorks

Join us for the Council on Aging meeting on **Wednesday, October 10 at 1:00 pm,** as we welcome Samantha Cowan, Program Director of FriendshipWorks "Creating Connections, Ending Elder Isolation." 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 rdbobek@brooklinema.gov.

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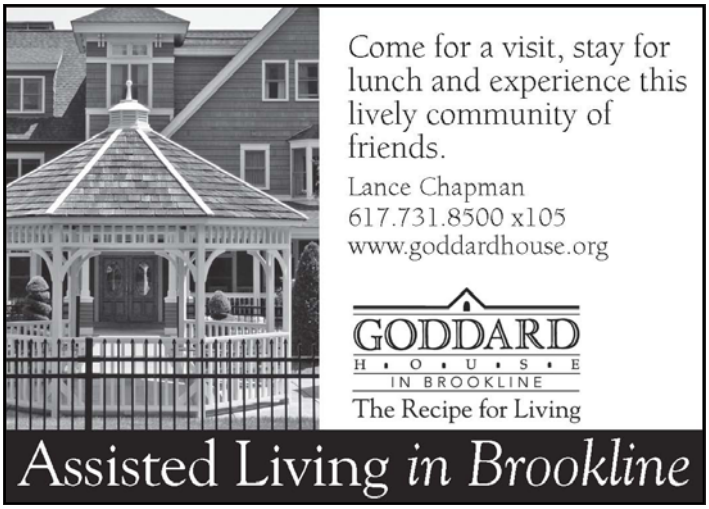
CONCERNED ABOUT EXPENSES ASSOCIATED WITH LONG TERM CARE FOR YOU OR YOUR LOVED ONES?

Please join us on Tuesday, **October 23 at 6:00 pm** for an interactive presentation on how to plan for the ever increasing costs of long-term care. With advances in medical treatment, people today are living longer than any generation before. While this allows more time with loved ones, the cost of caregiving can be a huge problem. The discussion, led by Infinex Investment Executive, Jennifer Read from Brookline Investment Services, will address your questions about the cost of care today, what Medicare and Medicaid does and does not cover, and how prudent financial planning may help fill in the gap.

Investment & insurance products and services are offered through INFINEX INVESTMENTS, INC. Member FINRA/SIPC. Brookline Investment Services is a trade name of the bank. Infinex and the bank are not affiliated. Products & services made available through Infinex are not insured by the FDIC or any other agency of the United States & are not deposits or obligations of nor guaranteed or insured by any bank or bank affiliate. These products are subject to investment risk, including the possible loss of the principal amount invested.

To register, please call 617-730-2770.



TRIPPS

The Ins and Outs of Using Smartphone Apps for Transportation: Need help navigating using google maps? Want to know when your MBTA bus or train will arrive. Come to this workshop on **Thursday, October 18 from 1:00-2:30pm to** discuss all the different smartphone apps that can help you get around more quickly and easily. To register call the TRIPPS line at 617-730-2644.

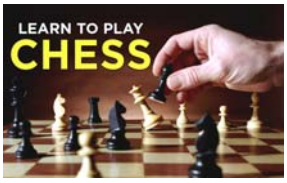
LICENSE RENEWAL AND REAL ID WORKSHOP

Wondering at all the talk about Real ID? Want to know the easiest and fastest way to renew your license or state ID? Join us on **Monday October 29 from 1:00-2:00pm** for a free workshop offered by The Registry of Motor Vehicles. Topics will include the difference between "Standard ID" and "Real ID" driver's licenses and ID cards, How to renew a Massachusetts Driver's License or Massachusetts Identification (ID) Card; and the new federal and state requirements for renewing a Driver's License or ID card. To register call the TRIPPS line at 617-730-2644.

SAVE THE DATE

Getting Around Using Uber and Lyft: Are you looking for ways to save on transportation costs but go further? Do you want to keep healthy and active in your community? Curious how rideshare (using Uber/Lyft) can work for you? Join this multi-session class to use your smartphone intelligently and learn to ride -share. This is a three-session class that meets . **Thursday, November 1, 8, and 15 from 10:00-11:30am.** To register call the TRIPPS line at 617-730-2644.

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.

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

TUESDAY MORNING DANCE PARTY

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

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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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- 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*

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REAP

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 617-730-2743 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.

TAX ABATEMENT

We have a couple of spots available in the Tax Abatement Program for income eligible 60 plus Brookline homeowners. Call Deidre Waxman 617-730-2767

OCTOBER SPOTLIGHTED VOLUNTEER OPPORTUNITIES

This month's spotlighted opportunities include: Quilting Group Leader; Lunch Program (10:30 – 1:00pm); 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; Tuesday Food Pantry – strong help in the morning (9-1); 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 Brookline Senior Center, 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 617-730-2743 or e-mail her at pburns@brooklinema.gov for an appointment.

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In Memory of:

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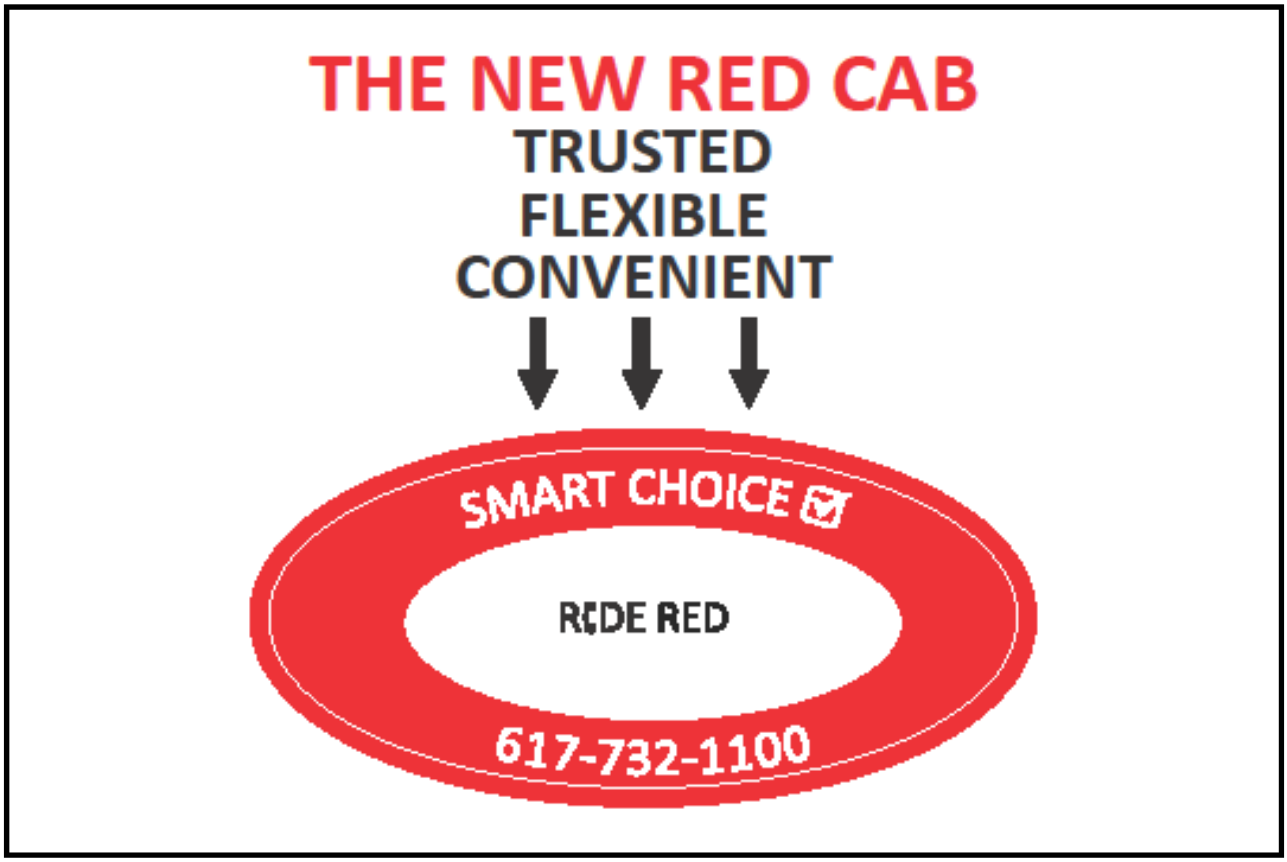

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