TOWN OF BROOKLINE
SENIOR NEWS AND EVENTS

Council on Aging

Published with help from the Brookline Multi-Service Senior Center 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

Tuesday, December 4 tour of the John Adams Courthouse in Boston (See P. 25).

Friday, December 7 What to do with digital camera photos (See P. 13).

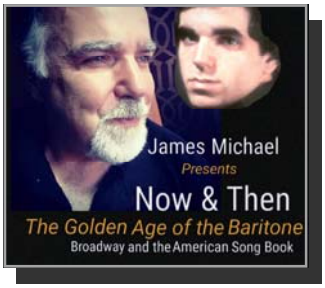
Monday, December 10 Getting organized (see P. 7).

Is Public Wi-Fi Safe? (See P. 28).

Barbara's Tips for Riding the T (See P. 11).

DECEMBER 2018

NOW AND THEN THE GOLDEN AGE OF BARITONE



Join us on **Monday, December 3 at 1:00 pm** as baritone James Michael presents, "Now and Then: The Golden Age of the Baritone." James will perform a wonderful variety of Broadway and American Song Book classics so his performance is not to be missed! To register, please call 617-730-2770. This program is generously sponsored by Wingate Residences at Boylston Place and the Brookline Senior Center.

NEW YEAR'S OPEN HOUSE

Join us on **Thursday, December 27 from 1:30-3:30 pm for** our annual New Year's Open House when we will once again feature the outstanding Winiker Band. The Winikers need no introduction to Brookline. These fabulous musicians and entertainers will certainly help us to ring in the new year right! We'll enjoy the Winikers' performance **from 1:30-2:30 pm and then we'll have some light refreshments from 2:30-3:30 pm**. To register, please call 617-730-2770.

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

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

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

DECEMBER OBSERVANCES

The Senior Center will be open weekday in December. **Except for Tuesday, December 25** for Christmas. Christmas is an important religious holiday for Christians and a beautiful time of the year to connect with family and friends. We celebrate Chanukah, the Jewish festival of freedom and light from **Sunday, December 2 through Monday, December 10**. The Winter Solstice (the shortest day of the year) falls on Friday, December 21. We will be celebrating all month with something for everyone. If you would like more celebrating you can celebrate December 1, World Aids Awareness Day, December 7, Pearl Harbor Day, December 10, National Human Rights Day, December 15, Bill of Rights Day and Kwanzaa on December 26 though January 1. Enjoy the end of 2018 and prepare to bring in the New Year with us on **Thursday, December 27 from 1:30-3:30 pm**. (See p.1)

SENIOR CHORUS HOLIDAY CONCERT AND HOLIDAY CRAFT FAIR CHECK PRESENTATION

Join us for a festive morning full of holiday cheer at our Senior Chorus Holiday Concert on **Friday, December 14 at 10:00 am.** This group's enthusiasm will be sure to put a smile on your face! In addition, we will be presenting the Senior Center with a check from the proceeds of our annual Holiday Craft Fair. A special donation will also be made on behalf of the Holiday Craft Fair Planning Committee to HEARTH, Inc. Thank you to all of the crafters, volunteers, donors, and customers who helped to make this event a success. We couldn't have done it without you! To register, please call 617-730-2770

BROOKLINE MUSIC SCHOOL

Join us on **Wednesday, December 5 at 1:00pm** as we welcome Celia Zhang, violin and Tina DiMonda, piano for a program filled with the classics of violin piano collaboration. Works will cover the spectrum from early classical to late romantic eras, including pieces by Mozart, Beethoven, Chopin and Massenet. Come join in on an exciting hour!

Please note that there will be no Brookline Music School concert in January, but they will return with more fabulous performances in February.

Ask a Nurse Lynn Schuster, a nurse from Visiting Nurse and Community Care will be at the Senior Center on **Thursday, December 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, December 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 locations:

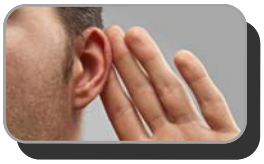
Thursday, December 20 from 1:00-2:00 pm at the Senior Center
Wednesday, December 5 from 2:00-3:00 pm BPHD building Health Department on Pierce Street.

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

The Council on Aging has again been selected to receive an IT-NAmerica "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 sub-program.

BROOKLINE HEARING SERVICES

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



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 am tired when I go to bed but then I cannot sleep. As soon as the sun begins to rise I fall asleep and then cannot get up until about noon. Do you have suggestions for me?

ANSWER: As we get older, our usual sleeping habits may change. Part of this may be due to our producing less melatonin than we did when we were younger. People often get sleepy earlier in the evening and then wake up earlier in the morning. Some people find they can't sleep at night and then are so tired they fall asleep early in the morning. The important question is whether you feel rested during the day, or whether you feel tired all day.

It is believed that the ideal number of hours of sleep is between 7 and 9 hours/night. If you feel rested and energetic during the day, you are probably getting enough sleep. However, if you feel exhausted during the day, that is not "normal aging." Anyone can have a stretch of days or weeks where we have trouble sleeping (insomnia). However, if insomnia becomes a chronic problem, it may need some investigating. According to Help Guide, which collaborates with Harvard Health Publications, the consumer health publishing division of Harvard Medical School, these are some symptoms which may suggest a sleep disorder:

- Have trouble falling asleep even though you feel tired
- Have trouble getting back to sleep when awakened
- Don't feel refreshed after a night's sleep
- Feel irritable or sleepy during the day
- Have difficulty staying awake when sitting still, watching television, or driving
- Have difficulty concentrating during the day
- Rely on sleeping pills or alcohol to fall asleep
- Have trouble controlling your emotions

There are many causes of insomnia, such as stress, depression, anxiety, medications or health problems. Drinking alcohol, using the computer before bedtime, pain, lack of exercise, snoring and sleep apnea can also cause sleeping problems. To help make sure you get a good night's sleep, try the following:

1. Turn off the TV and computer about 1 hour before going to bed.
2. Read either a book or an electronic device that doesn't have its own light source
3. Block out snoring by wearing ear plugs
4. Get aerobic exercise during the day (walk, dance, golf)
5.Talk to your doctor about trying melatonin (not sleeping pills!)
6.If you get tired during the day, it's OK to take a short nap (less than 1 hour, preferably in the afternoon)
7. Avoid alcohol and caffeine (including chocolate!) late in the day.
8. As a nighttime snack, warm milk, turkey and tuna fish contain tryptophan, which is a protein which helps induce sleep.
9. A cup of chamomile tea is thought to be relaxing-drink a cup 2 hours before bedtime.
10. In the winter, when there is less light, sitting under a lamp designed for SAD (Seasonal Affective Disorder) for 30 minutes each morning can help reset a wake-sleep cycle and even boost our spirits during the winter, which can help sleep.

It is common to have short periods of time when we have trouble sleeping, but it usually passes. If it persists speak with your doctor about seeing a sleep therapist.

SENIOR SERVICES

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

BETS (Brookline Elder Taxi System), is a program that allows income eligible Brookline residents (62 and older) to purchase taxi coupons at reduced fare rates. Eligible individuals are allowed to purchase up to eight (8) coupon books per month at a 50% discount. Each coupon book contains ten (10) $1.00 coupons and program participants pay only $5.00 per coupon book. BETS is sponsored by the Council on Aging, CDBG, and all licensed Brookline cab companies.

Bay State Taxi 617-566-5000
White Cab Taxi 617-314-6262

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

If you are applying for the first time, or being recertified, bring your 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, December 5 from 9:00 am-12:00 pm** to consult on legal matters. ***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.

ELKS HOLIDAY DINNER

Come to the Senior Center on **Saturday, December 1, at 1:00 pm** for the Annual Holiday Dinner presented by Brookline Elks Lodge 886. Reservations are required and we have a few places still available so please call 617-730-2770 to save your place so you can enjoy the turkey-with-all-the trimmings dinner.

In addition, the Elks give us a magnificent tree as a centerpiece for our holiday decorations. We want to take this opportunity to thank the lodge profusely for their thoughtful gifts to the Brookline senior community and to wish the members of the lodge the best and greatest for the New Year!

WHAT TO DO WITH DIGITAL PHOTOS

On **Friday, December 7 at 1:00 pm** at the Brookline Senior Center. Come to this informative session on what to do after you take photos or videos with your phone or IPAD and how to store them after they are on your computer. Alan Shepro will be leading this session. Alan has 40 years of experience in IT support on every device that has a microchip – phones, MAC & PC laptops and IPADS. He has recently started assisting in the computer lab on a drop-in basis on Thursday afternoons from 2:00-4:00. Registration for the photo session on December **7th is required. Please call 617 730 2770 to register.**

GETTING ORGANIZED

December 10 at 1:00pm
We all suffer from some degree of "clutter-itis" but some cases are more advanced than others. Do you feel that your stuff has taken on a life of its own? Do you miss that sense of confidence in knowing where everything is?
You can impose order on the chaos! Join a discussion with Jen Grella, Professional Downsizer, about getting organized and taking control of your home again. To register, please call 617-730-2770.

COUNCIL ON AGING MEETING

Join us for the Council on Aging meeting on **Wednesday December 12 at 1:00 pm**, as we welcome Pat Ward from the Town Clerk's office who will swear in COA Board members.

We will show a video from the Office of the Inspector General of Massachusetts titled How to be an Effective Board and Commission Member.

We are always welcoming new members. If you are interested, please contact Ruthann at 617-730-2756 or rdbobek@brooklinema.gov.

REAL ESTATE TAX EXEMPTION

Sandy Spector will have information for seniors on real estate tax exemptions and abatements in the gallery area of the Senior Center on **Tuesday, December 4 and Tuesday, December 18 from 10:00am-12:00 noon.** Feel free to drop by with your questions.

MEMORY CONNECTIONS CAFÉ

On **Wednesday, December 19 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 cafe is sponsored by Benchmark Senior Living-Chestnut Park at Cleveland Circle. ***Please note, the Cafe is being held on the 3rd Wednesday instead of the usual 4th.***

Think SAFE Be SAFE

REMEMBER

THE IRS NEVER CALLS FOR PAST DUE AMOUNTS OR THREATENS TO ARREST YOU!

If you think you are a victim of a scam, write down the number and hang up. And then notify local police. A Gloucester resident fell for the ruse and lost $35,000, so just hang up and call the police. **Don't fall for a telephone line!**

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

SPANISH IMMERSION

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

One-hour, one-on-one Spanish conversation sessions with native seniors from many Latin American countries.

10-week Beginning Spanish classes run on **Thursday afternoons from 1:15 to 2:15 pm,** in small groups in a relaxed, friendly atmosphere.

10-week Intermediate Spanish classes will run on Thursdays from **12:00 noon to 1:00 pm.**

Spanish conversation small group meetings on **Thursdays at 2:30 pm** with multifaceted conversations in Spanish designed to provide Spanish conversation on varied topics and to share Latin American topics with the other seniors who attend the meeting each week.

Latino instrumental and vocal music on Fridays at 3:00 pm.

Basic Computer Class in Spanish on **Fridays from 1:30 to 2:30 pm.**

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

DONATION OF WARM WINTER ITEMS NEEDED

Once again, we hope to provide gifts of warm winter items to the 65 to 70 men and women who come to dinner every Monday evening at the Open Door Meal and Grocery Bag Program in Allston. If you would like to give **warm hats, scarves, and/or gloves (hand-knitted or purchased new) t**o the Open Door Meal Program's guests, please give the items to Jessica Milley-Gee on the second floor of the Brookline Senior Center on or before **Monday, December 17.** Last year, with your help, we were able to donate over 100 items to folks in need so we truly appreciate your support.

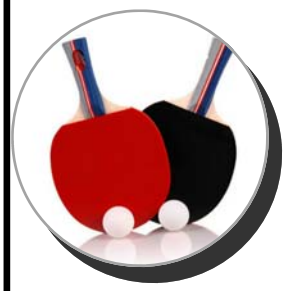
LOSS AND BEREAVEMENT GROUP

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 email: mallen@brooklinema.gov.

BROOKLINE BEES DECEMBER GIFT PROJECT

The Brookline Bees will be making microwave bowl cozies for their friends in December. Join us on Tuesdays in December at 10:30 and learn how to make this easy project -- or bring your own project and "buzz" with us! All are welcome.

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.

MISTRAL PRESENTS "THE BAROQUE BIG BAND (& BEYOND)" HOLIDAY CONCERT

Our annual showcase of dazzling chamber concertos with soloists turns in the spotlight, only this time beyond Baroque and into the early Classical era! SCARLATTI: Two Sonatas for Harpsichord in E Major, K. 215/216, J.S. BACH: Chaconne from Partita No.2 with string quartet chorales, BOCCHERINI: Cello Concerto No. 2 in D Major, G. 479, BACH: Concerto for violin & oboe in C minor, BWV 1060, VIVALDI: Concerto for two violins in D minor, RV 514, C.P.E BACH: Concerto for flute, strings & continuo in D minor.
On **Sunday, December 9 at 5:00pm**, Congregation Kehillath Israel, 384 Harvard Street, Brookline.

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www.MountPleasantHome.org

OPERATION ABLE INFORMATION SESSION

Wednesday, December 12 from 3:00-4:00 pm at the Brookline Senior Center

Please join us for an information session about the SCSEP (Senior Community Service Employment Program). SCSEP is a well established federally funded on-the-job training program for unemployed, income eligible individuals 55 years or older. Program participants are matched to a variety of training opportunities at non-profit, municipal and state agencies throughout the greater Boston area. Participants are paid the minimum wage of $11.00/hour for up to 20 hours per week. Joyce Reekie is the SCSEP program Assistant for Norfolk Country and she will be the presenter.
For more information or to register please contact: Deidre Waxman at 617-730-2767 or dwaxman@brooklinema.gov

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WHAT IS TRIPPS?

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

LGBT OUT 2 BRUNCH BUNCH!

Goddard House, in partnership with the Brookline Council on Aging, ETHOS, the LGBT Aging Project and the City of Boston Commission on the Affairs of the Elderly, supports the LGBT Older Adult Out 2 Brunch Bunch! The group will meet monthly for brunch on the third Saturday of every month. **In December we will meet on the 15th from 11:00 am-1:00 pm.** at Goddard House, 165 Chestnut Street, Brookline, MA 02445. To attend, RSVP to Zoraida at 617-522-6700 ext. 306 or meals@ethocare.org

BARBARA'S TIPS FOR RIDING THE T

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

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

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

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)

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.

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.

EASY TRAVEL

Join us **Thursday, December 6 at 1:30 pm** as Michael Allen, our HELP Program Counselor and armchair travel host, will present on his two week trip to Vietnam and Thailand. His itinerary includes stops in Hanoi, Hoa Long Bay, Hoi An, Bangkok, and Ko Mak. Michael promises to have lots of pictures and stories to share, as well as a discussion of his favorite foods from his trip. We hope to see you there!

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.

RUMMIKUB

Hedwig Baillie our Rummikub coordinator invites you to drop in and enjoy a quiet game of Rummikub on **Friday mornings from 9:00-11:30 am.**

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

BALANCE EXERCISE WORKSHOP

With the winter months approaching, we are all faced with an increased risk of falling. Improving your strength and balance can often help to minimize the risk of serious injury in the event of a fall.

Join personal trainer, Steve Shain on **Wednesday, December 19 at 10:30 am** for a one hour workshop in which you'll learn valuable exercises to help improve your balance. Space is limited to first 30 registrants. Please call 617-730-2770 to register.

A FILE OF LIFE

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.

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.

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COUPON

MEDICARE D OPEN ENROLLMENT ENDS DECEMBER 7, 2018.

THERE ARE NO MORE OPEN ENROLLMENT APPOINTMENTS AT THE BROOKLINE SENIOR CENTER.

Open Enrollment SHINE appointments are still available in Needham on Mondays and Fridays and in Framingham on Tuesdays and Wednesdays.

When you call ask the receptionist for a SHINE appointment. **Do Not ask to be transferred to SHINE,** because these are the overflow SHINE appointments that **need to be booked directly by the receptionist.**

Framingham (Callahan Center, 535 Union Ave): 508-532-5980, then press 0.

Needham (Center at the Heights, 300 Hillside Ave): 781-455-7555

MEDICARE: 1-800-633-4227. Medicare customer service representatives are available 24 hours a day 7 days a week to help callers choose a drug plan by phone or check the Medicare website: www.medicare.gov

MCPHS Pharmacy Outreach Program: 1-866-633-1617 (phone appointments).

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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

E.L.F. MONTHLY FEATURED ITEMS

The program has a large amount of cushions available in various sizes. Please call Jamie at 617-730-2753 to request these or any other available items or to donate items.

Gallery 93 Hours: Monday-Friday 8:30-5:00

Photographs by ***Andrea Rosenthal Through December 28, 2018***

REIMAGININGS

Image: My Goal (After Andrew Wyeth)

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ZUMBA GOLD

Get in shape and have fun with Zumba Gold at the Senior Center! Join Emily Brenner, our Zumba Gold instructor. Individual sessions on **Thursdays, through January 24 from 1:15-2:15 pm*.**

***Please note that there will be no class on Thursday, December 27, 2018.** 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

FRENCH CONVERSATION GROUP

The French Conversation Group meets on **Tuesdays from 12:15-1:15 pm** at the Senior Center. New members, regardless of level of proficiency in speaking French, are invited to join the group.

Groupe de conversation française: Le groupe de conversation française se réunit chaque mardi de 12h15 à 1h15 au Senior Center. Nous acceptons de nouveaux membres quelque soit leur niveau de compétence de la langue française.

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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Leon Gelfand, Founder

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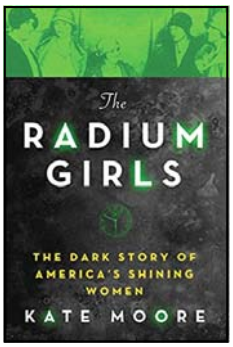
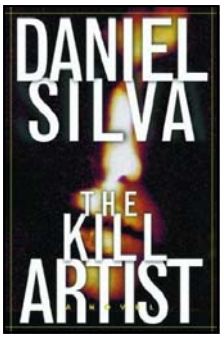
— Gerry C., Newton

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, 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."



Monday, January 14 ***The Kill Artist*** by Daniel Silva
From the #1 New York Times bestselling author of House of Spies.

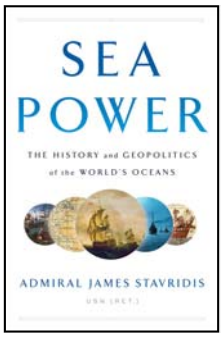
COOLIDGE CORNER LIBRARY OPEN HOUSE DECEMBER 2

We are excited to announce the re-opening of the newly renovated Coolidge Corner Library! Join us for a ribbon-cutting ceremony on **Sunday, December 2 from 3:00-5:00pm**. **We will begin normal hours of operation on Monday, December 3.**

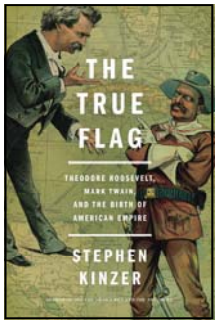
PUBLIC ISSUES NONFICTION BOOK DISCUSSION GROUP

at the Brookline Senior Center

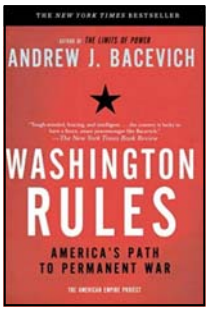
Tom Faulhaber is challenging your thinking every month with a nonfiction book discussion group centered on public issues, history, current events, and other non-fiction topics.
The Coolidge Corner Branch Library will have copies of the books available several weeks ahead of each meeting. Suggestions for future titles are encouraged. Meeting time is 9:00 to 10:00 am on the fourth Tuesday of each month



December 18 Sea Power: ***The History and Geopolitics of the World's Oceans by Admiral James Stavridis*** (Penguin Group USA/Penguin Random House LLC)



Tuesday, January 22, 2019 The ***True Flag : Theodore Roosevelt, Mark Twain, and the Birth of American Empire*** by Stephen Kinzer (Henry Holt & Co., Inc.)



February 26, 2019: ***Washington Rules: America's Path to Permanent War*** by Andrew J. Bacevich (Metropolitan Books | Henry Holt & Co., Inc.)

Thanks to all for making the 17th Annual Autumn Benefit a big success!

Dear Ruthann and the BSC community,
Words cannot express our gratitude for being honored at the Autumn Benefit Fundraiser this year. The celebration was beautiful in every way, from the delicious food to the wonderful music, and the feeling of community at the Brookline Senior Center. We will strive to continue our work together to make a difference and we are thankful also for the lovely gift baskets that we all received! Many thanks for an unforgettable night!
Wade, Horowitz Lapointe LLC

Photos courtesy of Colin Gee and Jewel Chin

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SPOTLIGHTED VOLUNTEER

Fran Pechenick began volunteering at the Brookline Senior Center in 2011 when she saw that help was needed in the food distribution program. From there she went on to help with a wide variety of tasks, such as Computer One-on-One, the Alzheimer's Walk, tours of the Brookline Senior Center, driving to events, the food pantry, newsletters, mailings, and working at the Information and Referral desk. Though initially reluctant to join BSC because she did not consider herself "old", Fran's first experience with SHINE counselor Sonia Wong opened her mind to the vibrant community at BSC that went far beyond her original expectations and definition of the word "Senior".

Fran considers The Brookline Senior Center to be a "home away from home", and currently enjoys the discussion group "Living Our Values", as well as the concerts, theater, trips, and transportation offered at BSC. Fran's seven years of volunteer work show her appreciation of the community and the lively and supportive atmosphere she has found here.

Written by Julia Riesman

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. Jjoin us **For more information** contact Judy, our Uke coordinator at hearojudy51@yahoo.com.

We will be on Vacation in December so please check the January newsletter for a January Date.

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EVERY TUESDAY • 12:30 – 3:30 P.M.

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WEEKLY OPEN HOUSES
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THURSDAYS • 4 P.M. – 6 P.M.

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AN OVER-62 COMMUNITY

Mass Relay 711

DECEMBER

DECEMBER 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, December 18 we celebrate December birthdays at the monthly Birthday Lunch. The sponsor of this lunch has happily provided a complimentary lunch and a small gift to all December 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.

SPRINGWELL HOLIDAY SPECIAL

Tuesday, December 11 Holiday Ham w/ Raisin Pineapple Sauce, Au Gratin Potatoes, Peas & Garlic Dinner Roll. Please call 617-730-2747 to register.

PROUD TO SUPPORT THE BROOKLINE SENIOR CENTER

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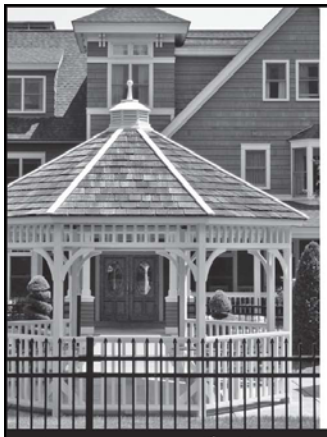

Come for a visit, stay for lunch and experience this lively community of friends.
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MOVIES FOR FILM LOVERS

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

Tuesday, December 4
Our Souls at Night (2017)
1hr. 43 min.
Fonda and Redford will star as Addie Moore and Louis Waters, a widow and widower who've lived next to each other for years. The pair have almost no relationship, but that all changes when Addie tries to make a connection with her neighbor.
NOTE: Subtitles will not be available as we will be streaming the movie via Netflix.

Tuesday, December 11
Bombshell: The Hedy Lamarr Story (2017)
1hr. 28 min.
The life and career of the hailed Hollywood movie star and underappreciated genius inventor, Hedy Lamarr.
Stars: Hedy Lamarr, Mel Brooks, Jennifer Hom

Tuesday, December 18
Mama Mia! Here We Go Again (2018)
1hr. 54 min.
Five years after the events of Mamma Mia! (2008), Sophie prepares for the grand reopening of the Hotel Bella Donna as she learns more about her mother's past.

Tuesday, December 25
No movie today the Senior Center will be closed for holiday. See You Next Year!

Information Taken from: www.imdb.com

WHAT THE HECK IS A HECM? THE FACTS ABOUT REVERSE MORTGAGES

Thursday, December 13 at 1:00pm A HECM, Home Equity Conversion Mortgage, is also known as a Reverse Mortgage. You keep hearing about reverse mortgages, seeing people say great things about them on television and then hearing horror stories. What is the truth? Is this something that you should be thinking about for yourself or your parents? Join Bonny Gilbert, Esq., on **Thursday, December 13 at 1:00 pm** for this workshop in which you will learn what a reverse mortgage is and how it works; what are its benefits and risks. We will also discuss the appropriate borrowers for a reverse. Many people know that a reverse mortgage can be a dramatic help when you are in serious financial circumstances. But did you know that you can also use a reverse to hedge, or protect your retirement investments? Or to buy a new home? Come to learn the facts, the pros and cons, and finally get a chance to ask important questions. To register, please call 617-730-2770.

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.

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.

NOTE: NO GROUP IN DECEMBER due to Holiday.

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– Mary Lou P., Client

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

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DA MORRISSEY OFFERS A TOUR OF JOHN ADAMS COURTHOUSE

Norfolk District Attorney Michael Morrissey is pleased to share his passion for justice with a tour of the John Adams Courthouse in Boston on **Tuesday, December 4 from 9:30 am-2:00pm.** The courthouse tour affords elder constituents the opportunity to learn about the judicial system, as well as the history, art and architecture of the historic John Adams Courthouse, headquarters of the Massachusetts Judicial branch that houses the MA Supreme Judicial Court, MA Appeals Court and the Social Law Library. The tour will include a discussion with a Justice of the Supreme Judicial Court or Appeals Court, as well as extended visits to the Sacco and Vanzetti and John Adams Exhibit rooms. Participants will also be welcome to attend a court session. Please bring a bagged lunch. Transportation from the Senior Center will be provided by Sheriff Michael Bellotti. Please call the Senior Center at 617-730-2770 to register. Space is limited to 21 seniors.

NOTE: Tour requires a fair amount of walking and standing so plan accordingly.

TUESDAY MORNING DANCE PARTY

Join instructor, Lynn Modell **every Tuesday morning from 11:00-11:45 am** for great fun and dancing All for a suggested donation of $2 per class.

DECEMBER AT A GLANCE

Saturday, December 1
1:00pm Elks Holiday Dinner***
Sunday, December 2
Coolidge Corner Library Open House *
Monday, December 3
1:00pm James Michael presents, "Now and Then: The Golden Age of the Baritone***
Tuesday, December 4
9:30am-2:30pm Tour of the John Adams Courthouse in Boston***
10:00am-12:00noon Tax Exemption Information Session (Drop in)
10:30 am The Brookline Bees
12:15-1:15 French Conversation Group
1:00pm Movies for film lovers-*Our Souls at Night*
Wednesday, December 5
9:00am-12:00 noon Brookline Legal Assistance Bureau
1:00pm Brookline Music School Concert
2:00-3:00pm Blood Pressure Screening at BPHD*
Thursday, December 6
11:00am Ask a Nurse
12:00-1:30pm Taste of Poetry Brookline Village Library Conference Room*
1:15-2:15 Zumba Gold $7/Free BHA
1:30pm Easy Travel/Vietnam and Thailand
Friday, December 7
1:00pm Digital Photo Workshop***
Monday, December 10
1:00pm Downsizing Presentation Jenn Grella***
Tuesday, December 11
10:30 am The Brookline Bees
12:00pm Holiday Springwell Lunch***
12:15-1:15 French Conversation Group
1:00pm Movies for film lovers-*Bombshell*
Wednesday, December 12
1:00pm COA Meeting
3:00pm Operation Able information session***
Thursday, December 13
1:00pm Reverse Mortgage presentation***
1:15-2:15 Zumba Gold $7/Free BHA
Friday, December 14
10:00am Holiday Craft Fair Presentation and Senior Chorus Concert***
Saturday, December 15
11:00am-1:00pm LGBT Out 2 Lunch Bunch*/***
Monday, December 17
2:00-3:00pm Putterham Book Group/ Radium Girls ***
Tuesday, December 18
10:00am-12:00noon Tax Exemption Information Session (Drop in)
10:30 am The Brookline Bees
12:00noon Birthday Lunch***
12:15-1:15 French Conversation Group
1:00pm Movies for film lovers-Mama Mia! Here We Go Again
Wednesday, December 19
10:30 am Balance Workshop***
1:00pm Low Vision Support Group
1:30 Memory Café***
Thursday, December 20
1:00-2:00pm Brookline Hearing Services
1:00-2:00pm Blood Pressure Screening at BSC
1:15-2:15 Zumba Gold $7/Free BHA
Friday, December 21
Monday, December 24
No Special Programs
Tuesday, December 25
CLOSED FOR HOLIDAY
No Alzheimer's Caregiver Support Group
No Movie and No Food Distribution
Wednesday, December 26
No Special Programs
Thursday, December 27
1:30-3:30pm New Year's Open House***
No Zumba Gold Today
Friday, December 28
Monday, December 31
No Special Programs

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 ***
12:00-4:00 pm BETS
12:15-1:15 French Conversation
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

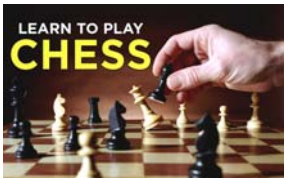
8:30 am-4:30 pm Fitness Center Open Membership required
9:30-11:45am Drawing for Pleasure***
9:30 Art for Pleasure Class ***
10:30 am Arthritis Exercise ***
10:30 am and 1:30 pm Knit and Crochet
11:00-1:00pm TRIPPS office hours
12:00 noon Springwell Lunch ***
12:00-1:00 pm Intermediate Spanish***
12:30-3:30 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 for experienced players
9:00 am Rummikub
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

LEARN TO PLAY OR IMPROVE YOUR CHESS GAME



Are you a beginner chess player or have always wanted to learn how to play? Brookline High School Chess Club students will be at the Senior Center each **Friday from 3:00-5:00pm.** If you are interested, drop in for a lesson or a game! If you have questions, call Patricia at 617 730 2743.

THE PARC PROGRAM

If you are the caregiver of a senior or disabled person who lives in Brookline and need help navigating Brookline's parking restrictions, the Parking Access for Resident's Caregivers (PARC) program is here to help you. It is a service provided through the Brookline Council on Aging in cooperation with the Transportation Department to help obtain temporary parking permits for caregivers. For more information, call 617-730-2752.

IS PUBLIC WI-FI SAFE?

Free public Wi-Fi, available at places like airports and coffee shops, is convenient, but can be risky.

How It Works: Scammers monitor commonly used Wi-Fi network names, and set up their own "evil twin" access points in hopes your computer or device will automatically connect to it without your consent. Or they launch a "man in the middle" attack, by hacking in between you and your Wi-Fi connection. Their goal? To grab your personal information, emails, credit card numbers, and passwords.

What You Should Know: Any data you send over free public Wi-Fi is vulnerable, so be diligent about how you use it.

What You Should Do: Even if it seems obvious, ask an employee at the location offering free public Wi-Fi for the name of the network. Just because you are at the airport, don't just assume that "free airport Wi-Fi" is a legitimate wireless network; it could have been set up by a hacker to trick you into connecting. Avoid online banking, checking emails, making credit card purchases or even posting on social media on public Wi-Fi. Check your device's settings to make sure it doesn't automatically connect to any free public Wi-Fi that you're in range of. Stick to browsing the web, checking news, weather, or traffic when on public Wi-Fi. When possible, avoid sites that require you to share login information such as a user name and password. If you find you use public Wi-Fi regularly, play it safe and sign up for a Virtual Private Network (VPN) that keeps your data secure by routing your communications through a secure, third-party server. Some are free, while others charge a subscription. When it comes to fraud, vigilance is our number one weapon. You have the power to protect yourself and your loved ones from scams. Please share this with friends and family.

Gayle M. Bellotti
Coordinator, Senior Programs
Norfolk County District Attorney's Office

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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 (617) 730-2777 for more information or to book an appointment.

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The Pathway Home Team
Michelle Quinn
Susanna Stiefel
Kim Sullivan

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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

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 lives. And the feeling is always mutual.

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.

DECEMBER SPOTLIGHTED VOLUNTEER OPPORTUNITIES

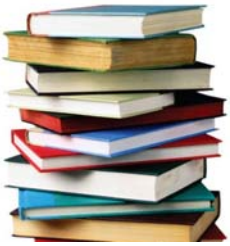
This month's spotlighted opportunities include: Lunch Program (10:30 – 1:00); Information Desk – backup; TRIPPS – data entry and research; Food Commodity program on 3rd Wednesday of each month – Russian interpreter's morning and afternoon shifts; Tuesday Food Pantry – strong help (able to lift heavy items) in the morning (9:00-1:00). If you would like to apply for these or other volunteer opportunities or have ideas for new opportunities at the Brookline Senior Center, 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.

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 @ 617 730 2743 to set up an appointment.

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.

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.

FOOD DISTRIBUTION SITE

There is free food distribution at the Senior Center every **Tuesday beginning at approximately 2:00 pm.** Program remains open until all distributed numbers have been called. This time varies so we urge consumers to be here **BEFORE 3:00 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 be- fore 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.

PLEASE NOTE: The Food Distribution Program will be closed on Tuesdays, December 25 and January 1 due to the holidays so please plan accordingly.

TOUR THE SENIOR CENTER

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

FROM THE DIRECTOR

"Not he who has much is rich, but he who gives much." -Erich Fromm, psychoanalyst and author (1900-1980)

Statistics show that more than half of all charitable giving takes place between Thanksgiving and New Year's. This holiday season, I am especially grateful for all your generosity. Our seniors give their time, energy and money to keep the Brookline Senior Center a welcoming haven for our community's elders. I know that many of you share this vision, and I hope that you will consider a holiday gift to the Senior Center. Please know that no matter whether it is a few dollars or a large gift, all donations are appreciated and well utilized. To make a donation using a credit card, please go online to www.brooklineseniorcenter.org.

I want to invite everyone to come celebrate the holidays at the Senior Center. There is an abundance of riches to be enjoyed. Starting with the Elks' Holiday Dinner on Saturday, December 1st and ending with the New Year's Open House Thursday, December 27th with the music of the Winikers to ring in 2019. Hope to see you here and feel free to invite a friend. Read this News & Events for the full calendar of holiday happenings! In addition, my holiday wish to all is that no one ever goes to bed cold, hungry or lonely and I am convinced that in this remarkable town, with your help, we can ensure that all our seniors are warm, well fed and befriended. Peace to all.

Ruthann Dobek, Director

P.S.- THANKS TO ALL WHO MADE THIS YEAR'S AUTUMN BENEFIT THE MOST SUCCESSFUL EVER. PLEASE SEE THE CENTERFOLD FOR A GREAT SELECTION OF PHOTOS. THANKS TO OUR SPONSORS AND INDIVIDUAL DONORS, THE SENIOR CENTER WILL THRIVE IN 2019.

FROM THE BOARD PRESIDENT

The holiday season is a special time of year. I hope everyone enjoys celebrating with family and friends. This is also the time of year when we think about giving to those less fortunate. Please consider giving to the Brookline Senior Center as you are making your holiday donations. The money raised by our Annual Appeal goes to support programs and services that help our most needy elders access benefits such as fuel assistance, SNAP program, and emergency resources. As the holidays approach, I am reminded of how many people give their time, money and/or other resources to help Brookline's seniors live with dignity and respect. Thank you to all! And best wishes for a wonderful holiday season.

Elizabeth (Betsy) Pollock
President, Brookline Senior Center Board

THANK YOU

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Martha Schieve honoring Sonia Wong and Olga Sliwa

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And thank you to those who made individual donations, as well as the many volunteers who generously donated their time!

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