

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



JANUARY 2019



Council on Aging Information Hotline

617-730-2777 617-730-2778

Senior Center Van

617-730-2770 617-730-2750

Brookline Council on Aging

www.brooklinema.gov

www.brooklineseniorcenter.org

Brookline Community Aging Network

www.BrooklineCAN.org



**Note: Date change due to
Holiday**

BLAB A Brookline Legal Assistance Bureau volunteer lawyer will be at the Senior Center on **Wednesday, January 9 from 9:00 am-12:00 pm.**

From the editor thank you!

Tim Sullivan for getting the newsletter printed on a very tight deadline, Rhona Hirschowitz and Jessica Milley-Gee for their dedication to proofreading the newsletter, Sonia Wong for her commitment to the Ads and Thank You page and to the volunteers for getting the newsletter mailed on time.

LIGHTHOUSES HOT CHOCOLATE AND YOU



The New England Lighthouse Lovers (NELL) invites you to their annual winter event featuring the "History of the Lightship Service, 1820-1985" on Saturday, January 12 from 2:00-4:00 pm at the Brookline Senior Center. The United States Lightship Museum,

Inc is a non-profit organization that owns the Nantucket Lightship/LV-112. This lightship is berthed in the Boston Harbor Shipyard & Marina in East Boston. In 2012, the Nantucket Lightship/LV-112 was designated a National Treasure. While still undergoing renovations, in recent years the ship has become a floating museum and learning center for the general public. Robert Mannino, Jr., president of the U.S. Lightship Museum, will share the fascinating story of this National Historic Landmark and National Treasure, placing it in the colorful history of the U.S. Lightship Service as a whole. Hot chocolate, tea and cookies will be served following the program. Due to the possibility of inclement weather and for planning purposes, we encourage you to RSVP by calling 617-730-2770.

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

INDEX

<p>AARP Tax Preparation.....16</p> <p>Alzheimer Caregiver Support Group.....24</p> <p>Art of Recital.....11</p> <p>Ask A Nurse.....4</p> <p>At a Glance, January26</p> <p>Assistive Technology, Vibrant Program.....12</p> <p>Blood Sugar Screening4</p> <p>Board President.....13</p> <p>Book Discussion Group, Public Issues17</p> <p>Book Discussion Group, Putterham.....17</p> <p>Brookline Bees.....25</p> <p>BrooklineCAN.....21</p> <p>Brookline Historical Society3</p> <p>Bridge, experienced players.....28</p> <p>Chess.....28</p> <p>Chess, Learn to play.....28</p> <p>Chinese New Year.....3</p> <p>Chorus.....13</p> <p>COA Meeting21</p> <p>Computer Lab.....29</p> <p>Craft Fair Photos18 & 19</p> <p>Dance Party USA.....7</p> <p>Director, From the.....10</p> <p>ELF.....14</p> <p>Food Distribution.....35</p> <p>French Conversation.....17</p> <p>Gallery 93.....10</p> <p>Geriatrician, Ask a.....5</p> <p>Gordon, Doreen-In loving memory.....12</p> <p>Handicapped Access.....12</p> <p>Health Page, (Ask a Nurse, Podiatry Clinic, Low Vision Group, Blood Pressure Screening, Clinic, Health Coach).....4</p> <p>Hearing Services, Brookline4</p> <p>Hospitality Homes.....9</p> <p>LGBT Lunch Brunch Bunch.....25</p> <p>Let's Go Out To Lunch Bunch.....23</p> <p>Lighthouses, Hot chocolate and You.....1</p> <p>Living Our Values16</p> <p>Lunch Bunch.....23</p> <p>Luncheon Specials for January.....23</p> <p>Mahjong25</p> <p>Memory Café.....8</p> <p>Movies for Film Lovers.....24</p> <p>Music of WWII.....3</p> <p>Nesterly Information Session.....12</p> <p>Observances, January.....3</p>	<p>Ongoing Senior Center Events.....27</p> <p>Oral Health.....7</p> <p>Pet Therapy Visit.....7</p> <p>Ping Pong.....12</p> <p>Poetry.....14</p> <p>REAP.....34</p> <p>Reiki.....7</p> <p>Elks Thank you.....11</p> <p>Rummikub.....25</p> <p>Services, Senior (BETS, BLAB, File of Life, HELP, SNAP, SHINE, Social Security).....6</p> <p>Scam Information.....15</p> <p>SHINE.....9 & 21</p> <p>SHOP program.....34</p> <p>South Brookline Senior Meet Up.....8</p> <p>Tax Exemption on Real Estate.....7</p> <p>Thank You.....33</p> <p>TTP (formally known as ICARE).....4</p> <p>Tour the Senior Center.....13</p> <p>Travel, Easy.....24</p> <p>TRIPPS11</p> <p>Ukulele.....15</p> <p>Volunteer Spotlighted.....11</p> <p>Volunteer Opportunities.....34</p> <p>Zumba Gold.....16</p>
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<p>The Town of Brookline Senior News & Events BROOKLINE COUNCIL ON AGING (COA)</p>

<p>Ruthann Dobek <i>Director, Council on Aging/Senior Center</i></p> <p>Julie Washburn <i>Program Manager, Council on Aging/Senior Center</i></p> <p>Maureen Cosgrove-Deery <i>Newsletter Editor</i></p>

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JANUARY OBSERVANCES



The Senior Center will be closed **on Tuesday, January 1 (New Year's Day) and on Monday, January 21 (Martin Luther**

King, Jr. Day).

January is traditionally a time to resolve to improve ourselves in the shiny new year that has just started. We always strive to do better. Be it to broaden our horizons generally or to accomplish specific tasks of betterment. In the coming pages, you will find many suggestions for how to accomplish resolutions for 2019.



THE MUSIC OF WORLD WAR II



Join us on **Monday, January 14 at 1 :00 pm** for an informative and interactive audiovisual presentation about the "Music of World War II", presented by John Clark, a Brookline Adult Education instruc-

tor from nearby Chestnut Hill. John will explore the stories behind the songs, their impact on the folks back home and the war effort itself. As you would expect, there will be lots of audio and video clips to remember and enjoy. Clips will include: Boogie Woogie Bugle Boy, GI Jive, Smoke on the Water, There's a Star-Spangled Banner Waving Somewhere, (There'll Be Bluebirds Over) The White Cliffs of Dover and When the Lights Go on Again (All Over the World). We hope to see you there! To register, please call 617-730-2770.

BROOKLINE HISTORICAL SOCIETY

Uncovering the Mystery of a Brookline Children's Photo Album from 1882



In 2014, the Brookline Historical Society was given a tiny photo album

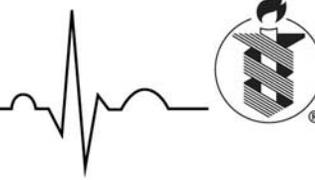
— 3" wide by 3.75" high — with postage stamp-sized photos of 48 Brookline and Boston children, most of them girls. Written inside the front cover was the name Mamie Williams and the date March 16, 1882. Who were these children? What was the connection between them? What became of them as adults? Why were the photos so small? Join us on **Thursday, January 17 at 1:00 pm** as Ken Liss of the Brookline Historical Society will tell how months of research led to answers to these questions and to some fascinating stories about individuals, about Brookline and Boston society, and about a particular type of 19th century photography called the "gem tintype".

CHINESE NEW YEAR



We will celebrate Chinese New Year (the Year of the Pig) on Monday, January 28 at 12:30 pm with a lovely luncheon and entertainment. Registration is required for this event.

Tickets are \$7.00 and payment is requested at the time of registration. To register, please call 617-730-2777.



Ask a Nurse Lynn Schuster, a nurse from Visiting Nurse and Community Care will be at the Senior Center on **Thursday, January 3 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, January 16 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, January 17 from 1:00-2:00pm at the Senior Center

Wednesday, January 2 from 2:00-3:00pm BPHD building Health Department on Pierce Street.

Wednesday January 23 from 1:00-2:00pm at Park Street

Brookline Hearing Services The staff from Brookline Hearing Services will be visiting the Brookline Senior Center on **Thursday, January 17 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)



TTP: Trusted Transportation Partner (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 sub-program.

-SAVE THE DATE-

BLOOD SUGAR SCREENING



Olga Abamelik, RN, affiliated with Central Home Care, will return to the Center to do blood sugar screenings on **Thursday, February 21 from 11:00 am-12:00 noon.**

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

The Health Page is sponsored by
Beth Israel Deaconess Medical Center

Affiliated with  **Joslin Clinic**

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

 Official hospital of the
Boston Red Sox

ASK A GERIATRICIAN

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

Question:

I have been diagnosed with Macular Degeneration. What does this mean and what can I expect for the future?

Answer:

Macular Degeneration (M.D.) is the chief cause of loss of vision in the US. According to the American Macular Degeneration Foundation, it causes more vision loss than cataracts and glaucoma combined. The macula, which is the central part of the retina in the back of the eye, is responsible for our ability to read, drive, recognize faces, and see objects in fine detail. When the macula starts to deteriorate, images can become blurred. In advanced stages, central vision can be limited, while peripheral vision can remain intact.

There are 2 types of macular degeneration. The majority are called "dry" M.D. while about 10% are called "wet" M.D. In dry M.D., there is no obvious loss of vision, but the examining doctor can see yellow deposits in the back of the eye called drusen. In wet M.D., there is noticeable vision loss caused by bleeding into the eye (hence the name "wet".)

Unfortunately, we don't know what causes macular degeneration. However, there are some risk factors which can put you at higher risk for the disease. For instance, older age is a significant risk factor. Except for people with a family history of M.D., most people are older than 55. Smoking, being overweight, high blood pressure, heart disease, being Caucasian and extensive unprotected sun exposure can increase the risk.

Symptoms that you might have M.D. can include blurred vision, the illusion that straight lines, such as the edge of a door or sentences on a page, are wavy, the illusion that some objects are smaller than they really are, and the appearance of a dark or empty area in the center of the visual field. Sometimes color vision is noticeably paler than usual.

Fortunately, there are new treatments which have helped people with M.D. The incidence of dry M.D. advancing to wet M.D. can be reduced by vitamins called AREDS, which stands for Age-Related Eye Disease Study (AREDS). These pills are a combination of vitamin C, vitamin E, beta-carotene, zinc and copper. For people who had either no MD or early MD, the nutrients did not provide an apparent benefit

For people with wet M.D, the most effective treatments are injections into the eye of a substance which prevents the formation of new blood vessels and bleeding into the eye, which is the cause of vision loss. These injections have greatly reduced the loss of vision. Some of these drugs are Lucentis, Avastin and Eylea. Although getting a shot in the eye sounds frightening, it is painless, since the doctor will put numbing medicine in first. The whole procedure takes only about 15 minutes. Since early treatment can be critical to saving ones vision, it is important to have an eye exam at least yearly and if you have any of the symptoms mentioned above, call your eye doctor immediately.

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, January 9 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: dwxman@brooklinema.gov

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

DANCE PARTY USA



DJ Tommy Sheehan will return to the Senior Center **on Friday, January 18 from 6:00-8:00 pm** to spin tunes of the 1950s, 60s and 70s so be sure to bring your dancing shoes.

Light refreshments will be served. To register, please call 617-730-2770.

PET THERAPY VISIT



Come and meet Susan and Shadow, Certified Dog-Therapy Team on Monday, January 7 from 10:00-10:30 am. Shadow is an eight year old standard poodle who is a certified therapy dog and

Susan Z. Robins is the Vice President of Sales and Marketing for Ezra Home Care. Join us to learn a little about pet therapy and you may even get to teach Shadow a trick or two! To register, please call 617-730-2770.

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, January 8 and Tuesday, January 22 from 10:00am-12:00 noon.** Feel free to drop by with your questions.

INTERACTIVE ORAL HEALTH SESSION



Join Shalini Lahoty, RDH, Public Health Dental Hygienist, **on Monday, January 7 at 1:00 pm**, as she speaks on denture care, dry mouth, diabetes, nutri-

tion and oral care. This will be an engaging and interactive session as you learn tips and techniques to improve your oral health and have all your questions answered by an experienced dental professional. FREE toothbrushes and pill boxes will be provided. Brought to you by First-Light Home Care of Boston Northwest. To register, please call 617-730-2770.

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.

MEMORY CONNECTIONS CAFÉ



On Wednesday, January 30 from 1:30-3:00 pm, the Senior Center offers a free monthly Memory Connections Cafe for people with early memory challenges and their care partners

to connect with their peers. Both participate in socialization and can partake in refreshments and a variety of enjoyable programming in order to gain support and engage with others in a relaxing environment. Either party can attend by themselves, but a care partner must accompany those who require any care assistance. Please call Jamie at 617-730-2753 for information and to RSVP. This program is supported by a grant from the Brookline Community Foundation. **This month's Cafe is sponsored by Home Instead Senior Care-Waltham office**

SOUTH BROOKLINE SENIOR MEET UP



There will be four new sessions of the South Brookline Senior Meet Up at Putterham Library on **Mondays from 1:15 - 2:45pm**. We will meet on **January 28, Poetry workshop, February 4, Harp and vocal performance, February 25, Brookline Music School performance and March 4 (TBD)**.

Come join the fun! Enjoy conversation and refreshments as we provide a setting for exploring topics that are of interest to you. Come meet old friends and make new ones. Share your ideas and experiences. Brighten your winter days with poetry and music. For more information contact Jude Burnim Judeb22@hotmail.com



Providence House

Assisted Living at Corey Park in Brighton

Affordable Assisted Living for Seniors of All Incomes

617-731-0505 www.providencehouseassistedliving.com

SHINE

NEW OPTIONS FOR CHANGING MEDICARE PLANS

The annual Medicare Open Enrollment period ended on December 7, but you may still be able to change plans during 2019.

New! - Medicare Advantage Open Enrollment: For those who have a Medicare Advantage (HMO or PPO) plan at the beginning of the year, a change can be made from January 1 through the end of March. You can switch to a different Medicare Advantage plan or go back to Original Medicare. If you go back to Original Medicare during this period, you will have the option to enroll in a Medicare drug plan and you could also enroll in a Medigap plan. Any changes made during this period will be effective the first day of the following month.

For Prescription Advantage members or those getting “Extra Help” paying for prescription drugs: You can change your Medicare Advantage plan or drug plan during the year. Those with Prescription Advantage can do this only once each year. New in 2019, those with “Extra Help” can no longer change monthly. Changes are allowed once per quarter during the first three quarters of the year.

5-Star Special Enrollment Period: Everyone on Medicare has an opportunity to enroll in a top-rated (5-Star) plan, once during the year. The two Blue Medicare Rx Part D drug plans, and the Tufts Medicare Preferred HMO Medicare Advantage plans have achieved the 5-Star rating again for 2019. You can switch from another Medicare Advantage or drug plan, or to enroll in one of these plans, even if you don't have other coverage.

SHINE related matters, 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.

Center Communities of Brookline

The Lifestyle you want, where you want it.



1550 Beacon Street



100 Centre Street



112 Centre Street

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



FROM THE DIRECTOR

Happy New Year to All!

I am always eager to start the New Year with a new calendar and make my annual list of goals and resolutions. I also like to start January by expressing my gratitude for my many blessings. I hope you will join me.

The Senior Center is here to help you fill your days with creative, interesting activities and programs and making new friends. We are here to help you achieve your resolutions whether it be exercising, volunteering, learning something new or staying healthy. Whatever your interest, please consider getting to know the Senior Center as one of your personal goals this year. Resolve to donate your time and talents that will help make us the best senior center around. Thanks to your generosity, we are able to offer expanded transportation options. We will be able to increase our hours and purchase needed supplies. I am especially grateful for those who included kind words with their holiday wishes. Some of my favorites include: "Always with gratitude for your powerful creative leadership of all things 'Senior' in Brookline!!" - "Congratulations on this past year's excellent programming!" - "Thank you for all of you who continue to work to add to the lives of thousands of seniors living here in Brookline!"

We remind you all that the Senior Center continues to be a great bargain and place to stretch your dollar. We offer free bread and produce on Tuesdays and a hot and nutritious lunch every day for a small suggested donation. Our concerts and movies are free and our many classes are a great value. In addition, transportation at subsidized rates is available. Our staff and volunteers provide benefit counseling and direct assistance with fuel assistance, SNAP-food stamps, income taxes and more.

I wish each one of you a happy, healthy and prosperous 2019. Remember to resolve to be kind and welcoming to all.

Ruthann Dobek, Director

GALLERY 93

HOURS:

MONDAY-
FRIDAY

8:30-5:00

January 3
through
February 28

Reception
with the Artist
Thursday,
January 10
from
6:00-8:00 pm

"FLYING BLIND: MAPPING MYSELF"

BY MARTIN R ANDERSON



"Hemispheres" Oil, Crayon and Charcoal on Wood. 2018

-SAVE THE DATE-

THE ART OF THE RECITAL



Joshua Peckins, violin, and Eliko Akahori, piano will perform for us on **Saturday, February 2.** Reception at

3:00 pm Concert and program 3:30-4:30 at Goddard House Assisted Living, 165 Chestnut Street, Brookline.

Joshua Peckins and Eliko Akahori have performed around the world, and are thrilled to bring selections from "Art of the Recital" to Goddard House. Peckins and Akahori will perform Beethoven's "Kreutzer" Sonata - a piece so compelling, it inspired Leo Tolstoy in his novel - The Kreutzer Sonata - as well as a collection of ebullient, Baroque variations by Corelli's ("La Folia" Sonata) and Monti's passionate and virtuosic "Csardas." Please RSVP to Patti at 617-731-8500 or pbarrows@goddardhouse.org

SPOTLIGHTED VOLUNTEER



Vera Sharma started volunteering at the Brookline Senior Center (BSC) in 2002 when she was asked by program manager Charlotte Millman to join the volunteer team. Around that time, she became involved with the senior

chorus and quilting at BSC. Over the years Vera has always been eager to help with a wide array of tasks, whether the lunch room, the coffee lounge, or at the craft fair. Despite her other volunteer commitments with the Springwell lunch program, working at the polls during town elections and BCAN's Livable Community Advocacy Committee, she continues to be an active board member on the Council on Aging as well as collecting donations from local businesses for the annual craft fair. One of her favorite activities is singing and dancing with the chorus for BSC's festivals and events. Her commitment to volunteer work at the BSC has earned her a volunteer of the year nomination for five consecutive years. At the BSC, Vera enjoys the art programs and museum visits, and finds the healthcare resources very helpful. She appreciates how the BSC enables seniors to be useful, feel valuable, and share their knowledge with younger generations. Vera has become close to other seniors who come from a diverse range of cultures, lifestyles, and experiences, and considers BSC her "second family".

TRIPPS



We are excited to announce the release of the **FOURTH (!)** edition of

our Senior Transportation Resource Guide! The guide now includes profiles of over 40 options, including information on cost, hours, coverage areas, eligibility, accessibility, contact details, and much more. It also includes some great resources like grocery delivery options, information on disability placards & plates, and sample transportation budgets. Pick one up at the Senior Center or find it via PDF here: <https://trippsmass.org/bn>

THANK YOU TO THE ELKS

The Brookline 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!

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.

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.

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.

NESTERLY INFORMATION SESSION

Nesterly connects households with spare space to helpful tenants looking for an affordable room to rent for longer than one month and they are expanding their intergenerational homesharing service to Brookline! Nesterly makes homesharing secure and easy through user screening, automated payments, custom homesharing agreements, and ongoing support. Learn more about this homesharing option at an information session **on Thursday, January 10 at 1:00 pm**. For more information about the service, call 781-205-9607 or visit www.nesterly.io. To reserve your place for the information session, call 617-730-2770.

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.

FROM THE BOARD PRESIDENT

Happy New Year!

Thank you for thinking of the Brookline Senior Center in your end-of-year contributions. With the chill and ice and snow of winter, many seniors become more homebound and find it difficult to get to the Senior Center. Thanks to your support, Brookline's older adults will be able to travel to the Brookline Senior Center and utilize the hundreds of life-sustaining programs and essential services. Your generosity ensures that our Senior Center van service will keep rolling throughout the winter and all year long. Your support also makes possible our expanded transportation options including Lyft and Uber. This is especially important to our most economically vulnerable and frail elders. If you would like to make a contribution, please go to www.brooklineseniorcenter.org and click on the "donate" button or mail a check to the Center. I wish you and your family a healthy and warm 2019. I, the Board, and the entire Senior Center family thank you!

*Elizabeth (Betsy) Pollock
President, Brookline Senior Center Board*

2ND ANNUAL BROOKLINE ACTION FAIR INSPO:EXPO

The Brookline Senior Center will be participating in this event on **Monday, January 21, 2019 from 12:00-3:00 pm** at Kehillath Israel Synagogue 384 Harvard Street. This event will commemorate **Martin Luther King, Jr. Day** through action.

Meet your Brookline neighbors, learn about their social action projects and take part in fun, hands-on activities for both kids and adults. Get Inspired! Volunteer! Take a Stand! For more information or to volunteer please contact: Deidre Waxman 617-730-2767

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.

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

Research conducted at Boston College

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

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ON THE WRONG TRAIN?

I rush to the ICA Watershed night exhibit -
Not to be missed!
En route home, on the Green Line B train,
Doze off between Park and Blandford Street.
Wake-up confused.
Am I on the wrong train?
Those Mets jerseys are everywhere!!!
How did I get onto the NY Subway 7 train?
Bewildered, I look around.
Yes! I really am on the Green Line B Out-
bound.

*Jewel Chin - 2018 Red
Sox playoff season*

VOWS

They had a normal propensity
When they met, fell in love with intensity.
He, tall and handsome with flair,
She, pretty, winsome-a sparkling pair.
Married sixty-eight years, this husband and
wife
Lived their vows in a rich and harmonious life.
The Angel of Death came took her away-
Just the body: her essence will stay.

Ruth Geller

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.

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)



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- Incidental Transportation
- Home Modification
- Financial Options
- Evaluation Process
- Human Service Associate Direct Care
- Our Commitment to the LGBTQ Community

IS YOUR PHONE RINGING OFF THE HOOK?



Unfortunately, illegal telemarketing calls have our phones ringing more than ever, costing victims of scammers millions each year.

How It Works:

Scammers often leverage legal “robocall” technology unlawfully as a way to dial thousands of numbers at a time, looking for someone to pick up the phone so they can scam them out of their money or identity.

A common tactic is “caller ID spoofing” which makes the call look like it’s coming from a trusted source like your bank or a neighbor.

What You Should Know: At this time, there is no way to prevent ALL unwanted telemarketing calls. But here are tips to reduce them and hopefully, protect you from scams.

What You Should Do:

Avoid answering calls from unknown numbers. If you answer what sounds like a possible scam, hang up immediately. If a recorded message asks you to push a button to stop receiving calls, don’t. It is likely a trick to identify potential targets. Just hang up.

Never answer personal questions asked by a stranger on the phone, especially bank account numbers, your Social Security number or your mother’s maiden name.

If you receive a call from someone who says they represent a company or government agency, hang up and call the entity back -- either at the number on your account statement, in the phone book, or on an official website.

Register your number(s) on the national Do Not Call Registry at DoNotCall.gov. The Do Not Call Registry prohibits sales calls, however you still may receive political calls, charitable calls, debt collection calls, informational calls, and telephone survey calls. And, of course, scammers won’t check the registry before they call you, so be ever mindful.

Register your number(s) on the Massachusetts Do Not Call Registry at <https://www.mass.gov/how-to/register-your-number-on-ma-do-not-call-list>.

Register your phone number(s) at nomorobo.com to reduce the number of robo calls you receive.

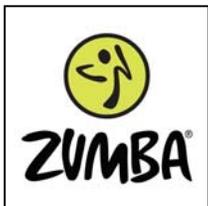
*Gayle M. Bellotti
Coordinator, Senior Programs
Norfolk County District Attorney’s Office*

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 join us **on Monday, January 14 from 1:00-2:30 pm. For more information** contact Judy, our Uke coordinator at hearojudy51@yahoo.com.

ZUMBA GOLD



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

2:15 pm. 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

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.

AARP TAX PREPARATION ASSISTANCE



Our wonderful AARP Tax Aide volunteers will once again return to the Senior Center on **Tuesdays between February 13 and April 10** to assist you with filing your returns. We will begin scheduling those appointments on **Tuesday, January 22, 2019.** Please note that the Tax Aide program will again be using newer software this year and as a result, **it is very important for you to bring copies of your 2017 returns to your appointment. In addition, the Tax Aide volunteers will NOT be able to assist you with any amended tax returns, prior to your 2016.** For more information and to schedule an appointment, please call 617-730-2777.

Thinking about downsizing or selling your home?

Take advantage of winter to get ready for a top-dollar sale in the spring market.

We are your **one-stop solution** for preparing your home for sale and making your move **stress-free.**

Our expert team will transform your home into a marketable property. We tailor our services to your specific needs, with necessary repairs and smart improvements to add **maximum value.**

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3. WE HELP YOU SETTLE INTO YOUR NEW HOME.

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



Home Ready Solutions

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Call me for a **complimentary consultation:**



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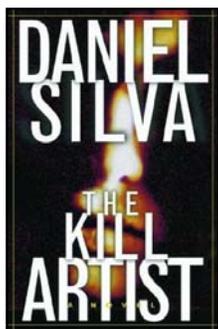
Leon Gelfand, Founder

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

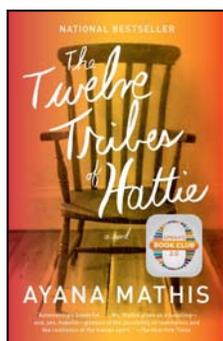
— Gerry C.

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



Monday, February 11 *Twelve Tribes of Hattie* by Ayana Mathis

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

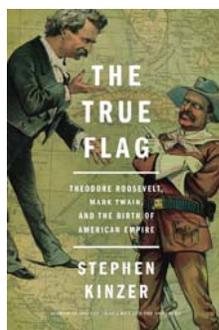
French, are invited to join the group.

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.

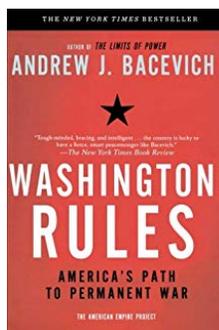
PUBLIC ISSUES NONFICTION BOOK DISCUSSION GROUP

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.**



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



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



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2018
Senior Center
Craft Fair





IN LOVING MEMORY OF DOREEN GORDON

Doreen embodied the Senior Center's spirit with her warmth and generosity; Doreen's beloved daughters have shared one of her favorite recipes with us. Our suggestion is to make this fabulous lemon bread and do as Doreen did and share it with an old friend or better yet a new friend.



Doreen's Lemon Bread

1/3 cup of oil

2 eggs

1/2 cup of milk

1 cup of sugar

1 1/2 cup of flour

1 teaspoon of baking powder

Rind of 1 lemon

Combine all ingredients. Grease pan.

Bake at 350 for 50 minutes or longer

Glaze: Combine juice of one lemon
and 1/3 cup of sugar.

Pour over warm bread.



AGING TOGETHER: SENIOR CHILDREN AND THEIR PARENTS

UMass Boston Research Study, funded by the National Institute on Aging
Approved by Institutional Review Board at UMASS Boston and Executive Office of
Elder Affairs



SENIOR CHILDREN(AGES 65+) AND THEIR PARENT (AGED 90+)

You are part of a growing group, but we don't
know much about you.



We want to learn what your relationship is

like, what challenges you may face, and what support you may need — also if your parent has dementia, how that has changed your relationship. **In-person interview with you at a place of your convenience and you will receive \$40 as a thank you!**

Learning about your experience will help us better understand how parents and children age together. Your contribution will be greatly appreciated. Call or email: agingtogether@umb.edu or 617-901-1082.



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

MOST IMPORTANT AGE-FRIENDLY BUSINESS PRACTICES



When we asked the public to offer opinions on what is most important in making a business age-friendly, three dimensions stood out: places for cus-

tomers to sit and rest, helpful staff, and access to rest rooms. The top rated dimensions were mentioned more often than such other features as special products and special prices for seniors. We conducted our opinion survey at both Brookline Day and on our website. Last month we invited newsletter readers to offer their opinions. We also received some useful comments such as:

- ◆ Staff who speak loudly and clearly without being patronizing.
- ◆ Patience with seniors, who may take longer with transactions.

We are sharing the results of the survey with the businesses that are participating in our campaign. We are keeping the survey open to provide more opportunities for members to make comments. To participate in the survey, <https://www.surveymonkey.com/r/YQBNVV3>.

MEDICAL QIGONG



Thousands of years old, qigong ("chee-gung") is the practice of cultivating mental and physical balance through the

coordination of breath, movement and awareness. Medical qigong is said to help the body heal and stay strong through the use of exercises designed to gently stretch and strengthen. Simpler than taiji (which combines aspects of qigong and Chinese kung fu), medical qigong can be practiced throughout one's entire life to promote overall health and well-being.

We will be offering an 8 week qigong course at the Senior Center on **Tuesdays, January 8-February 26 from 9:30-10:30 am**. Cost for 8 week session is \$45. Free to BHA residents. Please note that this course requires a minimum of 8 participants to run. Please register by calling 617-730-2777. Your instructor, Laura Kandziolka is a 100-hour Zen Wellness-certified medical qigong instructor. She studies medical qigong, taiji chuan and bagua with Human Harmonies and Flowing Zen.

COUNCIL ON AGING MEETING

Join us for the Council on Aging meeting on **Wednesday, January 9 at 1:00 pm**, as we welcome Sarah Kaplan Community Relations Specialist/ADA Coordinator from Brookline's Diversity, Inclusion & Community Relations Office.

Town of Brookline. "The topic will be 'Accessibility in the ADA: The Impact on You' " We are always welcoming new members. If you are interested, contact Ruthann at 617-730-2756 or rdbobek@brooklinema.gov.



AVOID WINTER'S WOES With a Move to The Circle

You don't have to head south to avoid Boston's winter woes like high heating bills, power outages, dangerous driving conditions, ice and isolation.

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WEEKLY DUPLICATE BRIDGE CLUB

EVERY TUESDAY • 12:30 – 3:30 P.M.

Beginners Welcome | Partners Available | ACBL Masterpoints Awarded
Supervised by David Metcalf, Director of the Newton Bridge Club

WEEKLY OPEN HOUSES

TUESDAYS • 10 A.M. – 12 P.M.

THURSDAYS • 4 P.M. – 6 P.M.

Embrace the warmer side of winter.
RSVP to an event or schedule your
visit today!

617.996.7776

View Upcoming Events Online:
WaterstoneAtTheCircle.com

385 Chestnut Hill Avenue | Boston, MA 02135



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AT THE CIRCLE**

AN OVER-62 COMMUNITY

   Mass Relay 711

JANUARY 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, January 15 we celebrate January birthdays at the monthly Birthday Lunch. The sponsor of this lunch has happily provided a complimentary lunch and a small gift to all January 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.

JANUARY SPECIALS

Monday, January 1 The Senior Center is Closed NO Springwell Lunch

Wednesday, January 9 Winter Special

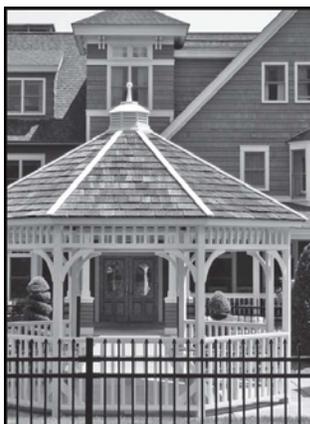
Tuesday, January 15 Birthday Lunch

Monday, January 21 The Senior Center is Closed for MLK Day NO Springwell Lunch

LET'S GO OUT TO LUNCH BUNCH



Out to Lunch Bunch will dine at Pho Lemongrass, 239 Harvard St. Brookline on **Tuesday January 29**. Van will leave the senior Center at 11:30 am sharp! For reservations and transportation, please call 617-730-2770.



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

Lance Chapman
617.731.8500 x105
www.goddardhouse.org



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***Brookline Senior Center
Preferred Site!***

Call 617-735-1775 to speak with Admissions.
To learn more, visit www.SherrillHouse.org.

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MOVIES FOR FILM LOVERS

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

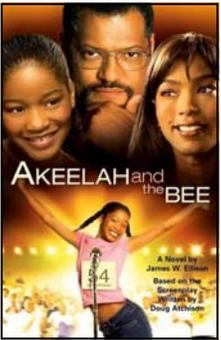
NOTE:

Tuesday, January 1: NO Movie due to holiday



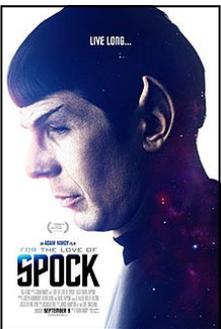
Tuesday, January 8
The Man Who Invented Christmas (2017)

1hr. 44min.
The journey that led to Charles Dickens' creation of "A Christmas Carol," a timeless tale that would redefine Christmas.



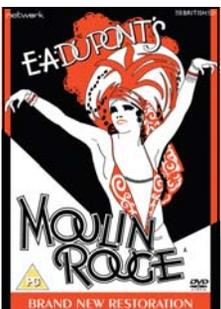
Tuesday, January 15
Akeelah and the Bee (2016)

1hr. 52min.
A young girl from South Los Angeles tries to make it to the National Spelling Bee.



Tuesday, January 22:
For the Love of Spock (2016)

1hr. 51min.
An examination of the enduring appeal of Leonard Nimoy and his portrayal of Spock in Star Trek (1966).



Tuesday, January 29
Moulin Rouge (2001)

2hr.7min.
A poet falls for a beautiful courtesan whom a jealous duke covets.

NOTE: THERE IS NO BROOKLINE MUSIC SCHOOL CONCERT IN JANUARY

We look forward to their return on **Wednesday, February 6 at 1:00 pm** (weather permitting).

EASY TRAVEL SPECIAL DAY AND TIME!



Erica Curcio, our arm-chair travel host and the Enriched Life Director at Goddard House, will join us on **Friday, January 11 at**

1:00 pm as she recollects on her trip to Iceland. Highlights will include waterfalls, glaciers, and a wedding! No need to bring your passport!

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.

MAHJONG



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

BROOKLINE BEES JANUARY PROJECT



The Brookline Bees will be making braided table runners in January...easy and fun! Join us on Tuesdays at 10:30 am to make this easy project--or bring your own UFO (UnFinished Object) and "buzz" with us! All are welcome.

Moving? Downsizing?



Call Karen Zweig
for a free consultation!

617.455.1964

karen@movemaven.com



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BROOKLINE SENIOR CENTER**

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• Organize

• Downsize

• Simplify

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- Mary Lou P., Client



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

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JANUARY AT A GLANCE

Tuesday, January 1

Closed Happy New Year-No Movie

Wednesday, January 2

2:00-3:00pm Blood Pressure Screening at the Brookline Health Department*

Thursday, January 3

11:00am Ask A Nurse

1:15-2:15pm Zumba Gold \$7/ Free for BHA

2:00-4:00pm Technology Support drop in

Friday, January 4

Monday, January 7

10:00-10:30am Pet Therapy visit***

1:00 pm Interactive Oral Health Session***

Tuesday, January 8

10:00am-12:00pm Real Estate Tax Exemption Information Session

1:00pm Movies for film lovers-*The Man who Invented Christmas*

Wednesday, January 9

9:00am-12:00pm Brookline Legal Assistance Bureau (BLAB) **NOTE CHANGE OF DATE**

1:00pm COA Meeting

Thursday, January, 10

1:00pm Nesterly Information Session***

1:15-2:15pm Zumba Gold \$7/ Free for BHA

2:00-4:00pm Technology Support drop in

6:00-8:00pm Gallery 93—Reception with the Artist

Friday, January 11

1:00 pm Easy Travel-**Please Note change in date and time**

Saturday, January 12

2:00pm Lighthouse Program***

Monday, January 14

1:00pm John Clarke-Songs of WWII***

1:00-2:30 Ukulele Group

2:00-3:00pm Putterham Book group-*The Kill Artist**

Tuesday, January 15

12:00noon January Birthday Lunch***

1:00pm Movies for film lovers-*Akeelah and the Bee*

Wednesday, January 16

1:00pm Low Vision support group

Thursday, January, 17

1:00pm Brookline Historical Society Presentation ***

1:00-2:00pm Blood Pressure screening

1:00-2:00pm Brookline Hearing services

1:15-2:15pm Zumba Gold \$7/ Free for BHA

2:00-4:00pm Technology Support drop in

2:00pm REAP Party***

Friday, January 18

6:00-8:00pm Dance Party ***

Saturday, January 19

11:00-1:00 LGBT Out to Lunch Bunch*

Monday, January 21

CLOSED MLK Day

12:00-3:00pm Annual Brookline Action Fair*

Tuesday, January 22

9:00-10:00am Public Issues Book Group-*The True Flag*

10:00am-12:00pm Real Estate Tax Exemption Information Session

1:00pm Movies for film lovers-For the Love of Spock

Wednesday, January 23

1:00-2:00pm Blood Pressure Screening at 61 Park Street*

Thursday, January, 24

1:15-2:15pm Zumba Gold \$7/ Free for BHA

2:00-4:00pm Technology Support drop in

Friday, January 25

Monday, January 28

12:30-2:00pm Chinese New Year***

1:15-2:45 South Brookline Senior Meet Up*

Tuesday, January 29

11:30pm Out To Lunch Bunch***

1:00pm Movies for film lovers-*Moulin Rouge*

Wednesday, January 30

1:30pm Memory Café ***

Thursday, January, 31

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

Thursday

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

Friday

8:30 am-4:30 pm Fitness Center Open-
Membership required
9 :00 am Bridge 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

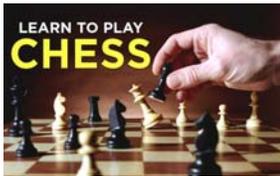
1:00-2:00pm Bootcamp for Seniors **
1:00-5:00 pm Ping Pong
2:00-3:30pm Tai Chi **
3:00-5:00pm Learn to play chess
3:30 pm Latino Instrumental and Vocal ***

*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.

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.

RUMMIKUB



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

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of all abilities on **Thursday afternoons from 1:00-3:00 pm**. You can bring your own board or use one of ours.



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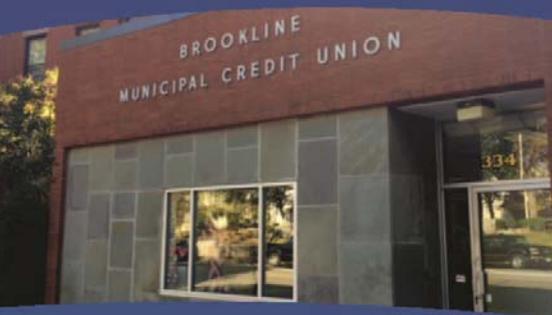
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ONE-ON-ONE COMPUTER SESSIONS



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 Siigel 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.

In addition to the above appointments, Alan Shepro, a recently retired career IT customer service specialist, is available in the computer lab every Thursday from 2:00-4:00 pm on a drop-in basis. He would love to help any senior with any type of technology! As Alan says, 'if it has a chip (microchip), he knows how to help you use it'.

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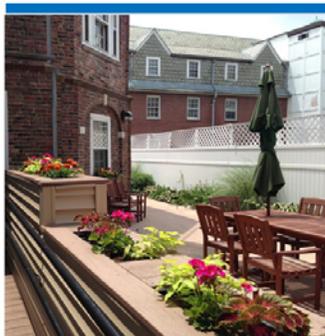


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-Joel and Fiona, buyer and seller clients

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"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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ILSE LEESER SCHOLARSHIP



The family of Ilse Leeser, beloved Senior Center volunteer and arthritis exercise group leader, is offering in her honor a scholarship that will be awarded to two full-time students in pursuit of a bachelor of science in nursing who are first-generation immigrants or children of immigrants, and who have a GPA of 3.0 or greater. The scholarship will be equally awarded to two students as they enter their second year of study, and provided students remain eligible, the award will follow the two students through their third and fourth years of study. For more information and to apply [www. UMassBoston/leeser_scholarship](http://www.UMassBoston/leeser_scholarship)

In Honor of:

Muriel Stark honoring Ruthann Dobek and the Senior Center staff
Daniel Price honoring Barbara Kean
Roberta Winitzer honoring Judy Mir to the Renovation Project: The Reveal
Ruthann Dobek honoring William Wong
Benjamin Iletto honoring Sonia Wong
Dotty Bell honoring Agnes Rogers' 99th birthday
The family of David R Gabbe honoring his birthday
Ruth Geller's get well wishes to Eleanor Small
Myrna Seidner honoring Eleanor Small-happy birthday & quick recovery
Karen and Barry Small honoring Eleanor Small's birthday
Barbara Gold honoring Sue Welpton
Kathryn Kilpatrick honoring Ruth Brenner's 90th birthday
Richard Boghosian honoring Ruthann Dobek

THANK YOU

Annual Appeal Donors:

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“Ima & Abba:

We are happy to make a donation to the Senior
Center in your honor. We love you!

-Bill, Yonnie, and Ryah”

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.

In Memory of Harry Johnson II:

by Judge Kwak
by Mr. and Mrs. Franklin d’Entremont
by Michael Christodoulides and
Laurel d’entremont
by Diane Brody and Dan Discenza
by Ruthann Dobek
by Ruth and Steve Towne
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by Arthur W. Harrington

In Memory of Doreen Gordon:

by Francine and Arnie Aaron
by Paula Willis
by Stacy Otto
by Rhoda S. Goodwin
by Asha Khurana
by The Mediation Group
by V. Celia Lascarides, EdD
by Arlene Schreck Stevens and Jack H. Stevens
by Louise Elving

In Memory of:

Deborah Whalon by Emma M. Lane
Minna Bauman by Francine and Matt Figelman
Leslie Yee by Gifford and Audrey Lum
Hannah and Patrick Geelan by Pat Ahlin
Deborah Brass by Eric Brass
John F. Dobek by Patricia H. Dobek
Donald Pollock by Betsy Pollock
Charlotte Sokoloff by Barry & Susan Tatelman
Family Foundation

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, 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 student's 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.

REAP HOLIDAY PARTY



REAP Participants please join us **on Thursday, January 17 from 2:00-3:30 pm** for refreshments and to share accomplishments and plans for 2019. Please RSVP to Deidre at 617-730-2767 or Patricia at 617-730-2743.

JANUARY SPOTLIGHTED VOLUNTEER OPPORTUNITIES



This month's spotlighted opportunities include: Lunch Program – backup Monday-Friday from 10:30am – 1:00pm); Information Desk –backup; TRIPPS – data entry and research; 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, 9:00-10:30 at 50 Pleasant Street; Tuesday Food Pantry – strong help in the afternoon (1:00-4:00). 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 @ 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.

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.

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 before it is inventoried by the workers at the Food Distribution program. This not only helps assure a fair distribution and an orderly process, it also is in compliance with health code regulations. This program is very busy and depends on the generous donation of time by many volunteers. To volunteer please contact Patricia **Burns our volunteer coordinator 617-730-2743**. **PLEASE NOTE: The Food Distribution Program will be closed on Tuesday, January 1 due to the holidays so please plan accordingly.**

GREATER BOSTON FOOD BANK FOOD COMMODITY PROGRAM



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

seniors. Two shopping bags of food for each approved participant are delivered to the Brookline Senior Center at 93 Winchester Street, Sussman House at 50 Pleasant Street and O'Shea House at 61 Park Street on the 3rd Wednesday of each month.

We are actively recruiting new applicants to participate in this program. If you or anyone you know are interested in applying for or finding out more about the program, please call Patricia at 617-730-2743 to set up an appointment.

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