

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



FEBRUARY 2019



Council on Aging Information Hotline

617-730-2777 617-730-2778

Senior Center Van

617-730-2770 617-730-2750

FREDERICK DOUGLASS PROGRAM

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

Brookline Community Aging Network
www.BrooklineCAN.org



Historian and educator, L'Merchie Frazier will be presenting on the life and legacy of famous abolitionist, orator, and statesman Frederick Douglass and his relationship with photography on **Wednesday,**

Monday, February 11 Welcome Blankets for immigrants and refugees information session (See P. 11).

Thursday, February 14 Using Art to Explore Ageism (See P. 13).

Monday, February 25 Love Letters from the Front (See P. 3).

February 13 at 1:00 pm at the Senior Center. L'Merchie is Director of Education and Interpretation at the Museum of African American History, where she creates educational programs for the Museum and its partners. Award-winning visual and performance artist, she is adjunct faculty at Pine Manor College and artist in residence for the City of Boston, the Fairmount Innovation Lab, and Southend Technology Center (an MIT Fab Lab). This is certain to be an interesting program so we hope to see you there! This program is co-sponsored by the Brookline Office of Diversity, Inclusion and Community Relations and the Brookline Senior Center. To register, please call 617-730-2770.



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

INDEX

<p>AARP Tax Preparation.....7</p> <p>Alzheimer Caregiver Support Group.....16</p> <p>Art of Recital.....11</p> <p>Ask A Nurse.....4</p> <p>At a Glance, February26</p> <p>Assistive Technology, Vibrant Program.....12</p> <p>Blood Sugar Screening4</p> <p>Board President.....17</p> <p>Book Discussion Group, Public Issues19</p> <p>Book Discussion Group, Putterham.....19</p> <p>Brookline Bees.....11</p> <p>BrooklineCAN.....21</p> <p>Bridge, Experienced Players.....28</p> <p>Chess.....28</p> <p>Chess, Learn to Play.....28</p> <p>Chorus.....12</p> <p>COA Meeting3</p> <p>Computer Lab.....21</p> <p>Director, From the.....16</p> <p>Douglas, Fredrick program.....1</p> <p>ELF Give Away Day.....16</p> <p>Explore Ageism Using Art.....”.....13</p> <p>File of Life.....12</p> <p>Fitness.....25</p> <p>Food Distribution.....35</p> <p>French Conversation.....15</p> <p>Gallery 93.....10</p> <p>Geriatrician, Ask a.....5</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>Let’s Go Out To Lunch Bunch.....23</p> <p>Living Our Values7</p> <p>Long Term Care Presentation.....11</p> <p>Love letters from The Front.....3</p> <p>Lunch Bunch.....23</p> <p>Luncheon Specials for February... ..23</p> <p>MBTA.....10</p> <p>Mahjong25</p> <p>Memory Café.....8</p> <p>MISTRAL.....15</p> <p>Movies for Film Lovers.....24</p> <p>MSPCA Collection.....15</p> <p>Music, Brookline School.....3</p>	<p>Observances, February3</p> <p>Ongoing Senior Center Events.....27</p> <p>Ping Pong.....12</p> <p>Poetry.....14</p> <p>REAP.....34</p> <p>Reiki.....24</p> <p>Rummikub.....28</p> <p>Services, Senior (BETS, BLAB, File of Life, HELP, SNAP, SHINE, Social Security).....6</p> <p>Scam Information.....14</p> <p>SHINE.....9</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.....32 &33</p> <p>TTP (formally known as ICARE).....4</p> <p>Travel, Easy.....7</p> <p>TRIPPS10</p> <p>Vibrant Technology.....12</p> <p>Ukulele.....15</p> <p>Volunteer Spotlited.....11</p> <p>Volunteer Opportunities.....34</p> <p>Welcome Blanket Information Session.....11</p> <p>Zumba Gold.....18</p> <p>Zumba Poem.....18</p>
--	---

<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>

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.

FEBRUARY OBSERVANCES

The Senior Center will be closed on **Monday, February 18**, for Presidents' Day the day on which we remember the birthdays of Presidents George Washington and Abraham Lincoln. Saturday, February 2 we Celebrate Groundhog Day and Valentine's Day is celebrated on Thursday, February 14.



February is Black History Month, American Heart Month and National Library Lovers Month. Some special days in February include National Freedom Day on the 1st., World Cancer Day on the 4th and National Bagel Day on the 9th.



Groundhog Day is always on February 2. It remains what it was when the tradition first came to our shores and found its way to Punxsutawney. A day to take everything a little less seriously, and break up the winter monotony... at least for a little while!



COUNCIL ON AGING MEETING

February is traditionally the winter vacation of the Council on Aging (COA) board meetings, and this February is no exception. The March meeting will be on **Wednesday March 13 at 1:00 pm**. Our Guest speaker will be Leigh Jackson, Acting Director of Brookline Recreation. The topic will be Active Recreation in the Older Brookline Adult Population: Brookline Recreation's Mission, Trends, and Options.

LOVE LETTERS FROM THE FRONT



Join us on **Monday, February 25 at 1:00 pm** for a performance that takes us back in time to the war years of 1940-

1945 when American GIs were sending off letters to their spouses and loved ones and receiving them in return.

In 2017, Bob DiCicco created "Love Letters" as an homage to the GIs of WWII. In this production, excerpts of actual love letters are read aloud and wrapped around the music of the war years. You'll hear Bob and vocalist Wendee Glick perform such favorites as, "I'll Be Seeing You", "Chattanooga Choo-Choo", and Moonlight Serenade."

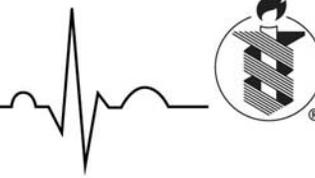
Bob DiCicco (Vocals/Narration/Writer) is a Boston native, who started his musical career in his mid-teens. He studied at Northeastern University and The Actors Workshop for theater and at Berklee School of Music for vocal training.

Wendee Glick's (Vocals/Narration) interest in music began at a young age. Classically trained, she started performing musical theater and opera, but soon came to love cabaret and jazz, influenced by legends such as Ella Fitzgerald, Barbra Streisand, Mel Torme, and Linda Ronstadt.

February is the month of "love", so celebrate it with us by registering today at 617-730-2770.

BROOKLINE MUSIC SCHOOL

There will be no concert in February, but old friends, Justin Meyer Trio will be here **on Wednesday, March 6 at 1:00 pm**.



Ask a Nurse Lynn Schuster, a nurse from Visiting Nurse and Community Care will be at the Center on **Thursday, February 7 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 be on vacation in February. They will return on **Wednesday, March 20 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:

Wednesday, February 6 from 2:00-3:00pm
BPHD building Health Department on Pierce Street.

Wednesday February 27 from 1:00-2:00pm at Park Street

Note: There will not be a blood pressure screening at the Senior center in February.

Brookline Hearing Services The staff from Brookline Hearing Services will be visiting the Brookline Senior Center on **Thursday, February 21 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.

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

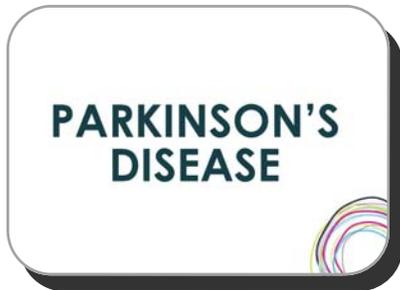
A research partner of
 DANA-FARBER/HARVARD CANCER CENTER
A Comprehensive Cancer Center
Designated by the National Cancer Institute

 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; What can you tell me about Parkinson's disease (PD)



ANSWER: Parkinson's disease is a disorder where a part of the brain called the substantia nigra stops producing an important chemical called dopamine. Dopamine is important in controlling movement. When dopamine levels are low in the body, symptoms such as shaking or resting tremors, rigidity, slowing of movement and difficulty walking can occur. The most common initial symptom is a "pill-rolling" tremor of the thumb and index finger of one hand at rest in the lap. As the disease progresses, both hands may be affected. Muscle rigidity can occur. Because of impaired balance, foot shuffling, a forward-leaning posture, and difficulty making turns, falling is a concern. Handwriting often gets smaller and facial expressions become frozen. Some people have visual hallucinations.

We don't know what causes Parkinson's disease, It often runs in families. It seems to occur more in people with high exposure to pesticides and people who have had head injuries. There also seems to be a lower risk in smokers and people who drink coffee and tea. Usually PD occurs in people over the age of 60, with more men than women affected.

Often people have symptoms that are similar to PD, but are not caused by PD such as medicine side effects or "essential tremor", which is shaking of the head or a tremor on movement rather than a resting tremor. This is a different disease from Alzheimer's disease, which starts with memory loss rather than movement problems.

Parkinson's disease is progressive in most people. In the later stages, people sometimes develop dementia, depression and sleep problems.

The diagnosis is made when the above symptoms are present. Often to test whether the diagnosis is correct, a trial of taking levodopa is done to see if symptoms improve. An MRI is sometimes done to rule out other causes of symptoms.

Unfortunately we don't have a cure for Parkinson's-yet. For now, the symptoms are treated with a dopamine substitute called levodopa (L-DOPA) often in combination with carbidopa. These medicines themselves may cause movement disorders so it is often trial and error until the right dose is found. These medicines have come a long way in controlling symptoms. If they are not working, surgery called deep brain stimulation can be done.

Exercise is critical to maintaining movement and should be done every day. There are many Parkinson's rehabilitation programs which have exercises designed to maximize movement and speech.

Because of famous people with PD such as Michael J. Fox, much research is being done to hopefully develop a cure in the near future.



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, February 6 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 in 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 at 617-730-2777 and ask to be put on the Food Stamp assistance return phone call list.

-SAVE THE DATE-

MUSICAL MEMORIES GROUP



Music is a powerful force that evokes strong emotions or memories that can transport us back to a certain time or place. Beginning in **March**, Laci Gonzalez, our Simmons Social Work Intern, will be offering a five week interactive discussion group centered on the influence that music has had on our lives. Group members are encouraged to participate by sharing their favorite songs and discussing how music impacted and shaped their lives. Interested? Please contact Laci Gonzalez at 617-730-2772 to register or for more information.

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.

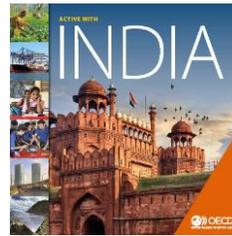
REAL ESTATE TAX EXEMPTION



Sandy Spector will have information for seniors on real estate tax exemptions and abatements in the gallery area of the Senior Center on **Tuesday, February 5 from 10:00 am-12:00 noon and on Tuesday, February 19 from 10:00am-12:00noon**. Feel free to drop by with your questions.

EASY TRAVEL

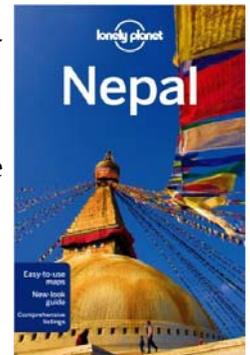
TRAVEL AND SERVICE IN INDIA



Join us on **Thursday, February 7 at 1:30 pm** as we hear about three Brookline women, Joyce Graff, Susan Rack and Sharon Herman, who spent the month of January

2017 in India and Nepal. In addition to enjoying the sights, they helped inoculate children against polio, learned about the ways India provides health care, and made contacts between Rotary clubs and medical teams in the US and India.

This is sure to be an interesting program so we hope to see you there!



AARP TAX PREPARATION ASSISTANCE



Our wonderful AARP Tax Aide volunteers will once again return to the Senior Center on **Tuesdays between February 12 and April 2** to assist you with filing your returns. 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.

MEMORY CONNECTIONS CAFÉ



On Wednesday, February 27 from 1:30-3:00pm, the Senior Center offers a free monthly Memory Connections Cafe for people with early memory challenges and their care partners to connect with their peers. Both

participate in socialization and can partake in refreshments and a variety of enjoyable programming in order to gain support and engage with others in a relaxing environment. Either party can attend by themselves, but a carepartner must accompany those who require any care assistance. Please call Jamie at 617-730-2753 for information and to RSVP. This program is supported by a grant from the Brookline Community Foundation. This month's Cafe is sponsored by Wingate-Chestnut Hill.

SOUTH BROOKLINE SENIOR MEET UP



There will be three new sessions of the South Brookline Senior Meet Up at Putterham Library on **Mondays from 1:15 - 2:45pm**. We will meet on **February 4, Harp and vocal performance, February 25, Brookline Music School per-**

formance 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 at Judeb22@hotmail.com

Mount Auburn Lifeline

Supporting Independent Living for Seniors Since 1988

Medical Alert and Medication Dispensing Services



Philips HomeSafe Standard gives you the reassurance of having quick access to help in & around your home.

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

Philips GoSafe with AutoAlert fall detection provides help both at home and on the go.

A program of
Mount Auburn Hospital
Member of



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

For Medical Alert and
Medication Dispensing Services
information please call:

617-499-5525

SHINE

WHAT IF MY MEDICARE PLAN WON'T COVER A DRUG I NEED?

If your Medicare plan won't cover a drug or the co-pay is high, you have options. You can ask your doctor whether there are generic, over-the-counter, or less expensive brand-name drugs that could work as well as the ones you're taking now. You can see if you qualify for a Special Enrollment Period to change to a different plan. You can also request a coverage determination called an "exception" if:

- You think your plan should cover a drug that's not on its formulary because the other treatment options on your plan's formulary won't work for you.
- You believe your plan's coverage rules, like prior authorization, should be waived.
- You think your plan should charge a lower amount for a drug you're taking on the plan's non-preferred drug tier because you can't take any of the other lower cost drugs for the same condition.

If you request an exception, your doctor will need to give a supporting statement to your plan explaining why you need the drug you're requesting. For help with this issue or any other Medicare issue, contact the SHINE (Serving Health Insurance Needs of Everyone...on Medicare) program for assistance. They offer free, confidential counseling on all aspects of health insurance to anyone on Medicare. To schedule a SHINE appointment, call your local Senior Center. For other 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



**FEEDBACK NEEDED! NEW MBTA
FARE COLLECTION SYSTEM**

The MBTA is partnering with GreenRoots to host a public meeting on the MBTA's upcoming new fare collection system.

Making the T better begins with you.




Come share your thoughts on the future of MBTA fare collection.

Please join the TRIPPS Program on **Wednesday, February 6 at 1:00pm** to hear a presentation and offer feedback regarding the MBTA's new fare collection system. This new system (AFC 2.0) will be put into place between 2020 and 2021. Anthony Thomas, Community Outreach Specialist for this MBTA project will be at the Senior Center with a short presentation and time to answer questions. Call Maria at TRIPPS (617) 730-2644 with any questions. No registration required.

-SAVE THE DATE MARCH 11-

Join TRIPPS volunteers for a fun lunch outing to Eataly in the Prudential Mall.

Take an eating tour through Italy, but stay right here in Boston! Eataly is part restaurant, part Italian food market launched three years ago in what used to be the food court of the Prudential Mall. The Senior Center van will take a group to the MBTA stop at Washington Square and from there we will take the Green Line to Copley. TRIPPS volunteers who are T enthusiasts will help guide participants who need it toward a more comfortable T experience (all T stops are accessible or elevator served). We will exit Copley and walk about 15 minutes to the mall. Participants will be able to explore Eataly (perhaps with an early lunch) and the mall on their own before the group will return to Brookline. The Van will pick the group up at Washington Square MBTA stop and return us to the Senior Center. More details will be posted throughout the Senior Center in February.

<p>GALLERY 93</p> <p>HOURS:</p> <p>MONDAY-FRIDAY</p> <p>8:30-5:00</p> <p>through February 28</p>	<p align="center">"FLYING BLIND: MAPPING MYSELF" BY MARTIN R ANDERSON</p>  <p align="center">"Hemispheres" Oil, Crayon and Charcoal on Wood. 2018</p>
---	--

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

SNACK & LEARN ABOUT LONG-TERM CARE INSURANCE



Understanding the world of long-term care insurance can be overwhelming,

and it's hard to know where to start. Long-term care expert, Linda Thalheimer, will join us on **Wednesday February 20 at 1:00 pm** to simplify the complicated range of options available and enable you to make educated decisions to protect your family, your estate, your directives, and maximize the potential for optimal care. Light refreshments will be provided at the session courtesy of Assured Allies, a local caregiver support company. To register, please call 617-730-2770.

BROOKLINE BEES FEBRUARY PROJECT



In February on **Tuesdays at 10:30 am** the Brookline Bees sewing group will make simple quilts for homeless and traumatized children or as Welcome blankets for refugees. Come help us provide warm hugs! We are also planning a field trip to great little shops for fabric,

yarn, and sewing machines. Watch for announcement of the date!

WELCOME BLANKET INFORMATION SESSION



Calling all Brookline knitters, quilters, crocheters, sewers, and crafters! Welcome Blanket, a national craftivism project, asks participants to create blankets and notes of welcome to give to immigrants

and refugees. Each blanket is displayed in an exhibit, and then sent to resettlement agencies to be delivered to our newest neighbors.

Join us at the Senior Center on **Monday, February 11 at 1:00 pm** to learn more about this exciting new project! We are forming a Brookline-based Welcome Blanket knitting circle, so we can come together, create, and talk about immigration. All levels of crafting ability welcomed. For more information, please visit <https://www.welcomeblanket.org/>. Interested in joining or getting more information? **email [Hadassah media@welcomeblanket.org](mailto:Hadassah_media@welcomeblanket.org)** To register please call 617-730-2770.

VIBRANT ASSISTIVE TECHNOLOGY PROGRAM



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

What is VIBRANT? It is assistive technology guidance that empowers you. If you are losing your vision, we can help train you on current technology that makes your life easier. Assistive technology is any piece of hardware or software designed or modified for use by a person with a disability.

Specialized assistive technology training can help with all kinds of tasks and daily living activities, such as reading, walking, personal finance and more. Anyone with low vision or blindness is welcome to reach out to us, as well as those interested in how we are serving the spectrum of vision loss. After a Vibrant intake and assessment, conducted by Jerry Feliz, the Brookline Senior Center Assistive Technology Director, clients will be matched with a trained volunteer. Our Vibrant Volunteers will provide you with applied assistive technology instruction to help accomplish your everyday goals. Jerry can be reached at: 857-443-6636, or send email to: jfeliz@mabcommunity.org or stop by the Senior Center computer lab on Wednesday or Thursday afternoons and ask for Jerry. We look forward to working with you soon.

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.

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.

Chestnut Hill Ride/ Chestnut Hill Errands & More

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

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



617 - 874 - 0487
www.chestnuthillerrands.com

BROOKLINE SENIOR CENTER NEEDS REFRIGERATOR FOR FOOD DISTRIBUTION PROGRAM



The temperature control on our main refrigerator has failed; and because it's an old refrigerator, it is beyond repair. The temperature fluctuations are causing spoilage of many vegetables and other perishables. It is heart wrenching to discard food given the significant need in our community.

You might think that food insecurity isn't a problem in a town like Brookline, but, sadly it is. Last year the Brookline Senior Center performed a Food Security Survey and we were all shocked at the results. **26% of our over 200 seniors who responded reported having been without food for a whole day for 1 to 10 days during the prior month and a further 18% reported going to bed hungry at least once in the prior month.** Although Brookline is considered a well-to-do community, the cost of housing and medical care has far exceeded increases in seniors' income and benefits.

The Brookline Senior Center's Tuesday Food Distribution Pantry serves 100-125 seniors each week. We provide (free of charge) vegetables, fruit, dairy products, bread, canned goods and other nutritious items, sometimes including meats, sandwiches and pasta. We also distribute pastries to sweeten the lives of our seniors. Local merchants donate this food to Loving Spoonfuls and the Brookline Food Coop, who then deliver it to us. Volunteers, many of whom are also seniors, distribute this food to anyone in the community who comes to our pantry.

Our goal is to purchase a new 23 inch commercial refrigerator at the cost of approximately \$3000. Please consider this important community project with a donation today! **Checks can be made out to the Brookline Senior Center with refrigerator fund in the memo line and sent to Brookline Senior Center, 93 Winchester Street, Brookline, MA 02446.**

USING ART TO EXPLORE AGEISM



AGEISM

Does the topic of ageism affect you? Join us for a workshop with Sadie Masciave, an Expressive Arts Therapy Intern at Goddard House, on **Thursday, February 14 at 1:00 pm** to discuss what ageism means to you. We will briefly explore the history of ageism, and how age is portrayed in the media and in everyday life. After our discussion we'll engage in an example of how we can start to turn around ageism. We'll redesign greeting cards to evoke age pride!

Sadie is currently attending Lesley University and will be graduating in May with her Master's degree in Expressive Arts Therapy. Prior to attending graduate school, Sadie worked at MEDITECH for over ten years managing the web and print design marketing teams. Space is limited to please call 617-730-2770 to register.

SCAMS

SCAM ALERT

Gift card scams

Gift cards are the most popular items on holiday wish lists, according to the NRF, with 60 percent of consumers surveyed saying they would like to receive one this holiday season. That creates many opportunities for fraud. The BBB advises gift card purchasers to look at cards before buying them in order to make sure the packaging hasn't been tampered with and that the card's personal identification number (PIN) is not exposed. Scammers sometimes pull the account and PIN numbers from cards, then place the cards back on racks and wait until the cards are purchased. Then they can strip the value out of the cards before the purchaser is aware of what happened. "Anyone who demands payment by gift card is always, always, always a scammer," Jennifer Leach, assistant director of the FTC's Division of Consumer and Business Education, wrote in a blog post earlier this year. The FTC also encourages victims of gift card scams to report the incidents to the agency.

Fake retail websites

"Any malicious link can be made to look like Amazon.com," Experian's Bruemmer noted. The sites often have similar web addresses (for example, "amazon-shop.com") and look visually identical to the retail sites they are "spoofing," or copying. But if you attempt to "buy" a product, you're just giving scammers your personal data and a credit card number.

Donation scams

Like several other online scams, donation scams often rely on phony websites designed to look like the real thing. "You have to pay really close attention that you're not going to the wrong site and not clicking on the links that are suspicious," Bruemmer said.

Not all of these scams are digital. Unsolicited phone calls are another common source of phony donation requests, AARP's Fraud Watch Network notes. Charities can be verified through such sites as Charity Navigator or Give.org.

Travel scams

There are a lot of online travel offers around the holidays — but if a travel offer looks too good to be true, it probably is, Bruemmer said. Fake travel websites are also common, he said. People may "go to a booking site that may look like a name brand site, but it's a spoofing site.

Data theft

You don't have to be taken by a typical scam to be a theft victim online.. Experian's just-finished 2018 holiday survey showed 42 percent of people surveyed don't shop on a personal, protected internet connection. Instead, they use public Wi-Fi or a connection without spam or malware protection. That can give thieves an opening to intercept and steal data — including credit card numbers, bank account information and personal data.

Shoppers should always look for websites that use addresses beginning with "https://," Bruemmer said. That assures the site is using a secure, encrypted connection to your computer.

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

MSCOLLECTION FOR THE MSPCA



The Brookline Senior Center will be collecting donations for the MSPCA from their wish list in Febru-

ary. They are always in need of clean, gently used blankets, towels, sheets, and soft bedding. For dogs, they need Training Treats, toys (Nyla Bones, rope toys, etc.) and beef or chicken broth. For cats, they need toys (wands, play mice, etc.), dry and canned cat food (open bags okay), cat beds and scratchers.

Please bring donations to the 2nd floor of the Senior Center by February 25 and we will make sure that your donations are delivered.

UKULELE GROUP

NO GROUP IN FEBRUARY WE WILL RETURN IN MARCH

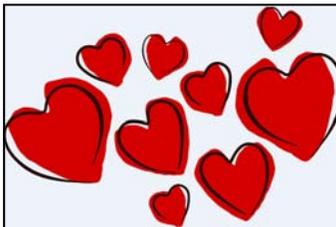


The Ukulele has become a very popular instrument to play. It is pretty easy to learn, and not too expensive to buy. Why not

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, March 11 from 1:00-2:30 pm. For more information** contact Judy, our Uke coordinator at hearojudy51@yahoo.com.

MISTRAL

DESIRE, DEVOTION & DELIRIUM



When the calendar page turns to February, Mistral audiences have long come to anticipate chocolate hearts and music that takes its in-

spiration from the endless facets of love. Featuring works by Robert Schumann, Johannes Brahms, and the woman they both loved, Clara Weick Schumann. Join us on **Sunday, February 10 at 5:00 pm**, St. Paul's Church, 15 St. Paul Street, Brookline. For tickets call 978-474-6222 or e-mail sales@mistralmusic.org

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.

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)



FROM THE DIRECTOR

What we do matters. Whether we are hosting someone's 100th birthday, helping someone find housing, or receiving a gift from someone's estate –we are proud to be a vital part of the community. We provide not only a safe haven for our older adults, but also a vibrant community center.

I am taking a moment to recognize the importance of our work. I would like to thank this incredible community of people who enrich Brookline older adults' lives each day. February brings some of the coldest weather and with it some winter blues. We at the Senior Center are here to help make the days go by in a warm and enjoyable way with lots of wonderful programs and activities. Please check our website or call our main number at 617-730-2770 for updates on cancellations due to snow.

I am inspired by our older adults who bundle up and refuse to let the cold weather get them down. Your hearty disposition warms us all! So much is happening at the Senior Center that will keep your blood pumping. For instance, check out the fitness center, join us for a Zumba Gold, modern dance, or Qigong class, or come play ping pong.

I am concerned about the freezing temperatures of February. If you have turned down your thermostat to save money, make sure you wear some warm fleece. If you are having trouble with your heating bills, please call our information and referral desk to apply for fuel assistance. We are also helping with SNAP food stamp applications. Don't forget about our food commodity program that makes available 35 pounds of non-perishable items monthly. In addition, for frugal living, come to the Center each weekday for a nutritious hot lunch and visit our food program on Tuesdays.

A wonderful reminder that the days are getting longer as the light returns this month: On January 1st, the sunset was at 4:24 pm, and on February 1st, 4:58 pm. By February 28th, the sunset will be at 5:33 pm giving us more sunshine each day even though we are still in the midst of winter. Finally, a warm and hearty Happy Valentine's Day to the entire Senior Center community!

Ruthann Dobek-Director

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.

ELF GIVEAWAY DAY



On **Tuesday, February 19** from **3:00-5:00 pm**, the ELF program will be giving

away the overflow of durable medical equipment items it has in stock. If you or someone you know is in need of an item, please stop by. Many unique and miscellaneous items will also be available. Please call Jamie at 617-730-2753 to see what may be available.

FROM THE BOARD PRESIDENT

It's hard to believe it's already February – a short month, but a significant one: Groundhog Day (I'm hoping that spring comes soon!), Presidents' Day, and my favorite, Valentine's Day (I am a big fan of chocolates and flowers). If there's someone in your life you'd like to remember, consider making a gift to the Brookline Senior Center in their honor. Valentine's Day also reminds me to take stock of whether I've honored the organizations I love as well.

I care deeply about the future of the Brookline Senior Center and as a result, have included the Senior Center in my estate planning. Perhaps you'd like to do that as well. It's relatively easy—see the box below for suggested bequest language. You may also consider making the Brookline Senior Center a beneficiary of your life insurance policy, IRA or 401K. By planning ahead now, you can help ensure a vital Senior Center for years to come. Be sure to let us know that you've included the Brookline Senior Center in your will or trust so we can recognize your generosity and include you in our Ambassador Club.

I, the Board, and the entire Senior Center family thank you!

WISHING BROOKLINE SENIOR CENTER'S UNSUNG HERO TIM SULLIVAN A HAPPY AND HEALTHY RETIREMENT



Tim has been the Supervisor of Mail and Print Operations for the Town of Brookline and volunteering within the community and with the Brookline Senior Center for 40 years. He started helping with printing and mailing for the Senior Center

when it was just a few rooms at 61 Park Street. Tim can always be counted on to make time for special and regular print jobs, to fill in distributing the Senior Newsletter and transporting mail to and from the Town Hall – all with a smile and a kind word. He is the Senior Center's unsung hero.

We are all grateful for his dedicated service in faithfully printing our newsletters, and while we wish him the best we hope he has time to visit and volunteer his expertise and kindness at the Senior Center.

SUGGESTED BEQUEST LANGUAGE FOR GIVING

(Please consult with your lawyer or financial advisor)

"I give \$_____ (or percent of my estate or percent of the remainder of my estate) to Brookline Multi-Service Senior Center Corporation (EIN 04-2719972), a Massachusetts non-profit corporation, currently located at 93 Winchester St, Brookline, MA 02446 to be used for its general purposes."

PERSONAL • OFFICE • SERVICES

Document and record management

Financial/ Tax organization

Bookkeeping

Bill Payment

At your home or remotely!

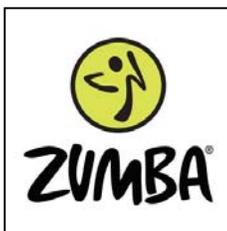
CONTACT

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

✉: personalofficeservices@gmail.com

ZUMBA GOLD

ZUMBA LADIES CELEBRATE



Get in shape and have fun with Zumba Gold at the Senior Center! Join Emily Brenner, our Zumba Gold instructor, for a free class on **Thursday, January 31 at 1:15 pm** and then the subsequent 8 week paid session from **February 7-March 28 from 1:15-2:15 pm**. Cost for 8 week session is \$45. Drop-ins are welcome at \$7 per session. Free for Brookline Housing Authority residents thanks to the Brookline Multi-service Senior Center Corp, a 501 (c)(3) corporation that supports Senior Center programming.



We are the ladies of Zumba Gold,
drawn to the music, drawn to the flame,
ready to follow our teacher, our aim
look svelt, have fun, step out, be bold.

We are the dancers, the music is throbbing
It's rumba, it's samba, it's old rock and roll,
Our arms fling out, our heads sort of bobbing,
Keep our limbs moving, that is our goal.

Who makes this happen? ... Emily, of course!
The age of our grandchild, our energy's source.
She leads us with patience, and humor and
voice,
Sends Seniors out into the world quite joyous!!!

Thank you Emily.
Fondly,

Judy Steinbergh and the Zumba Ladies
November, 2018

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.

**You don't pay until
your home is sold.**

1. WE GET YOUR HOME READY FOR SALE.

*Organizing, decluttering, painting,
repairs, junk removal, deep-cleaning,
staging, and curb appeal*

2. WE HELP YOU MOVE.

*Packing, charity donations, deliveries,
final-inspection punch list, local
moving, and more*

3. WE HELP YOU SETTLE INTO YOUR NEW HOME.

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



Home Ready Solutions

(617) 331-7848

Call me for a
complimentary consultation:



(617) 331-7848



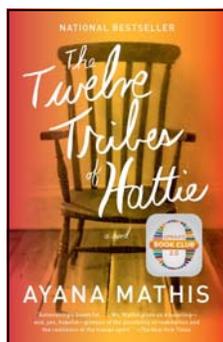
Leon Gelfand, Founder

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

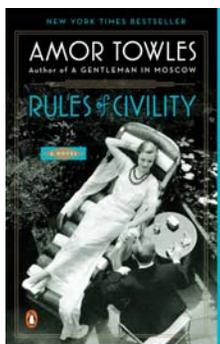
— Gerry C.

BOOK DISCUSSION GROUP AT THE PUTTERHAM LIBRARY

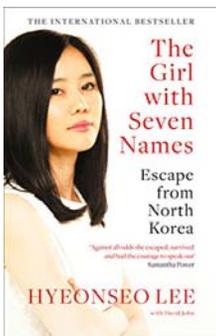
Meetings are in the community room at the Putterham Branch Library. New members are always welcome. Our monthly meetings are on **Mondays from 2:00–3:00 pm**. Books are available at the Putterham Branch Library. The discussion leaders for this Book Group are Charlotte Millman and Batia Bloomenthal.



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



Monday, March 18 *Rules of Civility* by Amor Towles



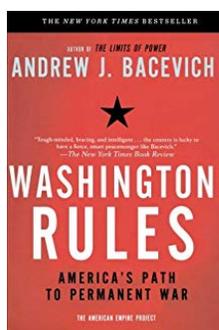
Monday, April 22 *The Girl with Seven Names: A North Korean Defector's Story* by Hyeonseo Lee

No Book Group in April will return in May

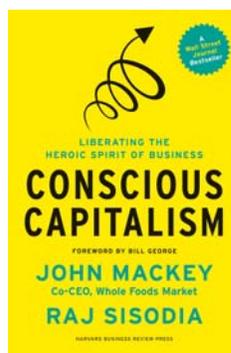
PUBLIC ISSUES NONFICTION BOOK DISCUSSION GROUP

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



Tuesday, March 26, *Conscious Capitalism: Liberating the Heroic Spirit of Business* by John Mackey and Raj Sisodia (Harvard Business Review Press)

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.



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



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

Services:

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



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!**

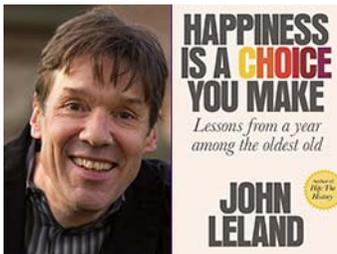
Learning about your experience will help us better understand how parents and children age together. Your contribution will be greatly appreciated. Call or email: agingtogether@umb.edu or 617-901-1082.



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

-SAVE THE DATE-

Happiness is a Choice You Make: Lessons from a year among the oldest old



On **Thursday, April 25, from 6:00-7:45 pm** at the Brookline Senior Center. What's the secret to living a fuller, more content life? For John Leland, the answer came

from an unexpected place: from the lives of six people age 85 and up. He expected them to educate him in the hardships of old age. Instead, they taught him lessons of resilience, gratitude, purpose and perspective that apply to us all. All had lost something – spouses, mobility, eyesight or hearing. But none had lost everything. They defined their lives by the things they could still do, not by what they had lost. The good news is that we can all learn from the wisdom and experience of older adults.

John Leland is a best-selling author and award-winning reporter at the New York Times, where he wrote a year-long series following six people ages 85 and up, which became the basis for Happiness is a Choice You Make. Before joining the Times in 2000, he was a senior editor at Newsweek and editor-in chief of Details magazine. This program is sponsored by BrooklineCan and its founding partners. Continued on next column.

Refreshments will be served from 6:00-6:30 pm. Talk with discussion and book sales 6:30-7:45 pm. Free of Charge. * Please call 617-730-2770 to register.

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 from 12:00-2:00 pm.

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.**

February 5-April 16 appointments will be held in the nurses office there is no computer in the nurse's office but there is Wi-Fi. The appointments during this time period will be limited to those people needing help with their own smartphones, tablets or laptops. To schedule an appointment please call Olga Sliwa, (617) 730-2768.

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'.



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.

Give winter the cold shoulder with a move to Waterstone at the Circle - a carefree wonderland with transportation services, friendly neighbors, indoor pool and fitness center, movie theater, pub, spa, entertainment, cultural programs and so much more!

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



WATERSTONE
AT THE CIRCLE

AN OVER-62 COMMUNITY

   MASS RELAY 711

February

FEBRUARY 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, February 19** we celebrate February birthdays at the monthly Birthday Lunch. The sponsor of this lunch has happily provided a complimentary lunch and a small gift to all February 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.

FEBRUARY LUNCH SPECIALS

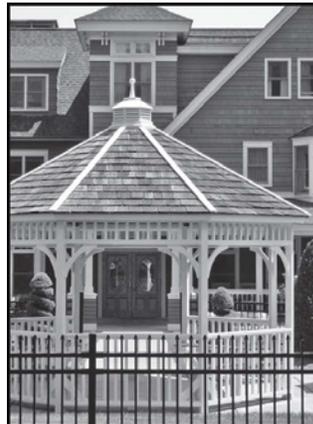
Monday, February 18 No Springwell Lunch due to Presidents Day/ Senior Center Closed

Tuesday, February 19 February Birthday Lunch

LET'S GO OUT TO LUNCH BUNCH



Out to Lunch Bunch will dine on **Tuesday, February 26** at Carlos's Cucina Italiana 131 Brighton Avenue Allston. The 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



Assisted Living in Brookline

Brookline
Adult &
Community
Education



*Join us,
new classes
starting soon!*

www.brooklineadulted.org
617-730-2700

Sherrill House

A Not-for-profit Skilled Nursing & Rehabilitation Center

We rehab patients to return to their homes as quickly as possible following a hospitalization.

**Brookline Senior Center
Preferred Site!**

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

135 S. Huntington Avenue • Boston, MA 02130

MOVIES FOR FILM LOVERS

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



Tuesday, February 5
BlacKkKlansman (2018)

2 hrs. 15 min.

Ron Stallworth, an African American police officer from Colorado Springs, CO, successfully manages to infiltrate the local Ku Klux Klan branch with the help of a Jewish surrogate who eventually becomes its leader.

Based on actual events.

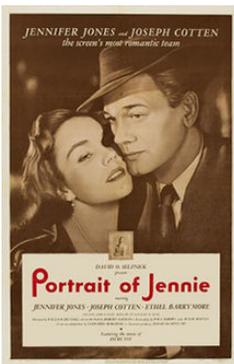


Tuesday, February 26
Crazy Rich Asians (2018)

2 hrs.

This contemporary romantic comedy, based on a global bestseller, follows native New Yorker Rachel Chu to Singapore to meet her boyfriend's family.

from www.imdb.com/title/tt3104988/m

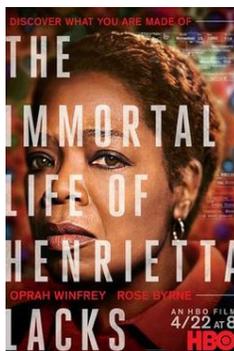


Tuesday, February 12
Portrait of Jennie (1948)

1 hr. 26 min.

It's the middle of the Depression, 1934, and struggling artist Joseph Cotten can't seem to find his muse. But one day he meets a strange, but enchanting girl while in Central Park.

He resolves right then and there to paint a Portrait of Jennie.



Tuesday, February 19
The Immortal Life of Henrietta Lacks (2017)

1 hr. 33 min.

An African-American woman becomes an unwitting pioneer for medical breakthroughs when her cells are used to create the first immortal human cell line in the early 1950s.

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, 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.

MAHJONG



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

FITNESS CENTER



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

Moving? Downsizing?



Call Karen Zweig for a free consultation!

617.455.1964

karen@movemaven.com



**PROUD TO SUPPORT THE
BROOKLINE SENIOR CENTER**

BrooklineBank

BrooklineBank.com

Member FDIC

- Organize
- Downsize
- Simplify

Helping to impose order on chaos!

Contact Jen Grella

617 448 3771

Jennifer.Lynn.Grella@gmail.com



Free Consultation • Affordable Hourly Rate

With BAYADA Home Health Care...

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

– Mary Lou P., Client



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

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

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



BAYADA®
Home Health Care

617-332-7600

www.bayada.com

Compassion. Excellence. Reliability.

winter

FEBRUARY AT A GLANCE

Saturday, February 2

The Art of the Recital at Goddard House*/***

Monday, February 4

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

Tuesday, February 5

10:00am-12:00noon Real Estate Tax Exemption Information

1:00pm Movies for film lovers-BlackKlansman

Wednesday, February 6

9:00am-12:00noon BLAB Brookline Legal Assistance Bureau/Brookline residents only.

1:00pm New MBTA Fare Collection System Feedback Session

2:00-3:00pm Blood Pressure Screening BPHD*

Thursday, February 7

11:am Ask A Nurse

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

1:30pm Easy Travel to India and Nepal

Sunday, February 10

5:00pm MISTRAL*

Monday, February 11

1:00pm Welcome Blanket Information Session***

2:00-3:00pm Putterham Book Discussion Group at Putterham Library*

Tuesday, February 12

1:00pm Movies for film lovers-Portrait of Jennie (1949)

Wednesday, February 13

1:00pm Fredrick Douglass Program***

Thursday, February 14

1:00pm Using Art to Explore Ageism***

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

Monday, February 18

Senior Center is Closed for Presidents' Day

Tuesday, February 19

10:00am-12:00noon Real Estate Tax Exemption information session

12:00noon February Birthday Lunch***

1:00pm Movies for film lovers-The Immortal Life of Henrietta Lacks

3:00-5:00pm ELF Giveaway Day

Wednesday, February 20

1:00pm Long Term Care Insurance***

Thursday, February 21

11:00am-12:00noon Blood Sugar Screening

1:00-2:00pm Brookline Hearing Services

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

Monday, February 25

1:00pm Love Letters From the Front***

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

Tuesday, February 26

9:00-10:00am Public Issue Nonfiction Book Discussion Group

12:00pm Let's Go out to Lunch Bunch*/***

1:00pm Movies for film lovers-Crazy Rich Asians

Wednesday, February 27

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

1:30-3:00pm Memory Café ***

Thursday, February 28

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

-SAVE THE DATE-

MARCH

March 6 Brookline Music School Returns

March 11 Ukulele Returns

March 11 TRIPPS Lunch outing to Eataly in the Prudential Center Mall

March 13 COA Meeting

March 30 Zulu Time concert at Goddard House

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

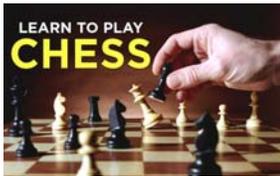
1:00-2:00pm Bootcamp for Seniors **
1:00-5:00 pm Ping Pong
2:00-3:30pm Tai Chi **
3:00-5:00pm Learn to play chess
3:30 pm Latino Instrumental and Vocal ***

*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**.

MOUNT PLEASANT HOME



WORRIED ABOUT A SENIOR LIVING ALONE?

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

All-inclusive & affordable!

Near the Brookline Border



617.522.7600 301 South Huntington Ave, Jamaica Plain, MA
www.MountPleasantHome.org

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.



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

WADE HOROWITZ

LaPOINTE LLC

1309 Beacon Street, 2. Fl.

Brookline, MA 02446

617-738-1919

www.wadehorowitz.com

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

COUPON



Providence House

Assisted Living at Corey Park in Brighton

Affordable Assisted Living for Seniors of All Incomes

617-731-0505 www.providencehouseassistedliving.com

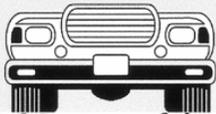
CYPRESS AUTOMART

USED CAR DEALERSHIP

A DIVISION OF AUDY'S MOBIL

proudly serving Brookline & surrounding areas since 1973

Village Mobil
345 Boylston St.
617 738 4706

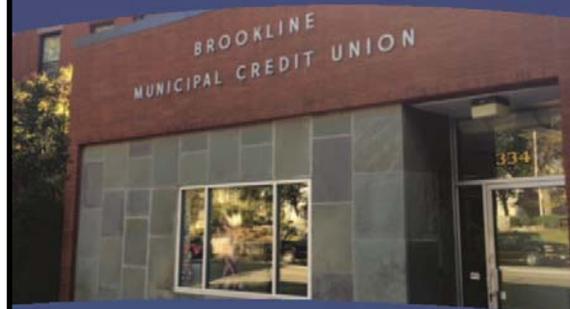


Harvard St. Mobil
198 Harvard St.
617 734 6810

1996 Business of the Year

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

SERVING THE BROOKLINE COMMUNITY
FOR 75 YEARS

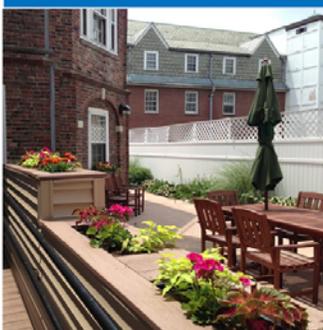


BECOME A MEMBER TODAY!

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

 **BROOKLINE MUNICIPAL
CREDIT UNION**

334 Washington Street, P.O. Box 470776
Brookline, MA 02447-0776
Tel: (617) 232-9410 Fax: (617) 232-1462
B-Line: (781) 398-1855



Landmark at Longwood

**Gracious
Independent,
Assisted & Memory
Care Living**

Please call to schedule your free lunch and
tour!

Landmark at Longwood
63 Parker Hill Ave., Boston, Ma
www.landmarkSeniorLiving.com
617-975-0110





The Pathway Home Team
Michelle Quinn
Susanna Stiefel
Kim Sullivan

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

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

WHAT DRIVES US:

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

What do our recent clients say?

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

-Joel and Fiona, buyer and seller clients

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

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

1359 Centre Street, Newton | 617.969.6188 | PathwayHome.com

SUBSCRIBE or RENEW: SENIOR NEWS & EVENTS

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

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

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

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

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

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

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

Name(s) _____

Street Address _____

City/State/Zip _____

E-Mail _____ Phone(s) _____

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



SUPPORT THE BROOKLINE SENIOR CENTER

Help BROOKLINE's SENIORS age with dignity and respect

Use the form above. OR Donate Online via PayPal at

www.brooklineseniorcenter.org

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

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

CHECK YOUR SUBSCRIPTION RENEWAL DATE



**Wake up to
Wingate**

Where Healthcare and Hospitality Meet



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

—Family-Owned and Operated for Three Decades—

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

In Honor of:

Marilyn Jurich honoring the Senior Center poetry group and Anna Higgins
Judith S. Garelick honoring Charlotte Millman and Putterham Book Group
James Boghosian honoring Ruthann Dobek Carole and David honoring Fran Pechenick
Rhonda Glyman honoring Ruthann Dobek
Benjamin Iletto honoring Olga Sliwa
Sherry C. Lee honoring Nick Aldin and Agilio Monteiro
Betty and John Mulhane honoring Evelyn Roll
Muriel Stark honoring the volunteers of the food distribution program
Elizabeth Sands honoring Rhona Hirschowitz
Pat Berger honoring Elinor Downs
Eileen Kaminsky honoring Eleanor Small and Sonia Wong
Reva Katz honoring Eleanor Small for a speedy recovery
V. Celia Lascarides, EdD honoring Kate Jovin
Doreen Vittori honoring the ELF program

BrooklineCAN Donors:

Diane Abrams, Hedwig Baillie,
Doris Toby Axelrod & Larry Marks
Stephen Wallace & Judith Bednarz
Judy Bess, Charlotte & Nicholas Burrage,
Ruth Camm, Carol & Frank Caro, Judith Chasin
Naomi Cotter, Carol Deanow, John Dempsey & Mary Scott, Betsy & Dennis DeWitt, Livia Frank
Ruthann Dobek, Dale & Neil Golden, Ann Stitt,
Joyce Graff, Renny Harrigan, James Hills,
Rhona Hirschowitz, Marcia Hnatowich,
Monica Joffe, Anita Johnson & John Harris,
Judith Kidd, Lois Lange, Claire Lurie,
Judy Mason, Mary McShane, Anne Meyers,
Peter & Karen Miller, Shaari Mittel,
Zippy Ostroy, Peggy Ann Morrison,
Alan & Cecily Morse, Ruthann Sneider

BrooklineCAN Donors Continued:

Lucy Roosevelt & Stuart Rubinow,
Nancy Ruggiero. Mildred Siegel,
Ellen Bruce & Richard Segan,
Lewis & Molly Turlish,
Donald Weitzman & Harriet Goldberg,
Linda Wong, Sonia & William Wong

In Memory of Harry Johnson II:

by Rod Apfelbeck
by Sherry C. Lee
by Ruth Ginsberg-Place and Joe Perkell
by Sylvia and Ralph Memolo
by E. Melvin and Susan C. Nash
by Roberta and George Bonoff
by V. Celia Lascarides, EdD

In Memory of:

Mildred K. Lehman by Ann and Howard Katz
Jean Kramer by Dan Fraenkel
Vivian H. Freeman by Peter L. Freeman
Yu-Chen Ting by Jovina Ting
Doreen Gordon by Veronica Hutner
Sylvia Segal by Arthur Sands
Mildred Kapilow by Rhoda Wald
Cheu N. Chin by Beverly A. Chang
Cheu N. Chin by Sherry C. Lee
Cheu N. Chin by Sonia and William Wong
Cheu N. Chin by Pat Ahlin
Lester Annenberg by Esfira Annenberg

New Refrigerator Fund Donors:

Adrienne Hoffman
V. Celia Lascarides, EdD
Mary C. O'Connor



Annual Appeal Donors:

Sydney Rice
Regina Healy and Robert Sloane
Doris and Saul Feldman
Charlotte Alkon
Anne Levin
Youngsun Jung
David E. and Melissa D. Trevett
Theodore Poulos
Frances Dienstag
Arnold and Leila Abelow
Dianne and Philip Honig
Muriel Harriet Allen
Carole A. Barksdale
Esther A. Bullitt
Barbara Cone
Ellen Feingold
James F. Franco
John Freeman
Lourdes and Benjamin Iletto
Elinor Kaplan
Barbara Kean
Jamie Rubino Moore and Jesse R. Moore
Anonymous
Diane B. Rose
Esther and Harold Schonhorn
Stephen and Margaret Senturia
Albert Tuchman
Cornelia W. Brown and Henry B. Warren
Ada and William White
Theodore Scholnick
Andrea Rosenthal
Cornelia Andrus and Harry Kozakewich
Anonymous-supporting the coffee fund
Susan Guth
Chetna Naimi
Patricia Meaney
Toast with Friends
Marilyn and Ronald Aaron
Diane and Ed Baker
Judith Bednarz
Anne Turner and Harry Bohrs

Martha Bullock
Harriet Goldberg and Donald Weitzman
Linda Golburgh
Helen and Shael Herman
Robert E. Houseman
Shaari S. Mittel
Robert E. Moran
Jennifer Pieszak
Susan and Stanley Shuman
Leonard A. Weiss
Susan and Joseph Ditkoff
Susan Guiraudet
Hanson Reynolds
Peter Lipsitt
Julia Herskowitz
Elizabeth A. Goldstein
Mary B. Comstock
Allan and Ann Sutherland
Lawrence A. Ruttman
Eva M. Bonis
Harriet B. McGraw
Linda Hastie
Natalie Rothstein
Judy Mason
Anonymous for Tommy Sheehan/Dance Party
David Stern
Judith Bello
Deborah and Robert Gandre
John F. Hodgman
Diane Sokal
Susan Stern
Deborah and Jonathan Kolb
Daniel Ferguson
Sarah Wunsch
Elinor F. Reardon
Mariah Nobrega
Sonia and William Wong – celebrating Chinese
New Year
Kathryn Kilpatrick-supporting the ICARE pro-
gram

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.

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.

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.

FEBRUARY 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 (1:00-4:00pm). 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.

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.

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.



Yasmin Chebbi, DMD
Dental Care for Seniors

Gentle, Caring, and focused on your health
Home dental cleanings available!

284 Harvard St, Brookline
Coolidge Corner Theatre Building
617-731-6767

TRAIN WITH SHAIN

IN HOME BALANCE THERAPY AND
FITNESS TRAINING FOR SENIORS

Steven R. Shain
(508) 231-6378
www.trainwithshain.net
trainwithshain@gmail.com

ACSM certified cpt/hfi
CPR/AED certified
Fully Insured

Home Is Still The Best Place



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

Call for a free, no-obligation appointment or brochure:
Waltham 781-314-0153

Home Instead
SENIOR CARE

With a little help from a friend.

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

homeinstead.com

Brookline Senior Centers Corporation
93 Winchester Street
Brookline, Massachusetts 02446

PREST STD
US POSTAGE PAID
BOSTON MA
PERMIT NO 55181

OR CURRENT OCCUPANT

Take root in Brookline

COMPASS

⋮
⋮
⋮



The Chobee Hoy Group
chobee.hoy@compass.com
617-513-6073
compass.com

⋮
⋮
⋮
⋮

Compass Massachusetts, LLC offers Compass as a licensed real estate broker and advisor by Equal Housing Opportunity laws. All material presented herein is intended for informational purposes only. Information is compiled from sources deemed reliable but is subject to error, omission, change in price, condition, sale, or withdrawal without notice. No statement is made as to the accuracy of any description. All measurements and square footages are approximate. This is not intended to reflect property already listed. Nothing herein shall be construed as legal, accounting or other professional advice outside the realm of real estate brokerage.