

TOWN OF BROOKLINE SENIOR NEWS AND EVENTS

Council on Aging

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

Brookline Senior Center
93 Winchester Street
Brookline, Massachusetts 02446



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

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

Brookline Community Aging Network
www.BrooklineCAN.org



How to Age Well **Tuesday, April 2 from 1:00-2:00pm** Prominent Brookline physician, Suzanne Salamon, MD, Geriatric Medicine, Beth Israel Deaconess Medical Center, will host discussion. (See P. 13).

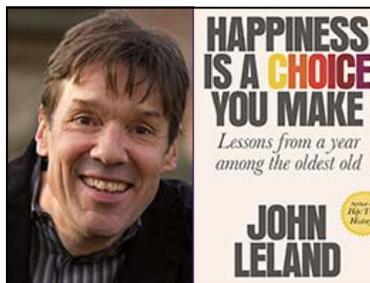
Volunteer Luncheon Wednesday, **Wednesday, April 10 at 12:30 pm.** (See P.3).

Nantucket Lightship LV-112, a former commissioned U.S. Coast Guard floating lighthouse (1936-75), National Historic Landmark and National Treasure artifact exhibit **during the month of April** (see P. 7).



APRIL 2019

HAPPINESS IS A CHOICE YOU MAKE: LESSONS FROM A YEAR AMONG THE OLDEST OLD



THURSDAY, APRIL 25

Refreshment reception
from 6-6:30 pm

Presentation with discussion from
6:30-7:45 pm

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, John was a senior editor at Newsweek and the editor-in-chief of *Details* magazine. This program is sponsored by BrooklineCan and its founding partners. Program is free of charge, but books will be available for sale at the close of the program. Please call 617-730-2770 to register.

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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>

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.

APRIL OBSERVANCES



Cheer up—Spring is on the way. We will see flowers, smell the freshness of gentle rain, hear the returning birds, and generally experience spring

fever. **Patriot's Day on Monday, April 15.** This is an official state holiday so the Senior Center will be closed. We celebrate



Passover April 19-27, Easter on Sunday on April 21.



You might like to observe April Fools day on the 1st, World Autism Awareness Day on April 2nd, Tax day on the 15 and Administrative Professional Day on the 24.

VOLUNTEER LUNCHEON



On **Wednesday, April 10 at 12:30 pm**, we will honor our volunteers at a

special luncheon. Invitations have been sent to Senior Center volunteers' mailboxes all over Brookline. RSVP to 617-730-2777 and come celebrate the spirit of volunteerism and our wonderful volunteers. Part of the festivities is the announcement of the John and Molly Dolan Volunteer of the Year Award. If you would like to nominate a candidate for this award, please contact Ruthann Dobek at 93 Winchester Street, Brookline, MA 02446 or leave a message in her mail box on the 2nd floor in the COA office. You can also e-mail her at rdo-bek@brookline.ma.gov or call her at 617-730-2756. **RSVP and Nominations due by Wednesday, April 3.**

HELLO, GORGEOUS!



Historian Bruce Hambro will return to the Senior Center on **Monday, April 8 at 1:00 pm** with his multimedia presentation on Barbra Streisand. You may remember Bruce from his past presentations here on George Gershwin and Frank

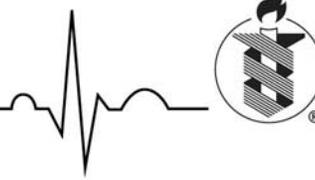
Sinatra. This time around, his power-point presentation will spotlight Barbra Streisand, the best-selling female recording artist of all time. She has won every award that show business can bestow: Grammy, Tony, Emmy, Oscar...you name it. This program covers Barbra's unlikely and glorious rise to fame--from her stressful childhood living in an overcrowded Brooklyn apartment---to the giddy heights of an historic and legendary show business career. In this audio-visual lecture, you'll hear Barbra's signature songs: Happy Days are Here Again....People.....The Way We Were....Send in the Clowns.....and many more. You'll also see hundreds of images as well as video clips from concerts, TV shows and movies so we hope that you will join us! This program is generously sponsored by our friends at the Wingate Residences at Boylston Place. To register, please call 617-730-2770.

BROOKLINE MUSIC SCHOOL CONCERT

**BROOKLINE
MUSIC
SCHOOL**

Join us for a lovely afternoon of music on **Wednesday, April 3 at 1:00pm** as we welcome back Julianne Johnston, flute and Atsuko

Jozaki, piano. They will present an afternoon of French music for flute and piano as well as solo piano. We hope to see you there!



Ask a Nurse Lynn Schuster, a nurse from Visiting Nurse and Community Care will be at the Center on **Thursday, April 4 at 11:00 am.**

Podiatry Clinic Routine foot care with Dr. John McLoughlin is available at the Health Clinic at the Senior Center. The cost is \$40. To inquire about appointments call 617-730-2777.

Low Vision Group This peer-led support group for individuals with limited eyesight is on **Wednesday, April 17 at 1:00pm.**

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

Thursday, April 18 from 1:00-2:00pm at the Senior Center (**cancelled for this month**)

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

Wednesday April 24 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, April 18 from 1:00-2:00pm.** 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) (FORMERLY KNOWN AS ICARE)



TTP: Trusted Transportation Partner (formerly 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.

FITNESS CENTER

To 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.

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

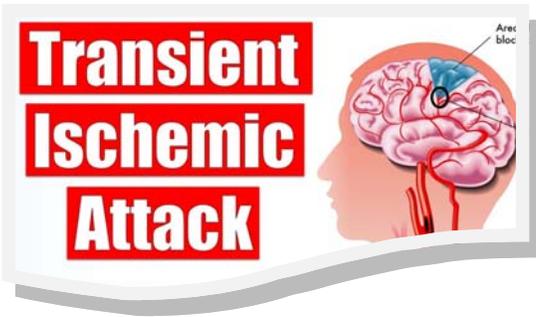
 Official hospital of the
Boston Red Sox

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 is a TIA?

Answer:



TIA stands for Transient Ischemic Attack. Transient implies that the symptoms last for only a short time, usually from less than 1 hour up to 24 hours. Ischemic means that not enough blood and oxygen are getting to a part of the body, in this case, to the brain. Sometimes a TIA is called a “mini-stroke.” While a TIA by itself does not always cause lasting damage, it needs to be taken very seriously because nearly 1/3 of people with a TIA will have a stroke in the near future. Strokes are generally caused the same way as TIA's, but the blockage lasts longer.

TIA's, just like most strokes that are not caused by bleeding, are caused either when blood flow to the brain is blocked by a clogged artery that carries blood from the heart to the brain, or by a clot that has broken off from somewhere and travels to the brain, causing a blockage so that blood and oxygen can't get to the brain. If the brain is deprived of oxygen for even a few minutes, that part of the brain can die.

Preventing a TIA or a stroke is very important. Some risk factors we can control and some we can't. For instance, we can't control our age (older people are more at risk), our family history, race (African-Americans, South Asian and Caribbean groups have higher incidence), or gender (women more than men). But risk factors we CAN control are being overweight, high blood pressure, smoking, drinking too much alcohol, not exercising, atrial fibrillation, diabetes, and high cholesterol.

Symptoms of a TIA or stroke may include drooping of one eye or one side of your mouth, slurred or hard to understand speech, weakness in an arm or leg, vision changes, severe headache, or confusion. It is recommended to follow the guide of the word **FAST**:

- Face drooping
- Arm weakness
- Speech problems
- Time to call 911 if any of the above occur

Too many people feel foolish calling 911, especially if the symptoms disappear quickly, but it is critical to get tests done as soon as possible to be sure that you have not had a TIA or stroke. If you have had either, there are medications that can help prevent another one. If there is a blockage in the carotid artery that carries the blood from the heart to the brain, sometimes a stent (which is a tiny tube that replaces or bypasses a clogged portion of the artery) will be surgically placed.

Timing is critical, so if you experience any symptoms that might suggest a TIA or a stroke, immediately get to a hospital to be checked out!

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 2018 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.

Brookline 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, April 3 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.

BROOKLINE OPEN STUDIOS

The Senior Center is pleased to once again host several artists for this year's Brookline Open Studios on **Saturday, April 27 and Sunday, April 28 from 11:00 am-5:00 pm**. We hope that you will stop in to meet some of these talented artists, admire their work, and maybe take home a piece of your very own: Jane Whelen Banks, Patricia J. Burns, Jean-Pierre Dubreuil, Susan Fredkin, Judith Robichaud, Lucy Sandler, Karen Stern, Jodie Wilgren, and our very own "Art for Pleasure" class.

REDUCE, REUSE, RECYCLE



Did you know that you can "recycle" your old eyeglasses, cell phones, and even soda can pop tabs at the Senior Center? We have

collection boxes in the first floor reception area year-round for your convenience so feel free to stop by and drop off your items during our regular business hours, **Monday-Friday between 8:30 am-5:00 pm**.

If you have any durable medical equipment that you no longer need, we may also be able to use that in our Equipment Loan program.

Since space is tight for us, please call Jamie Jensen at 617-730-2753 to make sure that we can accept your donation **BEFORE** you drop it off.

Lastly, we are always seeking donations of costume jewelry, scarves, purses, small household items and tchotchkes for our Gift Cart. Please note that we cannot accept clothing or electrical items/appliances.

NANTUCKET LIGHTSHIP



We are pleased to announce that we will be featuring an exhibit that includes historic artifacts from the famed Nantucket Lightship LV-

112, a former commissioned U.S. Coast Guard floating lighthouse (1936-75), National Historic Landmark and National Treasure, at the Senior Center during the **month of April**. Be sure to stop by our front reception area to see these wonderful items.

In case you missed the Lightship program that we hosted in January, Nantucket Shoals Lightship Station was the most remote off-shore lightship station — 100 miles from the U.S. mainland — and the most treacherous lightship station in the world.

Nantucket Lightship was the first beacon and U.S. landmark seen by vessels entering and departing the United States from Europe and was nicknamed the "Statue of Liberty of the Sea." All transatlantic shipping set their course to Nantucket Shoals Lightship Station first, before branching off to their U.S. east coast destinations. For 39 years, Nantucket Lightship guided some of the most famous ocean liners to navigate the seas — RMS Queen Mary, SS Normandie, SS United States, SS Andrea Doria and many more. Lightships and their crews were required to remain on station regardless of the weather conditions — having to endure severe winter storms, treacherous seas, hurricanes and dangerous fog conditions.

Stay tuned as we hope to plan a trip to visit the Nantucket Lightship Museum in May!

MEMORY CONNECTIONS CAFÉ



Memory Connections Cafe: On **Wednesday, April 17 from 1:30 -3pm**, 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 Ro & Steve-Senior Care Reviews.

BROOKLINE BEES PROJECT



Do you love to sew, but now have challenges with arthritis and vision that make it harder to do? The Brookline Bees sewing group meets **Tuesdays at 10:30** to work on a variety of projects. We have modern adaptive equipment to meet the challenges of aging. Come talk with us. Try some of our assistive devices and join in the fun!

• **Organize**

• **Downsize**

• **Simplify**

Helping to impose order on chaos!

Contact Jen Grella

617 448 3771

Jennifer.Lynn.Grella@gmail.com



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Medical Alert and Medication Dispensing Services



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

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information please call:

617-499-5525

ENHANCING CONNECTIONS: SHARE PRACTICAL IDEAS AND STRATEGIES FOR MAINTAINING CONNECTION LATER IN LIFE



Join Deidre Waxman LICSW, for a discussion group about the importance of staying connected in our communities as we age. We will explore practical ideas and suggestions for living and enjoying community later in life on **Tuesdays April 2, 9, 16, 23 and 30 from 3:00-4:30pm** at the Brookline Senior Center. This group is free and open to all. For more information or to register please call Deidre at: 617-730-2767 or email: dwxman@brooklinema.gov. This will be a five week conversation/discussion group. Attendance at all five sessions is suggested.

VISIT WITH VITOLO



Come to the Senior Center on **Thursday, April 4 at 10:00am** and tell your new State Representative Tommy Vitolo what is on your mind. You'll also hear from him about the work that is being done at the State House. Office hours will be available afterwards at the Center with Representative Vitolo to discuss specific constituent issues or requests in private. We hope to see you there!

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 BOARD PRESIDENT

This year our endowment fund was able to donate \$50,204 to the Senior Center operations budget. An endowment helps ensure the future of the organization by providing a future income stream and needed reserves. Our new goal is to double our endowment by 2020. We hope you'll be part of that. You can contribute directly or put the Brookline Senior Center in your will. If you do, let us know, so we can include you in our Legacy Society. In April, spring brings the opportunity for everyone to go out and enjoy! Please consider an extra gift in support of the van and its faithful drivers who can get seniors out of the isolation of their homes and to the Senior Center. We are also seeking funding to continue our Lyft/Uber concierge program. You might even consider a legacy gift that will help the Senior Center by adding funds to its endowment and thereby helping to maintain all the programs and the physical plant. Remember that all gifts are tax-deductible. I, the board, and the entire Senior Center family thank you!

Betsy Pollock, President

PS: The bequest language for the Brookline Senior Center is The Brookline Multiservice Senior Center Corp. Our Federal Tax ID number is EIN 04-2719972. Bring this to your attorney for estate planning purposes.

GALLERY 93

OH, THE PLACES I'VE BEEN

Photography by Patricia J Burns

Elephants Bathing, Zambezi River, Zambia



Hours: Monday-Friday 8:30-5:00 March 4 through April 30

ENCORE!!

OH, THE PLACES I'VE BEEN
Photography by Patricia J Burns
Elephants Bathing, Zambezi River, Zambia



In case you missed Patricia's presentation and intriguing stories that go with the photos at the recent gallery reception, there will be another opportunity to hear it at the Brookline Senior Center, on **April 18 at 1:00pm**. Patricia combines her love of nature and her 16 year professional career as an International Public Health professional in this photographic exhibit. Subjects include intriguing places and animals in African countries – Tanzania, Egypt, Ethiopia, Zambia, Zimbabwe and Botswana... and perhaps a few local surprises. (See page 10). To register call 617-730-2770.



Alzheimer's Disease Center

Thursday, May 9th
6:00 PM Reception
6:30 PM Talk & Discussion
At Goddard House Assisted Living

-SAVE THE DATE-

An interactive presentation covering the basics of Alzheimer's disease and related neurodegenerative disorders, including important warning signs, steps towards prevention, and the latest research. Join **Dr. Robert Stern** for an educational presentation combining humor and science, with question and answer to follow.

Dr. Robert Stern is Professor of Neurology, Neurosurgery, and Anatomy & Neurobiology at Boston University (BU) School of Medicine, where he is also Director of the Clinical Core of the BU Alzheimer's Disease Center. Dr. Stern is also an internationally recognized expert on chronic traumatic encephalopathy (CTE) and the long-term effects of head-injury in athletes.

Free of Charge ~ Please RSVP to Patti at
617-731-8500 or pbarrows@goddardhouse.org

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.

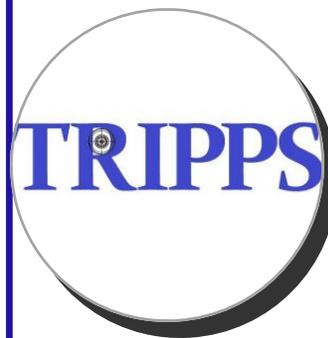
A FILE OF LIFE



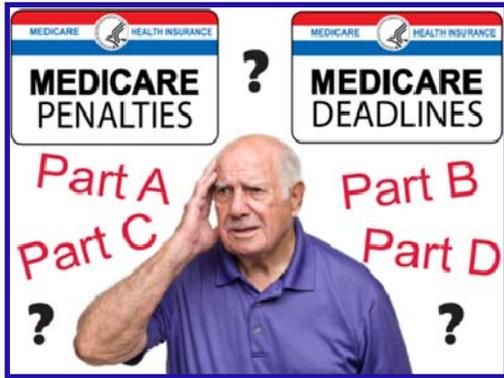
A FILE OF LIFE provides individuals with emergency medical identification cards to be used both at home and away from home. Having a FILE OF LIFE folder will allow medical personnel to treat you quickly and with greater certainty should you have a medical emergency. For more information on the FILE OF 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.



BROOKLINE SENIOR TRANSPORTATION OPTIONS



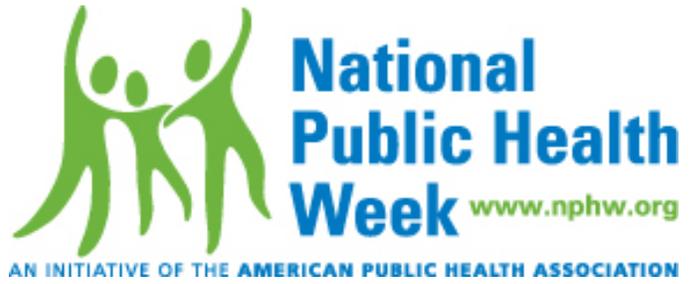
Join TRIPPS as we discuss all the transportation options provided by the Council on Aging and the Senior Center. From the Van and Bus to back-up rides through our Lyft Pilot, we will cover them all! Cookies and coffee will be served. **April 17 10:00 - 11:30am** at the Brookline Senior Center. Register by calling (617)730-2644 or by stopping by the front desk.



- Are you turning 65 in the next three months?
- Are you over 65 and planning to retire soon?
- Do you understand your Medicare deadlines and options?
- Are you having trouble paying for medical expenses and prescription drugs?

If any of these apply to you, contact the SHINE (Serving Health Insurance Needs of Everyone... on Medicare) program. Certified SHINE counselors are available all year to help you! 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 counselor will call you back as soon as possible.



NATIONAL PUBLIC HEALTH WEEK APRIL 1 – APRIL 7 BROOKLINE EVENTS

Tuesday, April 2 How to Age Well:

“Getting older is inevitable (and certainly better than the alternative). While you can’t control your age, you can slow the decline of aging with smart choices along the way – it all has an effect on how fast or slow your body ages” (NY Times, 11/1/17). Prominent Brookline physician, Suzanne Salamon, MD, Geriatric Medicine, Beth Israel Deaconess Medical Center, will host discussion at the Brookline Senior Center, 93 Winchester Street, **from 1:00 - 2:00 pm**. Refreshments will be served. All are welcome, but due to space limitations registration is required. To register, please call 617-730-2770. (See P. 33).

Thursday, April 4 How the Trump Administration is Shaping Your Health.

The Impact on You, Your Community, and the Planet **6:00-7:00 pm** at the Coolidge Corner Multi-Purpose=Room 245 Harvard Street.

For additional information, Lynne Karsten, 617-730-2336; lkarsten@brooklinema.gov. Also, please join our Twitter discussion: @BrooklineHealth, Facebook: Brookline Department of Public Health, or Instagram: Brookline-health.

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FIVE WISHES

Five Wishes is a simple form you can use to plan and document your preferences in case of serious illness or the end of your life. Join us on **Wednesday, April 24th at 1:00pm**

The Five Wishes are:

- 1) The person you want to make care decisions for you
 - 2) The kind of medical treatment you want or don't want
 - 3) How comfortable you'd like to be kept
 - 4) How you want people to treat you, and
 - 5) What you want your loved ones to know
- Kate Jovin, LCSW and Laci Gonzalez, Social Work Intern, will be there to give a brief presentation, explain the Five Wishes form, and help individuals start to fill it out. Participants can then schedule follow-up appointments with Kate or Laci. Please call Kate at (617) 730-2751 with any questions.

Pre-registration is required by April 10 by calling 617-730-2751. Five Wishes forms are available in English, Spanish, Russian, and Mandarin; please indicate your language preference when registering. Please note: the program itself will be conducted in English.

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.

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SCAMMERS LURK AT TAX TIME



SCAM ALERT

During tax-filing season, scammers and hackers may try to put your potential refund in their pocket.

How It Works:

Tax identity theft occurs when someone steals your Social Security number to file a fraudulent tax refund or to get a job. There are also computer viruses out there (the “Emotet” virus for one) that can send emails supposedly from the IRS with a fake copy of your tax return. Once you click it, you may become vulnerable to hackers. And of course, the ever-present IRS impostor scam calls tend to be much more common this time of year.

What You Should Know:

If the IRS receives a duplicate tax return filing using your Social Security number, you will receive a written notice through the mail. Likewise, the IRS will send a notice if you have unreported income or that you and someone else are claiming the same dependents. The IRS will not initiate contact with you by e-mail, text or social media. The IRS will not call you unless you have first heard from them by mail, and will never insist on wired money payments, cash or gift cards/pre-paid money cards.

Potential Ways to Reduce Your Risk of Being Victimized:

- Submit your tax return as early in the tax season as possible.
- Be careful what you share – don’t give out your personal information unless you know who is asking and why, and don’t be shy about refusing.
- Never open e-mail attachments that are not from a verified sender.
- Dispose of sensitive information safely – shred it with a micro-cut shredder.
- Know your tax preparer.

Check the status of your refund after filing at www.irs.gov/refunds. If you receive notice from the IRS that you are a victim of identity theft, call the number on the notice or 800-908-4490 right away. Learn more at www.identitytheft.gov. You have the power to protect yourself and your loved ones from scams. Please share this alert with friends and family.

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

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FROM THE DIRECTOR

Spring officially begins in Brookline when the Red Sox home season opens on April 9th and when we celebrate our volunteers on Wednesday, April 10th. The theme for this year is “One Person Can Make a Difference”. Volunteers surely give their heart and soul to the Brookline Senior Center. Your kindness always shines through and does make a difference. Please accept our thanks for all the great work that you do! Our volunteers contribute to making this a better world and we are delighted to honor them. Please join us for the celebration at 12:30 pm and make sure you RSVP by March 28th. Nominations are still being sought for the Volunteer of the Year award—named after John and Molly Dolan who donated thousands of hours to make Brookline a better community. Please send your nomination note to Ruthann Dobek by e-mail at rdobek@brooklinema.gov or by putting a nomination note in my mailbox in the Director’s office on the second floor of the Senior Center. I am personally moved by the nominations we have already received. Your thoughtfulness and words of appreciation are inspiring. A reminder: all nominations are deliberated by the committee and not selected by number of votes. In addition, at the luncheon we also give an award to a Community Partner. If you would like to, you may also nominate an organization for this year’s award. This year, we will be giving a special “Unsung Hero” award to our recently-retired Town printer, Tim Sullivan. We will be able to thank him for his over-40 years of dedicated service to the Town.

According to a recent study by Harvard Public Health, for every minute that you exercise, you are adding seven minutes to your life. This study recommends that you exercise at least 150 minutes per week. Physical activity has beneficial effects on many diseases—cancer, heart, arthritis, diabetes, and many respiratory ailments. Research is now even linking exercise with helping improve cognitive functioning and mood. My personal favorite is how physical activity reduces my own stress. After a difficult day, nothing makes me feel better than taking a brisk walk. So, dance, lift weights, walk, and do yoga—MOVE! Join our Fitness Center for a bargain price. Our ZUMBA Gold is now going to be free beginning in April! With the nicer weather, there is no excuse as almost everyone can walk. Take a stroll around Coolidge Corner. Enjoy a walk around the reservoir. Do not delay—start today!

Ruthann Dobek, Director

DO YOU HAVE ARTHRITIS RELATED *KNEE* PAIN?



Boston University is looking for people with knee pain to participate in a clinical trial on interventions to promote healthier walking patterns. You may be eligible if you are between the ages of 50 – 80, have knee pain, and own a smartphone. The study includes a 6-month intervention with 11 classes that will take place at a community location in Brookline. Before and after the intervention you will be asked to come to Boston University for motion capture during walking and knee MRI. You will also wear an activity tracker during the study.

Compensation provided for study visits.

**BOSTON
UNIVERSITY**

For more information, contact us at

617-358-3125 or

bu.iwalqq@gmail.com

Learn more

<http://sites.bu.edu/kumarlab/iwalqq-0a/>

OPENING MINDS THROUGH ART



Artists' Reception & Art Sale
Saturday, April 27, 2019
3:00 - 4:30 P.M.

At Goddard House Assisted Living
Exhibit April 8 - May 6

Opening Minds through Art (OMA) is an art program that is founded on the principle that people who are living with dementia are highly capable of creative expression.

For more information, visit us online at goddardhouse.org or call Patti Barrows at 617-731-8500. All are welcome!



EASY TRAVEL



On **Thursday, April 4th at 1:30 pm**, join Lt. Wayne Magee, Director of Bands Honor Guard & Drill Team of the Massachusetts Maritime Academy, as he shares his recent Sea Term trip to the Caribbean with his students on the ship USTS Kennedy.

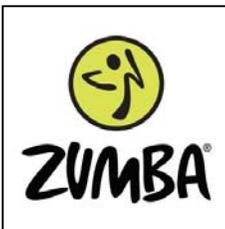
LGBT OUT 2 BRUNCH BUNCH!



Goddard House, in partnership with the Brookline Council on Aging, ETHOS, the LGBT Aging Project and the City of Boston Commission on the Affairs of the Elderly, supports the LGBT Older Adult Out 2 Brunch Bunch! The group will meet monthly for brunch on the third Saturday of every month. **In April we will meet on the 20th from 11:00 am-1:00 pm.** at Goddard House, 165 Chestnut Street, Brookline, MA 02445. To attend, RSVP to Zoraida at meals@ethocare.org or 617-522-6700 ext. 306



ZUMBA GOLD



Get in shape and have fun with Zumba Gold at the Senior Center! Join Emily Brenner, our Zumba Gold instructor, for a 7 week session on Thursdays, April 11-May 30 from 1:15-2:15

pm. **Please note that there will be no class on Thursday, April 25.* We are pleased to announce that this class is now FREE to everyone thanks to Blue Cross Blue Shield of Massachusetts, in partnership with SilverSneakers®. Stop by and give it a try!

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 ukulele, Join us **on Monday, April 8 from 1:00-2:30 pm. For more information** contact Judy, our uke coordinator at hearojudy51@yahoo.com.

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.

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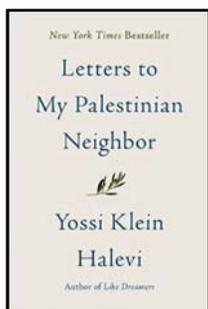
Leon Gelfand, Founder

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

— Gerry C.

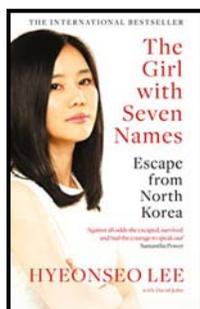
BOOK DISCUSSION GROUP AT THE PUTTERHAM LIBRARY

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, April 22 **Letters to My Palestinian Neighbor**

By Yossi Klein Halevi



Monday, May 20 **The Girl with Seven Names: A North Korean defector's story**

By Lee Hyeon-seo

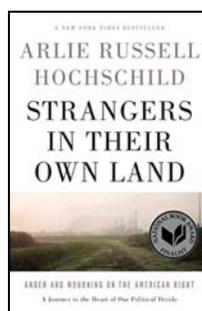
NORFOLK COUNTY SHERIFF MEET AND GREET

Please join the Norfolk Sheriff's Office, in conjunction with the Brookline Council on Aging, at the Senior Center on Wednesday, **April 24 at 11 a.m.**, for a "meet and greet" with Norfolk County's new Sheriff, Jerome P. McDermott. Sheriff McDermott looks forward to meeting the residents of Brookline and discussing programs available to all Brookline seniors. Refreshments will be served. For additional information or questions, please contact the Norfolk's Sheriff's Office at 781-751-3516. Space is limited so please call 617-730-2770 to register.

PUBLIC ISSUES NONFICTION BOOK DISCUSSION GROUP

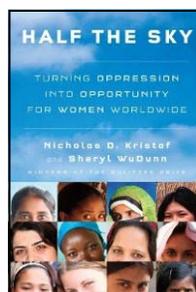
at the Brookline Senior Center

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, April 23, **Strangers in Their Own Land: Anger and Mourning on the American Right** by Arlie Russell

Hochschild (The New Press | Perseus Books Group)



Tuesday, May 28, **Half The Sky: Turning Oppression into Opportunity for Women Worldwide** by

Nicholas D. Kristof and Sheryl WuDunn (Vintage Books | Knopf Doubleday Publishing Group)

ALZHEIMER'S CAREGIVER SUPPORT GROUP



This ongoing daytime support group is designed to help caregivers cope with the stress and demands of loved ones struggling with Alzheimer's. It meets on the **4th Tuesday of each month**. If you are interested in this group, please call the facilitator Ted Sturman at 617-803-6105.



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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.

LIVING OUR VALUES

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

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Saturdays from 1:00 to 3:00pm

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Proceeds benefit the emergency fund for people in our community



Brookline Community Aging Network – BrooklineCAN – is an all-volunteer organization that focuses on Brookline as a great place to live.

ELECTION FORUM

BrooklineCAN is co-sponsoring a Town Election forum on **Tuesday, April 30 at the Senior Center from 4:00 p.m. to 6:00 p.m.** In this year's **Annual Town Election (Tuesday, May 7)**, voters will choose:

- one Select Board Member
- three School Committee Members,
- four Trustees of the Public Library
- one Housing Authority Board of Commissioners Member
- five Constables
- Town Meeting Members

Voters will also vote on a "bundled" Debt Exclusion to fund the 9th School and Driscoll School projects.

This forum will provide Select Board Candidates with opportunities to make brief opening statements, respond to questions particularly pertinent to seniors, and take questions about all relevant topics from the audience. Representatives in support of and opposition to the proposed Debt Exclusion will also be invited to speak. Candidates for other offices will be invited and introduced, but will not have an opportunity to speak as part of the forum.

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.

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, smart phone, 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. After April 16 we will return to the computer lab for appointments. 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'.



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APRIL 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, April 16** we celebrate April birthdays at the monthly Birthday Lunch. The sponsor of this lunch has happily provided a complimentary lunch and a small gift to all April birthday celebrants. We also want to thank our friends at Wingate at Chestnut Hill for providing our monthly birthday cake. Now it is easier than ever to register for our monthly birthday celebrations! Just call 617-730-2747 to reserve a lunch on the business day prior before 10:30 am and you are all set. When you arrive for lunch on the day of the party, the leader of our birthday celebration will come around to all the tables to make sure that we don't miss any of our special attendees celebrating their birthdays that month.

LET'S GO OUT TO LUNCH BUNCH



Out to Lunch Bunch will dine on **Tuesday, April 30** at Flaming Grill & Buffet 950 American Legion Highway, Roslindale. The Van will leave the Senior Center at 11:30 am sharp! For reservations and transportation, please call 617-730-2770.

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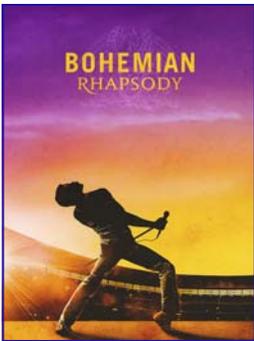
135 S. Huntington Avenue • Boston, MA 02130

MOVIES FOR FILM LOVERS

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

Tuesday, April 2

NO MOVIE TODAY DUE TO NATIONAL PUBLIC HEALTH WEEK PROGRAM



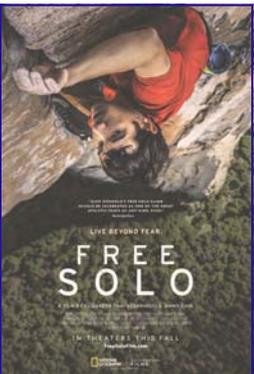
Tuesday, April 9

Bohemian Rhapsody

(2018)

2hr. 14min.

The story of the legendary rock band Queen and lead singer Freddie Mercury, leading up to their famous performance at Live Aid (1985)



Tuesday, April 16

Free Solo

(2018)

1hr 40 min.

Follow Alex Honnold as he becomes the first person to ever free solo climb Yosemite's 3,000 ft high El Capitan wall. With no ropes or safety gear, he completed arguably

the greatest feat in rock climbing history.



Tuesday, April 23

Vice

(2018)

2hr. 13min.

Governor George W. Bush of Texas picks Dick Cheney, the CEO of Halliburton Co, to be his Republican running mate

in the 2000 presidential election. No stranger to politics, Cheney's impressive résumé includes stints as White House chief of staff, House Minority Whip and defense secretary. When Bush wins by a narrow margin, Cheney begins to use his newfound power to help reshape the country and the world.



Tuesday, April 30

If Beale Street Could Talk

(2018)

1hr. 59min.

A woman in Harlem embraces her pregnancy while she and her family struggle to prove her fiancé innocent of a crime.

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

-SAVE THE DATE-SHREDDING EVENT MARK YOUR CALENDARS!



Once again, the mobile shredding truck will be back at the Senior Center on **Monday, June 3 from 1:00-4:00 pm**, courtesy of Norfolk District Attorney, Michael Morrissey. Clean out your file cabinets, declutter your house and shred personal documents safely and free of charge! There will also be a presentation on identity theft from 1:00-2:00 pm at the Senior Center. Light refreshments will be served. Please call 617-730-2770 to register for presentation portion of the event. All others are welcome to pull up to the mobile shredding truck for assistance with their boxes, bags and bundles of documents to shred. For assurance, shredding can be viewed through a screen on the truck. Computer hard drives welcome, but they cannot be destroyed on site.

MAHJONG



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

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)



ELF



The program has an endless number of crutches, commodes, and walkers (both with and without wheels) that it is looking to give



away. Unique types of each available. Please call to request these or to donate any items at 617-730-2753.

VEGAN/PLANT-BASED EATING

Join us on **Friday, April 26 at 1:00pm** for this **peer-led discussion group** with Brookline Senior Center participant Estelle Record-Stanley. Estelle will give a short presentation focusing on "Making Life Easy in Vegan/Plant-based Eating." Then she will facilitate a discussion, using new hand-outs on her own program of NESTS: Nutrition, Exercise, Sleep, Tension-release, and Social Support. We will design Shopping Lists which will be helpful to start creating your own "21 Days of Vegetables, like the Prophet Daniel." Bringing amounts of your own Protein and Carbohydrates (from Nutrition Labels) will be helpful to start planning your "Week of Healthier Eating." For our planning purposes, please call 617-730-2770 to register.

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

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617-731-6767

APRIL AT A GLANCE

Monday, April 1

Tuesday, April 2

1:00pm Dr. Salamon—“Getting older is inevitable”*** **No Movie today.**

3:00pm Enhancing Connections Program***

Wednesday, April 3

9:00am-12:00noon BLAB

1:00pm Brookline Music School Concert

2:00-3:00pm Blood pressure screening at BPHD*

Thursday, April 4

10:00am Visit with Vitolo

11:00am Ask A Nurse

1:30pm Easy Travel

6:00-7:00pm How the Trump Administration is Shaping Your Health*

Monday, April 8

1:00pm Bruce Hambro “Streisand” ***

1:00-2:30pm Ukulele Group

Tuesday, April 9

1:00pm Movies for film lovers-Bohemian Rhapsody

3:00pm Enhancing Connections Program***

Wednesday, April 10

12:30pm Volunteer Luncheon***

Thursday, April 11

1:00pm Purpose in Retirement***

1:15-2:15 Zumba Gold

Friday, April 12

Monday, April 15

HOLIDAY Closed

Tuesday, April 16

12:00noon March Birthday Lunch***

1:00pm Movies for film lovers-Free Solo

3:00pm Enhancing Connections Program***

Wednesday, April 17

10:00-11:30am TRIPPS Brookline Transportation Options***

1:00pm Low Vision Group

1:30pm Memory Café***

Thursday, April 18

1:00pm “Oh, The Places I’ve Been” encore gallery talk by Patricia Burns***

1:00-2:00pm Brookline Hearing Service

1:15-2:15 Zumba Gold

Friday, April 19

Saturday, April 20

LGBT Out 2 Brunch Bunch*

Monday, April 22

2:00-3:00pm Putterham Book Discussion Group -Letters to My Palestinian Neighbor*

Tuesday, April 23

9:00-10:00am Public issues Nonfiction Book Group-Strangers in Their Own Land

1:00pm Movies for film lovers-Vice

3:00pm Enhancing Connections Program***

Wednesday, April 24

11:00am Norfolk County Sheriff Meet and Greet***

1:00pm Five Wishes Program***

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

Thursday, April 25

No Zumba Gold

6:00-8:00pm Brookline Can John Leland***

Friday, April 26

1:00pm Estelle Record-Stanley peer nutrition***

Saturday, April 27

11:00am-5:00pm Open Studios

3:00-4:00pm Artist reception at Goddard House*

Tuesday, April 30

12:00pm Out To Lunch (Flaming Grill)***

1:00pm Movies for film lovers-If Beale Street Could Talk

1:15-2:15 Zumba Gold

3:00pm Enhancing Connections Program***

4:00-6:00pm Candidates Afternoon ***

-SAVE THE DATE-

Shredding Event June 3 from 1:00-4:00pm (See p. 24)

ONGOING SENIOR CENTER EVENTS

Monday

8:30am-4:30pm Fitness Center Open—
Membership required
8:45-10:15am Strength Training **
10:30-11:30am Poetry Workshop ***
10:30-11:30am 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
11:00-11:45am 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)
3:00-4:00pm Yoga Mat Class**

Wednesday

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

Friday

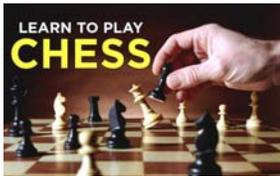
8:30 am-4:30 pm Fitness Center Open-
Membership required
9:00 am Bridge for experienced players
9:00 am Rummikub
10:30 am Current Events Discussion Group
10:30 am Senior Chorus
12:00 noon Springwell Lunch ***
1:00-2:30 pm Basic Computer Class in
Spanish ***
1:00-2:00pm Bootcamp for Seniors **
1:00-5:00 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.

SPANISH IMMERSION CLASSES FOR ADULTS



Come and enjoy a 10 week basic grammar, vocabulary and small conversations on **Thursdays Level I from 1:15 – 2:15pm and Level II**

from 12:00-1:00pm This program begins on April 11 to register please call 617-953-7016 or email: brookline.spanish.immersion@gmail.com
Auspiciadores: Spanish Immersion and Brookline Senior Center.

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

CALLING CHESS PLAYERS



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



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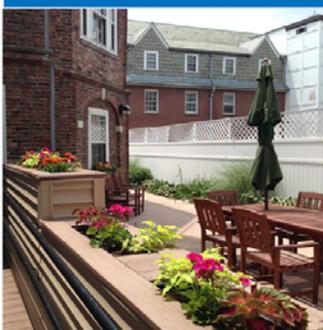
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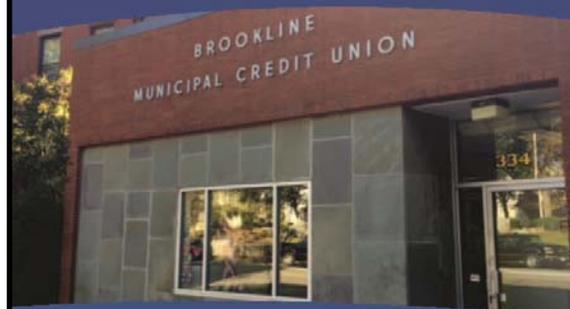
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Michelle Quinn
Susanna Stiefel
Kim Sullivan

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- 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

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-Joel and Fiona, buyer and seller clients

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

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

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Tuesday,
April 2, 2019



1:00-2:00pm



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FOR INFORMATION: 627-730-2336

REAP RETIREMENT WITH PURPOSE

We are all still here for a reason is a 45 minute presentation on the changing face of retirement and some ways to stay engaged and find purpose in retirement. The focus of this presentation on **April 11 at 1:00 pm** is part-time work. Let's face it - retirement is not what it used to be. With longer lifespans and older adults remaining active into their 80s and 90s, retirement in 2019 looks very different than even twenty years ago. Retirement looks different for everyone. For some it means extensive travel, for others it means catching up on books and exercise, and for others it means moving to a warmer climate or closer to family. While retirement is a juncture in your life that allows you the opportunity to step back from the daily grind of full-time employment and raising a family, it is most certainly not a time that you can step back from reality altogether. Humans are social creatures and it is vital that as we age, we remain connected to other people, causes we believe in, and our community. This presentation offers a look into:

- Why "retirement" is being reframed, and what the longevity dividend is.
- The physical and cognitive benefits of remaining socially connected and engaged.
- The vast array of opportunities retiring older adults have at their disposal to connect, learn, give back, get back, and find meaning.

All welcome and this program is free but registration is required by calling 617-730-2767 or email dwaxman@brooklinema.gov. REAP participants especially urged to attend but anyone may participate.

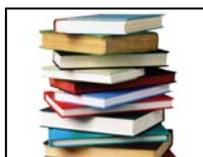
APRIL SPOTLIGHTED VOLUNTEER OPPORTUNITIES



This month's spotlighted opportunities include:
Flower Pickup on Thursday mornings. MUST HAVE CAR; **Tuesday Food Pantry** – strong help in the **morning from 9:00am-1:00pm or afternoon from 1:00-4:00pm**, Food Commodity program on **3rd Wednesday of each month – Russian interpreters needed from 8:30 am-12:00 noon** and people able to help with phone calls and/or lifting 30-35 lbs. in the morning from **9:00 am –noon**, Information Desk backup support, and TRIPPS – data entry and research.

If you would like to apply for these or other volunteer opportunities or have ideas for new opportunities at the Brookline Senior Center, please call Patricia, the Volunteer Coordinator at 617-730-2743 or email her at pburns@brooklinema.gov to make an appointment to talk about things you like to do, your skills and potential volunteer opportunities.

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.

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.

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.

WILL YOU BE THE NEXT ONE TO BE A HARMED BY FRAUD?



Fraud is on the rise, everywhere. Join us on **Monday, May 6 at 1:00pm** to learn what you can do to protect yourself, your estate, and your home. Susana Lannik of Lannik Law will speak on Using Estate Planning documents to prevent financial exploitation, Susan Howards, a courtroom attorney, will speak on Court fraud, domestic violence and restraining order fraud, elder abuse fraud, and cyber security, and Betsy Millane, Realtor, Keller Williams will speak on fraud in Real Estate practices. To register, please call 617-730-2770.

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