

# 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](http://www.brooklinema.gov)  
[www.brooklineseniorcenter.org](http://www.brooklineseniorcenter.org)

**Brookline Community Aging Network**  
[www.BrooklineCAN.org](http://www.BrooklineCAN.org)



**Thursday, May 2 at 1:30 pm**  
Easy Travel (See P. 21).

**Friday, May 3 from 6:00-8:00 pm**  
R & B Dance Party (See P. 16).

**Sunday, May 19 from 1:00-3:00 pm.**  
You and Broadway (See P.7).

**Thursday, May 23 10:00am-1:00pm**  
Nantucket Lightship LV-112 (See P.33)

**Wednesday, May 29 at 1:00 pm**  
Estate Planning (See P. 33).



**MAY 2019**

## **NAVIGATING YOUR HEALTHCARE: TIPS AND TOOLS FOR THE EMPOWERED PATIENT**



Presented by Ailene Gerhardt

**Thursday, May 16, 2019**

Refreshment reception from 6-6:30 pm

Program with Q&A from 6:30-7:30 pm

Navigating today's healthcare system is complex and often overwhelming. Being an empowered patient means knowing the ways to advocate for oneself and loved ones, being comfortable asking questions and becoming knowledgeable about health information, medical conditions, and treatment options. You will leave this talk feeling confident and well informed as you approach current or future health decisions.

During her 17 years as a human services professional advocating for the needs of students, faculty and staff on college campuses, Ailene's mother became gravely ill. Ailene experienced first-hand how draining and challenging navigating the intricacies of the health care system can be while actively supporting a loved one. This experience led her to a career change and her calling as a private patient advocate. Ailene completed her Professional Certificate in Consumer Health Advocacy at the University of Wisconsin's Center for Patient Partnerships in August 2017, founded Beacon Patient Advocates LLC in February 2018 and earned her Patient Advocacy Board Certification credentials in April 2018. This program is sponsored by BrooklineCAN and its founding partners. Program is free, but preregistration is required. To register, please call 617-730-2770 or email [rsvp@brooklinecan.org](mailto:rsvp@brooklinecan.org).

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

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

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

## MAY OBSERVANCES



On **Monday, May 27**, we celebrate Memorial Day and the Senior Center will be closed. May has many other significant days: Cinco de Mayo on Sun-

day, May 5 has become a celebration of Mexican culture and heritage.

Mother's Day is on Sunday,

May 12,

Armed

Forces Day,

on Saturday, May 18 honors

of our armed forces. May is

also National Mental Health

Awareness Month and Lupus

Awareness Month.



## ESTATE PLANNING



Everyone over 18 years of age, especially seniors, should have a basic estate plan consisting of a will, general durable power of attorney and health care

proxy. On **Wednesday, May 29 at 1:00 pm**, Milton Attorney Philip D. Murphy, JD and LL.M. in Taxation, will visit the Brookline Senior Center to discuss how to create these basic legal documents. A simple estate plan can be done for a reasonable cost and is a valuable opportunity for a person to control his or her future with advance planning. Drawing on his extensive experience in estate planning, elder and special needs law, Attorney Murphy will discuss why it is necessary to have certain basic estate plan documents in place and some of the problems that can be avoided with a simple estate plan. This program is generously sponsored by the Massachusetts Bar Association and the Massachusetts Chapter of the National Academy of Elder Law Attorneys. To register, please call 617-730-2770.

## COUNCIL ON AGING MEETING

On **Wednesday May 8 at 1:00 pm** we welcome



**the brookline center**  
for COMMUNITY MENTAL HEALTH

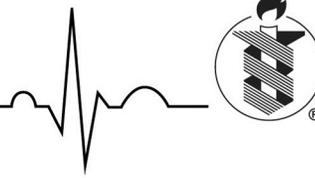
our community partner guest speaker Ian Lang, Executive Director at the Brookline Center for Community Mental Health. We are always welcoming new members. If you are interested, contact Ruthann at [rdbobek@brooklinema.gov](mailto:rdbobek@brooklinema.gov) or 617-730-2756.

## TELLING YOUR STORY ANNUAL READING



Join us at the Senior Center on **Wednesday, May 22 at 10:15 am** for our annual public reading of memoirs by members of the BA&CEP autobiographical writing group, Telling Your Story.

Be prepared to be amused and touched as you listen to these thoughtful, wonderful stories that reaffirm the richness of resources that older writers offer us all. This event is free and open to everyone so bring your friends to this magical event.



**Ask a Nurse** Lynn Schuster, a nurse from Visiting Nurse and Community Care will be at the Center on **Thursday, May 2 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, May 15 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, May 16 from 1:00-2:00pm** at the Senior Center

**Wednesday, May 1 from 2:00-3:00pm**

BPHD building Health Department on Pierce Street.

**Wednesday May 22** Park Street is **cancelled for this month only**

**Brookline Hearing Services** The staff from Brookline Hearing Services will be visiting the Brookline Senior Center on **Thursday, May 16 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.

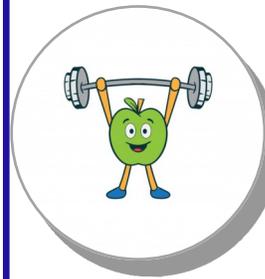
## TRUSTED TRANSPORTATION PARTNER (TTP) (FORMERLY KNOWN AS ICARE)



**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](mailto: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 diabetes and how can I prevent it?



**Answer:** Diabetes is a disease that is caused when sugar and fat that we eat cannot be absorbed and used for energy. Instead the sugar and fat stay in the blood, causing the blood sugar to get high, which leads to possible serious side effects.

There are 2 reasons diabetes occurs. **Type 1 diabetes** usually (although not always) occurs in young people when their pancreas doesn't produce insulin, the hormone needed to absorb carbohydrates, sugar and fat. These people need to replace the insulin that their pancreas isn't making. Today the only form of insulin

is through injections of insulin, although they are working on a pill for the future.

- **Type 2 diabetes** is far more common, affecting millions of people. Most, although not all, people with Type 2 diabetes are overweight. If they can lose weight and exercise, often the diabetes can be greatly improved. Type 2 diabetes can generally be treated with pills, although some people may eventually need insulin.
- **Common risk factors** for diabetes include a family history of diabetes, being overweight, some medications and older age. Eating sugar does not cause diabetes.
- **Common symptoms of diabetes** are being thirsty and urinating frequently. Yeast infections are more common, skin problems can take longer to heal and there can be tingling in the hands and feet (neuropathy). Weight loss and dry mouth are other symptoms.

Diabetes is diagnosed with a fasting blood test to measure your blood glucose (sugar).

An A1C measures your average sugar over the past 3 months. A higher A1c is acceptable in older adults than in children since high blood sugars are more dangerous during development.

To treat diabetes, it is most important to maintain a normal weight and get daily exercise. While insulin is generally needed for Type 1 and pills for Type 2, sometimes a combination of the 2 are needed.

It is also very important for the blood sugar not to get too low. There are more hospitalizations for low blood sugar than high blood sugar. Diabetes is important to treat aggressively because of possible damage to the eyes, kidneys and the development of neuropathy. By keeping a normal weight, eating a good diet and getting daily exercise (walking, dancing, etc), it is possible to prevent or reverse diabetes!

## 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](mailto:maria@trippsmass.org) or 617-730-2644.

**BLAB** A Brookline Legal Assistance Bureau volunteer lawyer will be at the Senior Center on **Wednesday, May 1 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](mailto: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.

## GROUP HAND DRUMMING



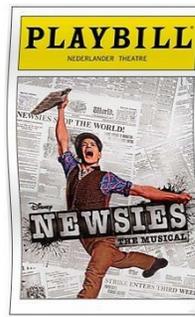
Join us on **Monday, May 20 from 1:00-2:00pm** and get your groove on by playing in a Djembe and hand drumming group that explores your inner beat, specially designed for seniors. Learn rhythms from around the world, improvise, compose and have fun. Led by Tim Kane, a certified drum circle facilitator and drum set instructor. All drums provided, but space is limited to the first 30 registrants. For more information about the program, visit: [kanedrums.com](http://kanedrums.com). To register, please call 617-730-2770.

## HOW CAN DENTAL IMPLANTS IMPROVE THE QUALITY OF LIFE?



Tooth loss is a serious life event that impairs two important functions, namely, eating and speaking, and has significant side effects on different aspects of quality of life. This presentation is aimed to introduce the general idea and positive effect of the dental implant for a better quality of life. Please join us on **Wednesday, May 15 at 11:00 am** for a "Meet & Greet" with Dr. Kim of Coron Dental, as well as an informative Q&A session. We are here to answer all of your dental questions. To register, please call 617-730-2770.

## YOU AND BROADWAY



Dan Marshall, BCCA President and host Howie D. Jordan, present a musical variety show with the Happytime Band at the Brookline Senior Center on **Sunday, May 19 from 1:00-3:00 pm**. Songs include country, pop, rock, show tunes, and oldies. Join Sir Cecil, drummer, Mike Devlin, bass guitarist, and Eddie Pasco, piano player/bandleader, as well as guest singers for a fun afternoon of musical entertainment. Some previous shows can be seen at [youandbroadway.com](http://youandbroadway.com). For more information, please call 617-642-1444. To register, please call 617-730-2770.

## 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 1:00 pm** 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, Betsy Millane, realtor, Keller Williams, will speak on fraud in real estate practices, and Galina Pekurowskaya from the Bulfinch Group will speak on financial fraud. To register, please call 617-730-2770.

## MEMORY CONNECTIONS CAFÉ



On **Wednesday, May 15 from 1:30-3:00 pm**, the Senior Center offers a free monthly Memory Connections Cafe for people with early memory challenges and their care partners to connect with their peers. Both par-

ticipate 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 Chestnut Park at Cleveland Circle.

## 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**

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Contact Jen Grella

617 448 3771

Jennifer.Lynn.Grella@gmail.com



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**For More Information  
please call:  
617-499-5525**

## COA COMMUNITY PARTNER OF 2019



*Brookline Bank Officers  
Peter Roveto, Senior Vice  
president & Director of  
Marketing, & Sasha  
Liang, Manager & Bank  
Officer and Patricia Burns,  
COA Volunteer Coordina-  
tor*

On Wednesday, April 10, the Brookline Senior Center hosted its Annual Volunteer Appreciation Luncheon. Over 100 volunteers attended and enjoyed being served a delicious meal of a variety of Italian dishes by the BSC staff. In addition, each attendee received a small token of appreciation and a plant.

Patricia Burns, Volunteer Coordinator remarked that researchers refer to volunteering as 'the silver bullet, a positive jolt, a giver's high and a great way to live to be 100'. The US Census data applied by CDC reported that states with high volunteer rates have lower incidences of heart disease. Other benefits include: lower mortality rates, less depression, higher rates of self-esteem and happiness, a renewed sense of purpose, and prevention of social isolation. And FANTASTIC NEWS - They also found that these benefits were greatest in older volunteers!

The 2019 John & Molly Dolan Volunteer of the Year Award went to Carol & Phil Fullerton. Tim Sullivan receive the Unsung Hero Award for all the years he has printed the Senior Center Newsletter, and Brookline Bank was awarded the Community Partner Award for stepping forward and generously donating funds to supplement other donations for a new refrigerator needed for our very busy weekly Food Pantry.

## Center Communities of Brookline

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**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](mailto:scarlsen@hrca.harvard.edu)





## GALLERY 93

### LIGHT AND WATER

Paintings by Jean-Pierre Dubreuil

#### Hours:

Monday-Friday

8:30-5:00

May 2

through

June 30

#### Reception with the Artist

Tuesday, May 14

6:00-8:00 pm

Thompson Lake (oil on canvas)

## Thinking about downsizing or selling your home?

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**STEP 2  
WE HELP YOU MOVE.**

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

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YOUR NEW HOME.**

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Leon Gelfand, Founder

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— Gerry C., Newton



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



Alzheimer's Disease Center

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](mailto:pbarrows@goddardhouse.org)**

**WITH VIOLINIST GABRIEL SOLOMON,  
BASSIST RICHEY TALLY & CHAMPION  
ACCORDIONIST CORY PESATURO**

**Thursday, June 20th  
6:30 PM Reception  
7:00 - 8:00 PM Concert**

**At Goddard House  
Assisted Living**



**RSVP to Patti at 617-731-8500**

## 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](mailto: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.

## PHOTOS WITH CASPHER



Join us on **Friday, May 17 at 1:00**

**pm** to see the photography of CaspHer and her friends. The presentation will include a collection of photos done by blind and visually impaired photographers from the Boston area. CaspHer, better known to us as Cassandra Xavier, is also an

assistive technology trainer in our VIBRANT program, but describes herself as an artist first. She is committed to making access to information a positive experience for everyone so stop by and show her some support! Light refreshments will be served. To register, please call 617-730-2770.

### 2019 VOLUNTEER SURVEY ANALYSIS

This year's Volunteer Survey has been tabulated and analyzed. Of the 416 surveys sent out, 123 surveys were completed & returned. Many thanks to those who responded. Please go to our website to see the full results.

<https://www.brooklineseniorcenter.org/>

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[www.chestnuthillerrands.com](http://www.chestnuthillerrands.com)

## TRIPPS MAY PROGRAMS



**Lunch outing for the "T"** Travelers will be Boston Public Market! Join us on **May 13 9:30 am-1:00 pm** we will enjoy all that New England has to offer at the Boston Public Market. 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 Haymarket. Participants will be able to explore the Market (perhaps with an early lunch) and experience a guided tour of the BPM before returning to Brookline via the T. The Van will pick the group up at Washington Square MBTA stop and return us to the Senior Center. Space is limited. Please register by calling 617-730-2644 or stopping by the front desk.

**Thinking of Giving up your car?** Have you given it up recently? Please join us on **Wednesday, May 29 at 1:00 pm** at the Brookline Senior Center for a supportive group discussion on giving up your car. The transition from driving can be a difficult journey for some and easier for others. Everyone is welcome to participate and discuss this process and transportation options beyond driving. The goal for the group is for participants to leave with the resources, information, and support they need to make this transition as smooth as possible. Please register by calling 617-730-2644.



### Getting Around Using Uber & Lyft

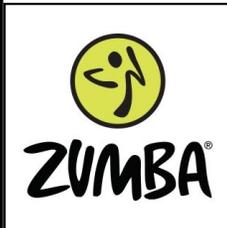
Are you looking for ways to save on transportation costs but go further? We will introduce participants to ride-sharing, answer questions, and even take short trips using Uber and Lyft. You will need to bring your smartphone and your Apple ID or Google password. This is a multi-session class meeting on **May 23 at the Brookline Village Library Conference Room from 10:00-11:30 am and May 30 10:00 am-1:00 pm**. Space is limited. The presenter is Jane Gould, PhD author of "Aging in Suburbia," a book about transportation choices and future mobility. Please register by calling 617-730-2644.

## PALLIATIVE CARE AND HOSPICE CARE

**Hospice Care vs. Palliative Care**

Join Felicia Gonzalez MSN, RN, CHPN, Hebrew SeniorLife Home Health Palliative Nurse, on **Wednesday, May 22 at 1:00 pm** for an informative program on understanding the difference between palliative care and hospice care in the setting of serious illness. Felicia will also be available after the program to answer any specific questions that you may have about Hebrew SeniorLife's home and community based services. Hebrew SeniorLife is a Harvard Medical School-affiliated senior care organization which serves seniors in the greater Boston area. Refreshments will be served. To register, please call 617-730-2770.

## ZUMBA GOLD



Get in shape and have fun with Zumba Gold at the Senior Center! Join Emily Brenner, our Zumba Gold instructor, **on Thursdays, through May 30** from **1:15-2:15 pm**. 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, May 13 from 1:00-2:30 pm**. For more information contact Judy, our uke coordinator at [hearojudy51@yahoo.com](mailto:hearojudy51@yahoo.com).

## Moving? Downsizing?



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617.455.1964

[karen@movemaven.com](mailto:karen@movemaven.com)



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## "SAVE THE DATE" THEATER CLUB



**Sunday, day, June 23, at 2:00 pm**  
**"Mame" Reagle Theatre**

Cost: \$39

Transportation is provided, but space is limited. To register, please call 617-730-2777. Payment can be made via cash or check. Please make checks payable to the Brookline Senior Center.

## 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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## WHAT TO DO WHEN YOU OR A LOVED ONE IS HOSPITALIZED

Join staff from Sherrill House, a preferred site for rehabilitation, on **Thursday, May 9 from 1:00-2:00 pm** for a presentation on navigating a hospital stay and anticipating short-term rehabilitation care. There will also be time for questions following the presentation. To register, please call 617-730-2770.

## BROOKLINE MUSIC SCHOOL CONCERT

**BROOKLINE  
MUSIC  
SCHOOL**  
EST 1924

Join us on **Wednesday, May 1 at 1:00 pm** for a performance by Abigale Reisman, violin & voice, and Valerie Thompson, cello & voice. The string and vocal duo of Reisman & Thompson features an eclectic blend of well-loved folk, jazz, klezmer and classical favorites as well as original compositions. Conservatory trained and brought together by their love of improvisation, sonic exploration, and a good cup of tea, this duo creates a joy-filled approach to music, new and familiar, that leaves audiences tapping their toes and smiling along with Abigale and Valerie.

## FROM THE DIRECTOR

As Mother's Day approaches, I think fondly of the special women in my life – such as my late grandmother, Bernice Dobek, who was my inspiration for becoming a geriatric social worker. She lived downstairs, and often took care of me when my parents worked. I cherish some of my earliest memories of her; being in her garden, her holding me close, and sharing her fragrant lilacs. She was a true role model for aging-in-community.



In honor of Mother's Day, I am making a donation to the Brookline Senior Center in memory of my grandmother; in honor of my wonderful mother, Patricia Dobek who is a generous benefactor of the Brookline Senior Center and in memory of my dear mother-in-law, Gladys Boghosian, who was a fan of the Brookline Senior Center. Is there someone in your life that you'd like to honor? This is a wonderful time to do so. Please make a donation in honor of or in memory of the special women in your life.

The Senior Center is hosting a treasure trove of fabulous events in May. The theme for 2019 Older Americans Month particularly embodies the spirit of the Brookline Council on Aging: Connect, Create and Contribute. I urge you to attend one of our special events that interest you and invite a friend as well. You can't go wrong by attending the Senior Center activities.

May is also the time to say goodbye to our excellent students-Laci, Lily, and Cherchaela. They all contributed much to our community and we wish them well in their future careers.

Again, Happy Mothers' Day! This is the 114th year we celebrate Mother's Day. Our celebration will be a Springwell brunch on Thursday, May 10. For those of you who are mothers, a special thank you for all the hard work and love and sacrifice you make for your families and for everyone else. Sons and daughters, honor your mothers by doing something kind for someone this month.

*Ruthann Dobek-Director*

## R&B DANCE PARTY

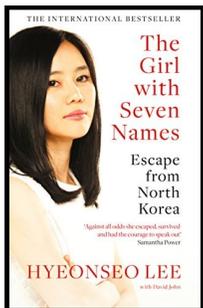


Join us on **Friday, May 3 from 6:00-8:00 pm** as we welcome, DJ John Clark, who will spin some R&B songs for our dancing delight. You may recognize John's name as he has also done some music history presentations at the Center in the past. If we're lucky, he might even throw a few interesting musical facts our way in between songs! Light refreshments will be served. This event is co-sponsored by Center Communities of Brookline and the Brookline Senior Center. Registration is required. Residents of Center Communities of Brookline can

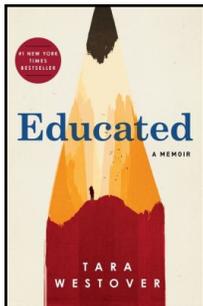
sign up at their buildings, 100 and 112 Centre St. and 1550 Beacon St. All others can register: 617-730-2770.

## 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, May 20** *The Girl with Seven Names: A North Korean defector's story*  
By Lee Hyeon-seo

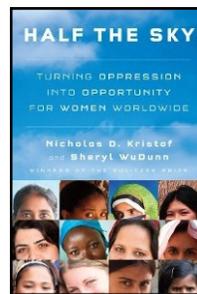


**Monday, June 17** *Educated* by Tara Westover.

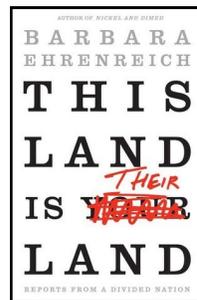
## PUBLIC ISSUES NONFICTION BOOK DISCUSSION GROUP

*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, 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)



**Tuesday, June 25** *This Land Is Their Land: Reports from a Divided Nation* by Barbara Ehrenreich (Metropolitan Books | Henry Holt & Co., Inc.)

## FROM THE BOARD PRESIDENT

May is such a special month at the Brookline Senior Center. Spring is in full bloom. We have some of the most comfortable and beautiful days and nights. And we honor the women in our lives. May is a great month to honor our mothers, grandmothers, and the other women (and men) who made a difference in our lives. Consider making a gift to the Senior Center in their memory.

If you would like to create a tribute gift contact Ruthann Dobek at [rdobek@brooklinema.gov](mailto:rdobek@brooklinema.gov) or 617-730-2756. Families such as Marie Lavine's daughters and Corinne Long's family and Vivian Freeman's family have already ensured that their mothers are honored on an annual basis with their special gift.

*I, the board, and the entire Senior Center family thank you!*  
Betsy Pollock, President, Senior Center Board



2019  
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- Evaluation Process
- Human Service Associate Direct Care
- Our Commitment to the LGBTQ Community

### 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.

### 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.

### THRIFTY THREADS

210 Harvard Street, Brookline Ma.

**Hours: Fridays from 1:00-4:00pm**  
**Saturdays from 11:00 to 3:00pm**

Come find men's and women's clothing and housewares.

Proceeds benefit the emergency fund for people in our community



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

### OLDER AMERICANS MONTH 2019

Every May, the Administration for Community Living leads our nation’s observance of Older Americans Month. The 2019 theme is *Connect, Create, Contribute*, which encourages older adults and their communities to:

- Connect with friends, family, and services that support participation.
- Create by engaging in activities that promote learning, health, and personal enrichment.
- Contribute time, talent, and life experience to benefit others.

Communities that encourage the contributions of older adults are stronger! By engaging and supporting all community members, we recognize that older adults play a key role in the vitality of our neighborhoods, networks, and lives.

### EASY TRAVEL



"Adventure not Dementia" was the slogan across the Tasmanian youth hostel door when Chris McArdle, along with her husband and her daughter, escaped

Boston in February to explore the Australian island of Tasmania. They landed on a summer Monday morning just as Boston celebrated the Super Bowl results on a winter Sunday evening. Join us on **Thursday, May 2 at 1:30 pm** as she shares her adventures, photos and Tim Tams.

## 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.**

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.** 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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- Current Circle Resident

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[WaterstoneAtTheCircle.com](http://WaterstoneAtTheCircle.com)

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## MAY 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, May 21** we celebrate May birthdays at the monthly Birthday Lunch. The sponsor of this lunch has happily provided a complimentary lunch and a small gift to all May 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

**ITALIAN**  
**Bertucci's**  
**RESTAURANT**

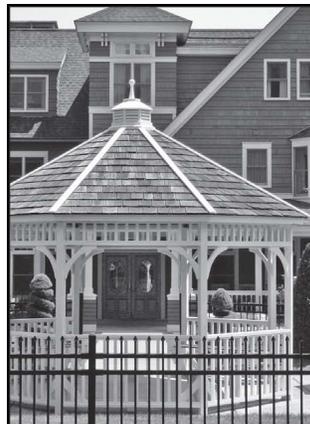
Out to Lunch Bunch will dine on **Tuesday, May 28** at Bertucci's at 683 VFW Parkway, Chestnut Hill. The Van will leave the Senior Center at 11:30 am sharp! For reservations and transportation, please call 617-730-2770.

## TRAIN WITH SHAIN

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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.*

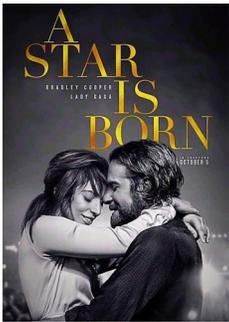
**Brookline Senior Center  
Preferred Site!**

Call 617-735-1775 to speak with Admissions.  
To learn more, visit [www.SherrillHouse.org](http://www.SherrillHouse.org).

135 S. Huntington Avenue • Boston, MA 02130

## MOVIES FOR FILM LOVERS

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



**Tuesday, May 7**  
**A Star is Born (2018)**

2hr. 16min.

A musician helps a young singer find fame as age and alcoholism send his own career into a downward spiral.

Stars: Lady Gaga, Bradley

Cooper, Sam Elliott

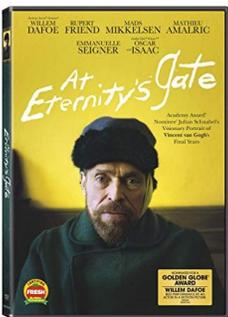


**Tuesday, May 21**  
**Green Book (2018)**

2hr.10min.

A working-class Italian-American bouncer becomes the driver of an African-American classical pianist on a tour of venues through the 1960s

American South.



**Tuesday, May 14**  
**At Eternity's Gate (2018)**

1hr. 51 min.

At Eternity's Gate is a journey inside the world and mind of a person who, despite skepticism, ridicule and illness, created some of the world's most

beloved and stunning works of art. This is not a forensic biography, but rather scenes based on Vincent van Gogh's letters, common agreement about events in his life that present as facts, hearsay, and moments that are just plain invented



**Tuesday, May 28**  
**First Man (2018)**

1hr. 48min

First Man, the riveting story of NASA's mission to land a man on the moon, focusing on Neil Armstrong and the years 1961-1969. A visceral, first-person account, based on the book by

James R. Hansen, the movie will explore the sacrifices and the cost on Armstrong and on the nation of one of the most dangerous missions in history.

**-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.

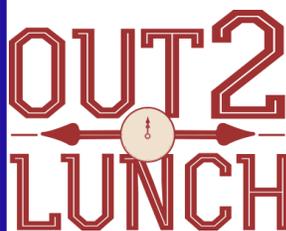


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617-552-6949 or e-mail [canlab@bc.edu](mailto:canlab@bc.edu).

## 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 May we will meet on the 18th 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](mailto:meals@ethocare.org) or 617-522-6700 ext. 306

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— Mary Lou P., Client



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

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## MAY AT A GLANCE

### **Wednesday May 1**

9:00am-12:00noon BLAB Brookline Legal Assistance Bureau

1:00pm Brookline Music School

2:00-3:00pm Blood Pressure Screening BPHD building Health Department on Pierce Street\*

### **Thursday, May 2**

11:00am Ask A Nurse

1:15-2:15 Zumba Gold

1:30pm Easy Travel

### **Friday, May 3**

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

### **Monday, May 6**

1:00pm Fraud Presentation \*\*\*

### **Tuesday, May 7**

1:00pm Movies for Film Lovers-A Star is Born

### **Wednesday, May 8**

1:00pm COA Meeting

### **Thursday, May 9**

10:00-11:30am TRIPPS Uber/Lyft Classes

1:00pm Sherrill House Presentation\*\*\*

1:15-2:15 Zumba Gold

### **Monday, May 13**

**9:30am-1:00pm TRIPPS PUBLIV MARKET OUTING \*\*\***

1:00pm Ukulele Group

### **Tuesday, May 14**

1:00pm Movies for Film Lovers-At Eternity's Gate

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

### **Wednesday, May 15**

11:00am-12:00noon Dental Implants presentation\*\*\*

1:00pm Low Vision Support Group

1:30pm Memory Café \*\*\*

### **Thursday, May 16**

1:00-2:00pm Blood Pressure Screening at the Senior Center

1:00-2:00pm Brookline Hearing Service

1:15-2:15 Zumba Gold

6:00-8:00pm BrooklineCan Ailene Gerhardt\*\*\*

### **Friday, May 17**

1:00pm Photos with CaspHer Program\*\*\*

### **Saturday, May 18**

Out to Lunch Brunch Bunch\*\*\*/\*

### **Sunday, May 19**

1:00-3:00pm Broadway and You\*\*\*

### **Monday, May 20**

1:00pm Drum Circle\*\*\*

2:00-3:00pm Putterham Book Group-The Girl with Seven Names: A North Korean defector's story\*

### **Tuesday, May 21**

1:00pm Movies for Film Lovers-Green Book

### **Wednesday, May 22**

10:15am Telling Your Story Annual Reading

1:00pm Hospice and Palliative Care \*\*\*

### **Thursday, May 23**

10:00am Nantucket Lightship Tours \*\*\*

10:00-1:00 Nantucket Lightship LV-112\*\*\*

1:00pm Personal Computer Security, Integrity, and Recovery Alan Shepro\*\*\*

1:15-2:15 Zumba Gold

### **Monday, May 27**

**Memorial Day Senior Center Closed**

### **Tuesday, May 28**

9:00am Public Issues Non Fiction Book Group-Half The Sky

12:00 noon Out to Lunch Bunch to Bertucci's \*\*\*

1:00pm Movies for Film Lovers-First Man

### **Wednesday, May 29**

1:00pm Basic Estate Planning\*\*\*

1:00pm Thinking of Giving Up Your Car? \*\*\*

### **Thursday, May 30**

1:15-2:15 Zumba Gold

**-SAVE THE DATE-**

**Monday, June 3 from 1:00-4:00 pm. Shredding Event (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

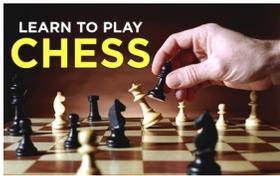
8:30 am-4:30 pm Fitness Center Open-  
membership required  
9:00 am Bridge for experienced players  
9:00 am Rummikub  
10:30 am Current Events Discussion Group  
10:30 am Senior Chorus  
12:00 noon Springwell Lunch \*\*\*  
1:00-2:30 pm Basic Computer Class in  
Spanish \*\*\*  
1:00-2:00pm Bootcamp 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](http://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](mailto: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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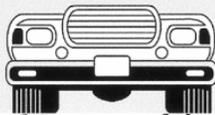
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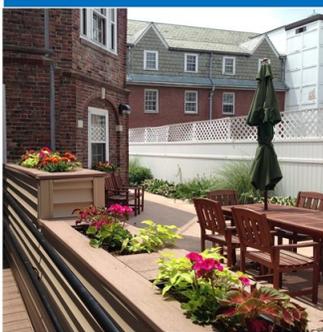
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Michelle Quinn  
Susanna Stiefel  
Kim Sullivan

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- We believe only you know what's best for you. Our role is to support you.
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- 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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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

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Art and Anna Maranci honoring Sybil  
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### *In Honor of Continued:*

Ruthann Dobek honoring Mother's Day  
Muriel Stark honoring the AARP Tax  
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Patty Sullivan  
Doreen Vittori

### *In Memory of:*

Ponnie Katz by Colleen  
Doreen Gordon by Yolanda Rodriguez

### *In Memory of Nancy Johnson*

by: Charlotte Millman

## TOUR OF THE NANTUCKET LIGHTSHIP



If you have enjoyed our recent exhibit about the Nantucket Lightship LV-112, a former commissioned U.S. Coast Guard floating

lighthouse (1936-75), National Historic Landmark and National Treasure, then you will not want to miss our van trip to tour the lightship on **Thursday, May 23, from 10 am to approximately 1:00 pm.**

Nantucket Shoals Lightship Station was the most remote offshore 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.

**It is important to note that the Lightship is not handicapped accessible.** In order to fully experience the tour, you must be able to climb 10 steep stairs (handrails are available) and stand for extended periods of time. Please also be sure to wear soft soled/non skid footwear with no open toes. Feel free to bring along snacks and/or a bagged lunch to enjoy on the ship as lunch will not be provided. Cost for the tour is \$10 per person and must be paid at the time of registration. Space is limited so call 617-730-2777 to register.

## “GARDENING TOGETHER” JOIN OTHER THRIVING WOMEN TO



LEARN essentials of vegetable and flower gardening!

- **PLAN AND PLANT** our two community gardens (Webster Street and Lawton Garden)!
  - **ENJOY** the growing community of women gardeners over the summer!
  - **SHARE** the delicious food we grow together!
- GARDENING RULES!**

First Meetings: **Fridays at 9, April 26, May 17, and 24** at the Brookline Community Foundation Conference Room 40 Webster Place.

For further information and to sign up, contact Misti Jaynes, Thriving Community Liaison, [mistijaynes68@gmail.com](mailto:mistijaynes68@gmail.com), (857) 247-6253

**This activity is supported by a grant from the Brookline Community Foundation.**

## PERSONAL COMPUTER SECURITY, INTEGRITY, AND RECOVERY

You're experiencing problems with your computer, problems that you just can't fully resolve. Join Alan Shepro, Senior Center volunteer and recently retired career IT customer service specialist, **on Thursday, May 23 at 1:00 pm** to talk about what you can do and what you need to know to get your computer back to the way it was when you first bought it. This will not be a technical talk, but rather a discussion on how to avoid things going wrong. To register, please call 617-730-2770.

## 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.

## MAY SPOTLIGHTED VOLUNTEER OPPORTUNITIES



This month's spotlighted opportunities include: URGENT!!! Flower Pickup – Thursday mornings MUST HAVE

CAR; Information Desk – Tuesdays 1-3; Tuesday Food Pantry – strong help in the morning 9-1 or afternoon (1-4); Food Commodity program on 3rd Wednesday of each month – Russian interpreters mornings from 8:30-12 and people able to help with phone calls and/or lifting 30-35 lbs. in the morning from 9-noon; TRIPPS – people interested in helping with transportation issues. If you would like to apply for these or other volunteer opportunities or have ideas for new opportunities at the BSC, please call Patricia, the Volunteer Coordinator email [pburns@brooklinema.gov](mailto:pburns@brooklinema.gov) or call 617-730-2743 to make an appointment to talk about things you like to do, your skills and potential volunteer opportunities.

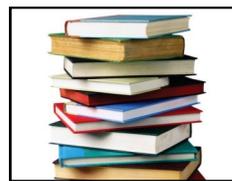
### STOP & SHOP COMMUNITY BAG PROGRAM



We have some great news! The Brookline Council on Aging has been chosen by the Stop & Shop located at 155 Harvard Street as the latest non-profit to benefit from the **Communi-**

**ty Bag Program. This means that for the entire month of May, for every community bag you purchase, at a cost of \$2.50, the Council on Aging will receive a \$1 donation.** Thank you for your support! For more information on the Stop & Shop Community Bag Program, visit [stopandshop.bags4mycause.com](http://stopandshop.bags4mycause.com).

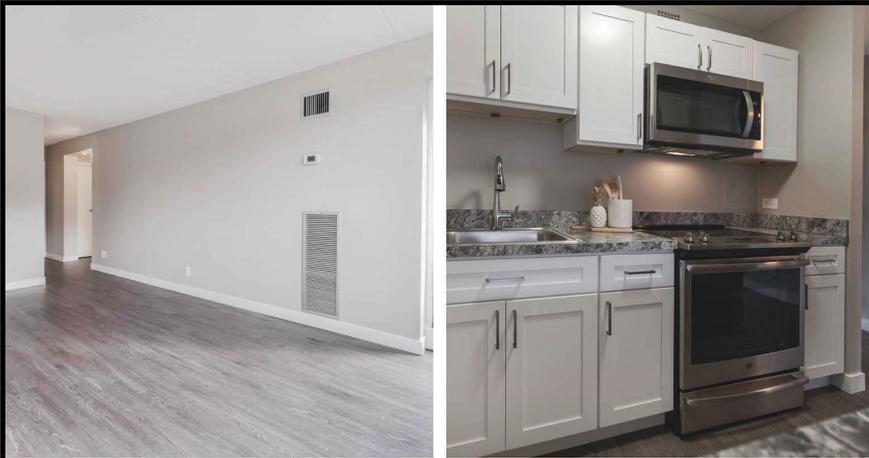
### LIBRARY CONNECTION



#### 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 receiving this service, contact Volunteer Coordinator Patricia Burns at the Council on Aging 617-730-2743.



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- **New!** Package and mail room
- **New!** Dog agility run
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