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
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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

NOVEMBER 2019

HOLIDAY CRAFT FAIR

Once again we are inviting everyone to come to our 35th Annual Holiday Craft Fair at the Senior Center on **Friday, November 15 from 10:00 am to 3:00 pm and Saturday, November 16 from 11:00 am to 2:00 pm.** Shop for holiday gifts for yourself, family, and friends. There will be knit goods, handmade jewelry, photography, handmade cards, a flea market extravaganza, bake sale items, raffles, and fun. Don't miss this fair - come on both days and enjoy! Proceeds to benefit the programs and services of the Brookline Senior Center, with a special donation to World Central Kitchen. We hope to see you there!

Tuesday, November 12 from 6:00-7:00 pm Like Falling Through a Cloud by Eugenia Zugenia
(See Page 13)

Sunday, November 3

PARTY OF THE CENTURY

On Tuesday, October 15 , we were thrilled to honor over a dozen people 99 years or older. We also celebrated Agnes Rogers, longtime champion of the Brookline Senior Center, whose 100th birthday was on October 15. In addition, certificates will be sent to another 10 centenarians who were unable to attend.

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

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

NOVEMBER OBSERVANCES

The Senior Center will be closed on Veteran's Day Monday, November 11, to celebrate our Veterans for keeping America safe and on Thursday November 28, for Thanksgiving Day. However, we will be open on Friday, November 29 from 8:30 am to 5:00 pm as usual. November represents the transition from the autumn harvest season to that of winter. The month of November is known as Alzheimer's Awareness Month. President Ronald Reagan made that designation in 1983 and it is something that is still recognized today.

Some days we celebrate include November 10 World Science Day for Peace and Development, November 11 National Education Day, November 12 World Pneumonia Day and November 13 World Kindness Day.

REAL ESTATE TAX EXEMPTION

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

A CONVERSATION WITH MICHAEL DUKAKIS

Health Care, Politics and the 2020 Presidential Election

On **Monday, November 25 at 7:00pm**, the Friends of Brookline Public Health invite the Brookline community to "A Conversation with Michael Dukakis: Health Care, Politics and the 2020 Presidential Election" at the Brookline Senior Center. Brookline residents Carey Goldberg, WBUR's Health, Medicine and Science reporter; and Raul Fernandez, Select Board Member and Boston University Wheelock College of Education & Human Development Associate Dean for Equity, Diversity & Inclusion, will conduct the interview. Dr. Swannie Jett, Director of Health and Human Services, will serve as moderator.

Former Governor Michael Dukakis has a wealth of knowledge, insight and practicality about both health care policy and electoral politics. While Governor of Massachusetts, Governor Dukakis signed into law the nation's first legislation providing basic health insurance for all residents of the Commonwealth. In 1998, Governor Dukakis was the Democratic candidate for President of the United States, providing him a first-hand view of electoral campaigns around the country. Governor Dukakis's thoughts, experience and wisdom will prove invaluable as the 2020 elections get into full swing. This program is free and open to the public. For further information, 617-730-2300 or email: lkarsten@brooklinema.gov

Beth Israel Lahey Health
Beth Israel Deaconess Medical Center

Ask a Nurse Lynn Schuster, RN, BSN, CDP, Clinical Nurse Liaison, Hebrew Senior Life Home and Community Based Services, will return to the Center on **Thursday, November 7 at 11:00 am.**

Low Vision Group This peer-led support group for individuals with limited eyesight is on **Wednesday, November 20 at 1:00pm.**

Blood Pressure Screening Barbara Westley, the nurse from the Brookline Public Health Department (BPHD), will provide blood pressure screening at the following locations: **Thursday, November 21 from 1:00-2:00 pm.** at the Senior Center and on **Wednesday, November 6 1:00 from 2:00-3:00 pm** BPHD building Health Department on Pierce Street.

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

Podiatry Clinic Update
PLEASE NOTE: Dr. McLoughlin is changing his days and hours Beginning in **January 2020,** Dr. McLoughlin will ONLY be here on the first and third THURSDAY of each month from 9:00-11:30 am. Appointments are 15 minutes and the cost is $40. Dr. McLoughlin provides ROUTINE foot care only (nail and callus trimming). To inquire about appointments, please call 617-730-2777. **Dr. McLoughlin does not offer second opinions**.

TRUSTED TRANSPORTATION PARTNER

TTP: Trusted Transportation Partner 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 BUSINESS WEEK before your scheduled appointment, as a home visit to sign up for the HELP program is required to access this sub-program.

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

The Health Page is sponsored by Beth Israel Deaconess Medical Center

Affiliated with Joslin Clinic

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

Official hospital of the Boston Red Sox

ASK A GERIATRICIAN

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

Question: What kind of vaccine should I get and when should I get it?

Answer: As people get older, our immune system gets weaker, making it easier to catch certain diseases. Vaccines can help prevent diseases that can be very dangerous by helping the body develop immunity to these diseases and fight them in the future.

There are 5 vaccinations which are recommended for adults older than 65:

- INFLUENZA ("The Flu"). You need a dose every fall.
- PNEUMONIA 23 and the newer PREVNAR 13
- TETANUS, DIPTHERIA and PERTUSSIS (whooping cough) also called DTaP. After getting the DTaP, you need a Td booster shot every 10 years.
- SHINGRIX – the updated shingles vaccine for adults older than 60

INFLUENZA (FLU) viruses are very clever about changing every year to keep from being killed by the vaccine, so every year the scientists try to outsmart the flu virus by changing the vaccine. Some years they are more successful than others. For the 2019-2020 flu seasons, there is a new flu vaccine specifically made for people over the age of 65 called FLUAD. It has an extra ingredient added to the vaccine that helps create a stronger immune response to vaccination. It is made with eggs, so it should not be given to someone with a true egg allergy. More studies are showing that the flu vaccine may still be safe for people who don't have really severe egg allergies.

There have also not been studies yet showing that FLUAD is more effective than the current high dose flu vaccine Fluzone, also for people over age 65. These high dose flu vaccines were developed specifically for older people because most flu-related hospitalizations and deaths were in older people, since our immune systems get weaker as we age.

Some studies have shown that both of these are more effective than the standard flu shot in preventing the flu, but the CDC has not expressed a preference for any flu vaccine indicated for people 65 and older. CDC recommends ANY flu vaccination as the most important step in protecting against the flu. The flu vaccines are safe-you cannot catch the flu from the vaccine. However, you may have some side effects, such as pain, redness at the injection site, headache, muscle aches, and fatigue.

Flu season usually lasts from around December through the spring. It takes 2 weeks to build up strong immunity after getting the flu shot, and after that, the immunity starts to weaken. So it is better to wait until end of October into November to get the vaccine. However, it is never too late to get the vaccine!

PNEUMONIA There are now 2 PNEUMONIA vaccines that people older than 65 should get. Each vaccine helps prevent pneumonia caused by different types of pneumonia. The older Pneumovax 23 has been shown to be effective in preventing pneumonia caused by those 23 particular variations of the pneumonia bacteria. More recently, in 2011, a new pneumonia vaccine called Prevnar 13 was released to help prevent 13 additional types of pneumonia.

Continued on page #8

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 $62,450 and a couple's annual income cannot exceed $71,400. 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, Steve Maas 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, November 6 from 9:00 am-12:00 pm** to consult on legal matters. ***This service is offered for Brookline residents 60 and older 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:dwaxman@brooklinema.gov

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

HEALTH PLAN OPTIONS FOR PEOPLE WITH MEDICARE

Already have Medicare, but wonder if you have the right coverage? Medicare can be confusing and this seminar seeks to explain your health insurance options, including the rules for Medicare, so you can be confident you've made the right choices.

Join us on **Monday, November 25 at 1:00 pm,** as Sue Flanagan, a Blue Cross and Blue Shield of Massachusetts representative, presents a brief overview of Medicare (Parts A, B, and C), the Medicare enrollment timeline, Medigap plans that help supplement Medicare coverage, Medicare Advantage plans (HMOs and PPOs), and Medicare Part D prescription drug plans.

This program is NOT just for Blue Cross/ Blue Shield enrollees. All are welcome regardless of insurance coverage. To register, please call 617-730-2770.

BROOKLINE SENIOR CENTER ALZHEIMER'S WALK

Co-Captains Patricia Burns & Clara Chin, Jean Doherty, Michal Gasco, Susan Guiradet, Barbara Kean, Sherry Lee, Fran Pechenick, Yolanda Rodriguez, Isabelle Thompson, Mikaela Thompson, Monique Burns Thompson, and Phyllis Young 'WALKED THE WALK' ON SUNDAY THE 22ND . IT WAS A GLORIOUS SUNSHINY DAY!

To Date $3,890 Raised by the BSC Team!! Thanks to ALL Who Donated! There is still time to donate and help us match the $4,300 that we raised last year!

BROOKLINE MUSIC SCHOOL

Join us on **Wednesday, November 6 at 1:00 pm** as we welcome back acoustic duo, Jessica Teal, Fiddle, and Scott Pittman, Guitar, who will play a mix of old-time Americana covers and originals featuring everything from classic love songs to love songs about trains, coffee & bikes. Scott Pittman & Jessica Teal are Brookline Music School colleagues and neighbors who enjoy rehearsing on porches. We hope to see you there!

MASS COLLEGE OF PHARMACY WORKSHOPS

The students from the Mass College of Pharmacy and Health Sciences will be back at the Senior Center on **Wednesday, November 20 at 1:00 pm** to discuss diabetes. We hope to see you there with your questions, but space is limited. To register, please call 617-730-2770.

CONTINUED FROM PAGE #5

Question: What kind of vaccine should I get and when should I get it?

People over 65 should get both pneumonia vaccines, but not at the same time. It is better to wait a year between vaccines. If you have not had any pneumonia vaccine, start with the Prevnar 13, then wait 1 year to get the Pneumovax 23. Each vaccine should be effective for a lifetime, so you do not need to repeat them.

TDAP The TDAP protects against tetanus, diphtheria and pertussis ("whooping cough"). This should be gotten every 10 years. Pertussis is carried by many children, so anyone who spends time around children should get it.

SHINGLES The new shingles vaccine, called Shingrix, is now available at your local pharmacy. It is far more effective than the first shingles vaccine, nearly 90% effective! It is 2 injections 2 to 6 months apart. Some people have side effects, such as a sore arm or feeling a little achy or feverish, but these are temporary. You can get the new vaccine even if you have had shingles or the old shingles vaccine. They are still testing to see if people on chemotherapy or who have suppressed immune systems can take it.

Vaccines, like medications, can cause side effects. Most of these side effects are mild and improve in a few days, whereas the diseases that the vaccines are made to prevent can be deadly. If you are sick with a cold or are taking steroids, it may be best to wait awhile before getting a vaccine.

It is important to keep a record of your immunizations, since people often get different vaccines

THEATRE CLUB

"MAMA MIA" AND LUNCH! COST: $39 (FOR SHOW AND LUNCH)

Join us for a special Lunch-Theatre Combo Package on **Wednesday, November 20 from approximately 10:30 am-4:00 pm.** The Norwood Theatre will arrange for us to have a meal at a local Norwood restaurant that includes a chicken dish, potatoes or rice, a small salad, vegetable, and a dessert before the show from 11:30 am-12:30 pm. We will them head over to the Theatre for a 1:15 pm performance of "Mama Mia!" (show runs approximately 2.5 hours including intermission). "Mama Mia!" tells the hilarious story of a young woman's search for her birth father. On the eve of her wedding, a daughter's quest to discover the identity of her father brings three men from her mother's past back to the Greek island paradise they last visited 20 years ago. The storytelling magic of ABBA's timeless songs propels this enchanting tale of love, laughter and friendship, creating an unforgettable show.

Transportation is provided, but space is limited. We will plan to **leave the Senior Center at 10:30 am sharp.** To register, please call 617-730-2777. Payment can be made via cash or check. Please make checks payable to the Brookline Senior Center.

Brookline Senior Center

35th ANNUAL HOLIDAY CRAFT FAIR

93 Winchester Street Brookline, MA 02446

Crafts

Holiday Gifts

Flea Market

Extravaganza

Children's Items

Baked Goods

Raffles

and more!

FRIDAY, NOVEMBER 15, 10am-3pm
SATURDAY, NOVEMBER 16, 11am-2pm

Proceeds to benefit the programs and services of the Brookline Senior Center, with a special donation to World Central Kitchen

93 Winchester Street, Brookline MA 02446 617-730-2770

VIBRANT ASSISTIVE TECHNOLOGY PROGRAM

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

VIBRANT is assistive technology guidance that empowers you. If you are losing your vision, we provide applied instruction on current technologies to help you accomplish your everyday goals. This specialized assistive technology training can help with reading, walking, personal finance, and more. Anyone with low vision or blindness is welcome, as well as those interested in how we are serving the spectrum of vision loss.

If you are interested, call Rachel Castle at 617-608-4150, Jerry Feliz at 857-443-6636, email ATCenter@mabcommunity.org, or stop by the Senior Center computer lab on Wednesday and Thursday afternoons. We look forward to working with you soon.

TUESDAY MORNING DANCE PARTY

Lynn Modell will lead our Tuesday morning Dance Party every **Tuesday from 11:00am t**o **11:45am f**or fun ad dancing so we hope that you'll plan to join us. Suggested donation is $2 per class.

EASY TRAVEL

Join us on **Thursday, November 7 at 1:30 pm** as Jamie Jensen shares her recent trip to San Francisco for a family wedding.

DEATH CAFÉ

EAT CAKE. DRINK TEA. DISCUSS DEATH.

Join us for the Brookline Senior Center's first Death Café on **Thursday, November 7 from 5:30-7:00 pm!** Death Cafés are a place for people of all ages to socialize, eat, and drink while talking about death and dying - with no agenda, advertising, objectives, or themes. The only goal of a Death Café is to increase our awareness of death, so we can make the most of our (finite) lives. Registration is not required.

For more information call Kate Jovin, LCSW (617-730-2751) or Michael Allen, LCSW (617-730-2754). For general information about Death Café, visit deathcafe.com/what/

MEMORY CONNECTIONS CAFE

On Wednesday, November 20 from 1:30-3:00 pm, the Senior Center offers a free monthly Memory Connections Cafe for people with early memory challenges and their care partners to connect with their peers. Both participate in socialization and can partake in refreshments and a variety of enjoyable programming in order to gain support and engage with others in a relaxing environment. Either party can attend by themselves, but a care partner must accompany those who require any care assistance. Please call Jamie at 617-730-2753 for information and to RSVP. This month's Cafe is co-sponsored by Rogerson House.

CAPTION CALL

Join us on **Friday, November 8 at 1:00 pm,** as Peter Johnson, Caption Call Account Manager for Massachusetts and Maine, will demonstrate the current CaptionCall products: the Captioning telephone for home and workplace use, the Ipad app for captioning on the go, as well as new Iphone and Android cell phone apps set to debut in the next few months. Under the American with Disabilities Act of 1990, CaptionCall, an FCC-authorized captioned telephone service provider, provides a NO COST captioning/amplified telephone for those who are hard of hearing. Peter will also provide the required certification form for your healthcare professional (General MD, Audiologist, Nurse Practitioner, etc.) to sign to certify that you are eligible to receive the CaptionCall products at no cost. Space is limited so please call 617-730-2770 to register.

COUNCIL ON AGING MEETING

Join us for the Council on Aging meeting on **Wednesday, November 13 at 1:00 pm**, as we welcome Gayle M. Bellotti, Senior Programs Coordinator for Norfolk County DA Michael Morrissey's Office, she will discuss what you need to know about the US Government vs. Equifax settlement, whether you were impacted and how you can file a claim before the January 2020 deadline. DA Morrissey's Office is a wonderful community resource and they also sponsor our annual shredding truck event.
We are always welcoming new members. If you are interested, please contact Ruthann at e-mail her rdobek@brooklinema.gov. or 617-730-2756.

-SAVE THE DATE-

LOSS AND GRIEF SUPPORT GROUP

Join us on ***Tuesday afternoons in December.*** We will offer a support group for those who are coping with loss, grief, or a significant life event. The group is open to all Brookline and surrounding community residents over the age of 60 who wish to share their experience with others. There is no fee required for this group. For more information, contact: Michael Allen, LCSW at 617-730-2754 or mallen@brooklinema.gov.

CARE PROGRAM

The Brookline Council on Aging is pleased to announce that we will be able to provide Brookline families free respite/companionship through our CARE Program (Caregiver Assistance Relief Effort). The CARE Program operates under the auspices of the existing HELP Program, which is the Town's Home Care Program. The CARE Program aids Brookline caregivers who need a break from caring for an older adult family member. Respite/Companionship does not include personal care, such as dressing and bathing or medication administration. This service allows caregivers to have time for themselves, while leaving family members in the care of trained home care workers. For more information or to participate, please call HELP Program Staff at 617--2752. Thanks to State Senator Cynthia Stone Creem and the Executive Office of Elder Affairs for their grant that supports this program.

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 December 12 from 1:15-2:15 pm**. **Note: no class on November 28** due to Thanksgiving, 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!

STEPHEN COLLINS

Short stories of Nathaniel Hawthorne

Join us for a six week seminar examining some of the short stories of Nathaniel Hawthorne (1804-1864). He was part of what was considered The American Renaissance of the 1850s which ushered in the work of Emerson, Thoreau, and Whitman. We will look closely at four of his short stories: "Young Goodman Brown," "The Minister's Black Veil," "The Birthmark," and "Wakefield." The first class will be a biographical sketch of the man and his times. **Classes will meet on Fridays, November 15-December 20 from 1:00-2:00 pm.** Cost for class is $35. Space is limited, but we do require a minimum of 10 participants in order for this course to carry. Please call 617-730-2777 to register.

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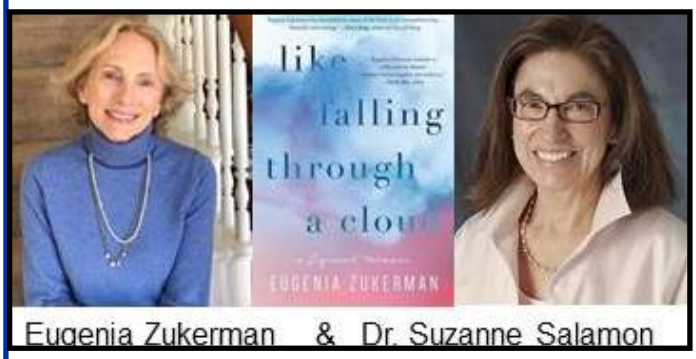
Brookline Community Aging Network – BrooklineCAN – is an all-volunteer organization that focuses on Brookline as a great place to live. It provides information for older residents that helps them remain engaged in the life of the community and advocates to make Brookline an even better place to live for seniors and everyone. For information and to join, visit BrooklineCAN.org

LIKE FALLING THROUGH A CLOUD

EUGENIA ZUCKERMAN



Eugenia Zukerman & Dr. Suzanne Salamon

Internationally renowned flutist and writer Eugenia Zuckerman will join us at the Senior Center on **Tuesday, November 12 from 6:00-7:30** pm to present Like Falling Through a Cloud, her memoir of handling her diagnosis of cognitive impairment. Dr. Suzanne Salamon, Chief Associate of Clinical Geriatrics at Beth Israel Deaconess Medical Center, will moderate the presentation. Hailed by the Boston Globe as "an international triple threat...a published novelist, a television commentator and most impressively, one of the finest flutists of our time," Eugenia Zuckerman worked hard to juggle it all - performing, writing, interviewing artists, directing concert series - with ease and grace. After her diagnosis, Zuckerman began to chronicle her unraveling, mostly in verse. Refreshments will be served from 6:00-6:30 pm and the program with discussion will be from 6:30-7:30 pm. This event is free of charge, but please call 617-730-2770 to register. This program is sponsored by BrooklineCAN and its founding partners and it is presented in November to coincide with Alzheimer's Awareness Month.

NEW ENGLAND NEON

The golden age of neon signs in New England lasted more than 30 years, from the dark days of the Great Depression through the go-go years of the 1960s, but its spectacular legacy remains - if you know where to look! Join us on **Monday, November 4 at 1:00 pm** as local photographer and author Susan Mara Bregman takes you on a road trip from the shores of Lake Champlain to the tip of Cape Cod. She will share the stories behind a few local favorites along the way. Books will also be available for purchase after the presentation. To register, please call 617-730-2770.

FROM THE DIRECTOR

"Feeling gratitude and not expressing it is like wrapping a present and not giving it."
-William Arthur Ward

November is the month of Thanksgiving and a season of gratitude. Here are a few of the items that I am most grateful for every day:
Our Volunteers - over 350 strong and they are here every day for us. We would have to close our doors if we had to go without their thousands of hours of dedicated work.
Our Board Members - are the reason we have our funding and programs. They advocate for quality services in the rain, snow, freezing cold and against the bitter and ageist.
Our Programs - now more than ever, a tremendous bargain for high-quality entertainment and educational opportunities.
Our Staff - strong team of devoted people who work hard each day to make the community strong and vibrant. They are unsung heroes who toil to keep seniors independent. Stop and say thank you this month.
Our Services - the envy of most communities. We provide dignity and independence to every Brookline senior through top-notch delivery. This has been our vision for over sixty years and will continue to guide us as we create new ways to help seniors "Age Well in our Community."
YOU - The Brookline seniors, the ones who make this job worthwhile with your wisdom, creativity, and energy. I salute so many of you every day.
Our Sponsors - A personal thank you to all who supported our 18th Annual Autumn Benefit. Your donations will ensure that seniors have access to a wide range of transportation options.
Spirit of Kindness - people who come to the Senior Center share this attitude. We care about one another. The joys and heartaches alike are part of our powerful community. We support one another and stay connected.
Enjoy the holidays with your family and friends. Take a moment to create your own list of items that you are grateful for and share your feelings of gratitude with others.

Ruthann Dobek, Director

ALZHEIMER'S CAREGIVER SUPPORT GROUP

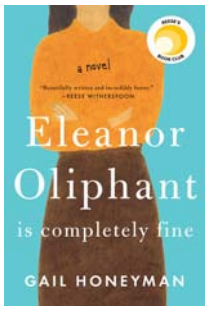
This ongoing daytime support group is designed to help caregivers cope with the stress and demands of loved ones struggling with Alzheimer's. It meets on the 4th Tuesday of each month. If you are interested in this group, please call the facilitator Ted Sturman at 617-803-6105.

BLOOD SUGAR SCREENING

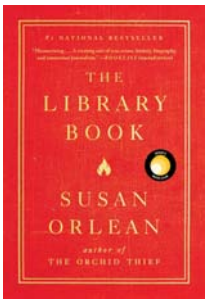
Olga Abamelik, RN, affiliated with Central Home Care, will return to the Center to do blood sugar screenings on **Thursday, November 21 from 11:00 a.m.-12:00 noon.**

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, November 18
Eleanor Oliphant Is Completely Fine
by Gail Honeyman



Monday, December 16
The Library Book
by Susan Orlean

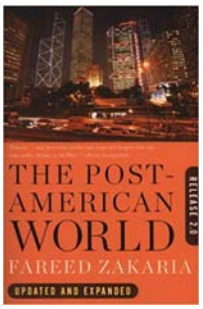
SUPPORT LOCAL SOUP KITCHEN

Once again this year, we will provide gifts of warm clothing to the 65 to 70 men and women who come to dinner every Monday evening, at a church-run, soup kitchen in Brighton. If you would like to give warm hats, scarves, and/or gloves (hand-knitted or purchased new) to the soup kitchen's guests, please give the items to Jessica Milley-Gee on the second floor of the Brookline Senior Center on or **before Monday, December 16.**

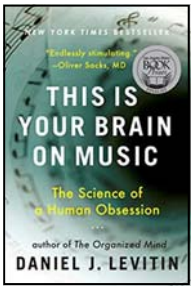
PUBLIC ISSUES NONFICTION BOOK DISCUSSION GROUP

at the Brookline Senior Center

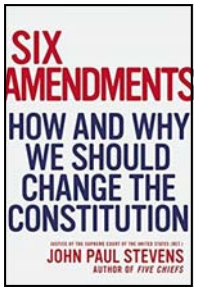
Tom Faulhaber is challenging your thinking every month with a nonfiction book discussion group centered on public issues, history, current events, and other nonfiction topics. Suggestions for future titles are encouraged. Please note: This group is held at the **Brookline Senior Center on the fourth Tuesday of each month from 9:00-10:00 am.**



Tuesday, November 26
The Post-American World: Release 2.0 by Fareed Zakaria (W.W Norton & Company, Inc.)



Tuesday, December 17
This Is Your Brain on Music: by Daniel J. Levitin (Dutton Adult | Penguin Group USA)



Tuesday, January 28
Six Amendments: How and Why We Should Change the Constitution by John Paul Stevens (Little, Brown and Company | Hachette Book Group)

FRENCH CONVERSATION GROUP

The French Conversation Group meets on **Tuesdays from 12:00-1:00 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 12h à 1h au Senior Center. Nous acceptons de nouveaux membres quelque soit leur niveau de compétence de la langue française.

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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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

Center Communities of Brookline
Hebrew SeniorLife

FIRST LIGHT

BROOKLINE'S WINTER FESTIVAL

THURSDAY NOVEMBER 21

5:00-8:00 PM

First Light began twenty years ago in Washington Square when several businesses came together to spread holiday cheer by hanging snowflakes in their storefront windows. These glowing flakes illuminated the square, signaling the start of the holiday season. Over the years, First Light has grown into the Town's annual winter festival, showcasing the talents of local artists, musicians and performers at businesses and other venues throughout town. In addition to hosting a variety of family-friendly performances and exhibits, many businesses also offer free giveaways, food samples, raffle prizes, hot cider and more. Festival-goers come out for an evening of free entertainment and to get a head start on their holiday shopping at one of Brookline's many shops.

First Light is organized by the Brookline Chamber of Commerce with support from past First Light business volunteers and the Town's Economic Development Division.

Brookline Adult & Community Education
BA&CE
www.brooklineadulted.org
617-730-2700
Join us, new classes starting soon!

UKULELE GROUP

Are you new to the ukulele but wish to get started? Our November meeting will begin a half hour earlier than the regular group for those who wish to learn the basics. So at **1:00 pm on Monday, November 18,** bring a ukulele and we will start with simple chords and strums. For our usual group, please note that we will have a 1**:30 pm start time on November 18 and we will end at 3 pm**. Singers are always welcomed at that time so we hope that you will join us!

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

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.

MORE TECHNOLOGY SUPPORT

Due to increased demand, Alan Shepro, a recently retired career IT customer service specialist, will now be scheduling appointments to provide one-on-one technology assistance in the Computer Lab on **Thursdays from 2:00-4:00 pm**. Alan can help with a variety of tech issues. For more information and to schedule an appointment, please call Olga Sliwa at 617-730-2768.

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SOUTH BROOKLINE SENIOR MEETUP

Come join the fun at the Putterham Library! Enjoy conversation and refreshments as we provide a setting for exploring topics that are of interest to you. Come and meet old friends and make new ones. Share your ideas and experiences. We meet on **Tuesday November 12 and December 10 from 12:00-2:00pm.** For more information contact Jude Burnim. Judeb22@hotmail.com or call 617-697-9848

MAHJONG

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

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.

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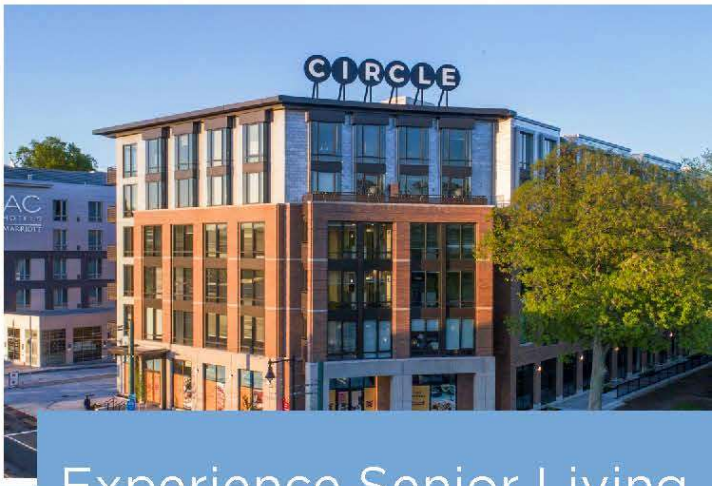

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AT THE CIRCLE

SENIOR LIVING BEYOND COMPARE

385 Chestnut Hill Avenue
Boston, MA 02135

View & Register for Upcoming Events:
CircleSeniorLiving.com

NOVEMBER 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, November 19** we celebrate November birthdays at the monthly Birthday Lunch. The sponsor of this lunch has happily provided a complimentary lunch and a small gift to all November birthday celebrants. We also want to thank our friends at Wingate Residences at Boylston Place 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, November 26** at Victoria Seafood Restaurant 1029 Commonwealth Ave. The Van will leave the Senior Center at 11:30 am sharp! For reservations and transportation, please call 617-730-2770.

Enrich. Engage. Together.
Embracing the aging experience for seniors in the Boston area, guided by our mission & core values.

Join us for lunch and a tour!

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To learn more, visit **www.SherrillHouse.org**.

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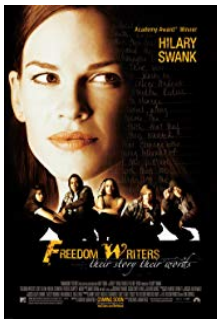
ELF

The Elf program has 2 rolling and padded commodes that are available. Please call to request these or to donate any items at 617-730-2753.

MOVIES FOR FILM LOVERS

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

Tuesday, November 5
The White Crow
2hr. 7min.
Ralph Fiennes' THE WHITE CROW was inspired by the book Rudolf Nureyev: The Life by Julie Kavanaugh. The drama charts the iconic dancer's famed defection from the Soviet Union to the West in 1961, despite KGB efforts to stop him.



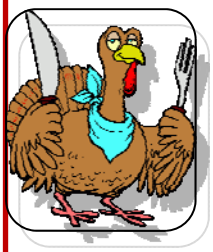
Tuesday, November 12
Freedom Writers (2007)
2hr.3min.
A young teacher inspires her class of at-risk students to learn tolerance, apply themselves and pursue education beyond high school.

Tuesday, November 19
Amazing Grace (2018)
1hr. 29.min.
A documentary presenting Aretha Franklin with choir at the New Bethel Baptist Church in Watts, Los Angeles in January 1972.

Tuesday, November 26
The Public
1hr.59min.
An act of civil disobedience turns into a standoff with police when homeless people in Cincinnati take over the public library to seek shelter from the bitter cold.

-SAVE THE DATE-

ELKS HOLIDAY DINNER



Come to the Senior Center on **Saturday, December 7, at 1:00 pm** for the annual holiday dinner presented by Brookline Elks Lodge 886. Reservations are required and we will begin taking them on **Friday, November 22. Call 617-730-2770 to reserve your place** so you can enjoy the turkey-with-all-the trimmings dinner. In addition, the Elks give us a magnificent tree as a centerpiece for our holiday decorations. We want to take this opportunity to thank the lodge profusely for their thoughtful gifts to the Brookline senior community and to wish the members of the lodge all the best for the New Year.

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 **Thursday, November 21 at 1:00 pm,** 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.

FOOD DISTRIBUTION SITE

There is free food distribution at the Senior Center **every Tuesday beginning at approximately 2:00 pm.** Program remains open until all distributed numbers have been called. This time varies so we urge consumers to be here BEFORE 3:00 pm. Get a number in the coffee lounge beginning at 11:00 am. Do not go down to the basement until your number is called. A variety of foods are available at the site—many choices of breads and rolls and lots of produce. Bring a bag to carry your choices home. Also bring a lot of patience and courtesy so everyone enjoys the process and conflicts are avoided. In order for everyone to receive a fair allocation of the food, it is imperative that no one takes any food before it is inventoried by the workers at the Food Distribution program. This not only helps assure a fair distribution and an orderly process, it also is in compliance with health code regulations. This program is very busy and depends on the generous donation of time by many volunteers. To volunteer please contact Patricia Burns our volunteer coordinator 617-730-2743.

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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 November we will meet on the 16th 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

ROGERSON HOUSE

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Graciously situated across from Jamaica Pond on three acres of lawn and gardens, Rogerson House was the first community in Massachusetts to provide care exclusively to individuals in need of memory support. We offer an assisted living residence, day program, and respite care in a warm home environment.

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NOVEMBER AT A GLANCE

Monday, November 4
1;00pm New England Neon Program***
Tuesday, November 5
10:00am-12:00pm Real Estate Tax Exemption
1:00pm Movies for Film Lovers-The White Crow
Wednesday, November 6
9:00am- 12:00pm Brookline Legal Assistance for ***Brookline residents 60 and older than only***
1:00pm Brookline Music School Performance
1:00-2:00pm Blood Pressure Screening BPHD*
Thursday, November 7
11:00am Ask A Nurse
1:15-2:15 Zumba Gold
1:30 Easy Travel-San Francisco
2:00-4:00pm Technology Support ***
5:30-7:00pm Death Café Eat Cake-Drink-Tea-Discuss Death
Friday, November 8
1:00pm Caption Call Presentation***
Monday, November 11
Veteran's Day –CLOSED
Tuesday, November 12
12:00-2:00pm South Brookline Senior Meet Up*
1:00pm Movies for Film Lovers-Freedom Writers
6:00-7:30 Like Falling Through a Cloud by Eugenia Zuckerman***
Wednesday, November 13
1:00pm COA Meeting
Thursday, November 14
1:15-2:15 Zumba Gold
2:00-4:00pm Technology Support***
Friday, November 15
10:00am-3:00 Annual Craft Fair
1:00-2:00pm Stephen Collins-Short Stories of Nathaniel Hawthorne***
Saturday, November 16
11:00am-2:00pm Annual Craft Fair
Monday, November 18
1:00-1:30 Beginning UKE
1:30-3:00 Uke Group
2:00-3:00pm Putterham Book Group-Eleanor Oliphant is Completely Fine*
Tuesday, November 19
10:00am-12:00pm Real Estate tax Exemption
12:00 noon November Birthday Lunch***
1:00pm Movies for Film Lovers-Amazing Grace
Wednesday, November 20
10:00am-4:00pm Theater Club-Mama Mia***
1:00pm Mass College of Pharmacy-Diabetes
1:00pm Low Vision Support Group
1:30-3:00pm Memory Café***
Thursday, November 21
11:00am-12:00pm Blood Sugar Screening
1:00-2:00pm Blood Pressure Screening
1:00-2:00pm Brookline Hearing Service
1:15-2:15 Zumba Gold
2:00-4:00pm Technology Support***
5:00-8:00pm Brookline First Light Festival*
6:00-8:00pm Reception with the Artist Gallery 93-Rebecca Loechler
Friday, November 22
Registration open for Elks Holiday Dinner on December 7***
5:00-8:00pm Brookline First Light Festival*
Monday, November 25
1:00pm Health Plan options for people with Medicare***
7:00pm A Conversation with Michael Dukakis: Health Care, Politics and the 2020 Election
Tuesday, November 26
9:00-10:00am Public Issues Nonfiction Book Group-The Post-American World
12:00noon Let's Go Out To Lunch Bunch***
1:00pm Movies for Film Lovers-The Public
Thursday, November 28
Thanksgiving-Closed

TOUR THE SENIOR CENTER

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

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/Chess
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 ***
12:00-2:00pm Computer one-on-one***
12:00-4:00 pm BETS
12:00-1:00 French Conversation
1:00 pm BINGO
1:00 pm Movies for Film 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 Membership Required
8:45-10:15 Strength Training **
9:00-10:00 am Living Our Values
10:00-12:00 TRIPPS office hours
10:30am Senior STRETCH **
12:00 noon Springwell Lunch ***
12:00-4:00pm BETS
1:00-3:00pm Scrabble

Thursday

8:30 am-4:30 pm Fitness Center Open Membership Required
9:30-11:45am Drawing for Pleasure***
9:30am Art for Pleasure Class ***
10:30am 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***
2:00-4:00pm Computer Technology Support***
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 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

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.**

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.

SPREAD THE WARMTH

Thursday, November 14 from 2:00-4:00 pm
Active Older Adults will be teaming up with Brookline Recreation's After School Program (children ages 5-10) to help make blankets for people in need. Supplies and transportation to the classroom at the Eliot Rec Center will be provided. Help us spread the warmth this giving season. To register, please call Josh Cooke at 617-730-2082.

CALLING CHESS PLAYERS

Calling All Chess Players of all abilities: GREAT NEWS!! Joe Miller, our chess volunteer, is expanding his chess time at the Senior Center! He will now be available **MONDAY & THURSDAY afternoons from 1:00-3:00 pm.** Joe is always ready to play a game and/or provide help to new chess learners. You can bring your own board or use one of ours. Drop in – no registration necessary!

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FILE OF LIFE

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NOTE: Please keep your medical information current.

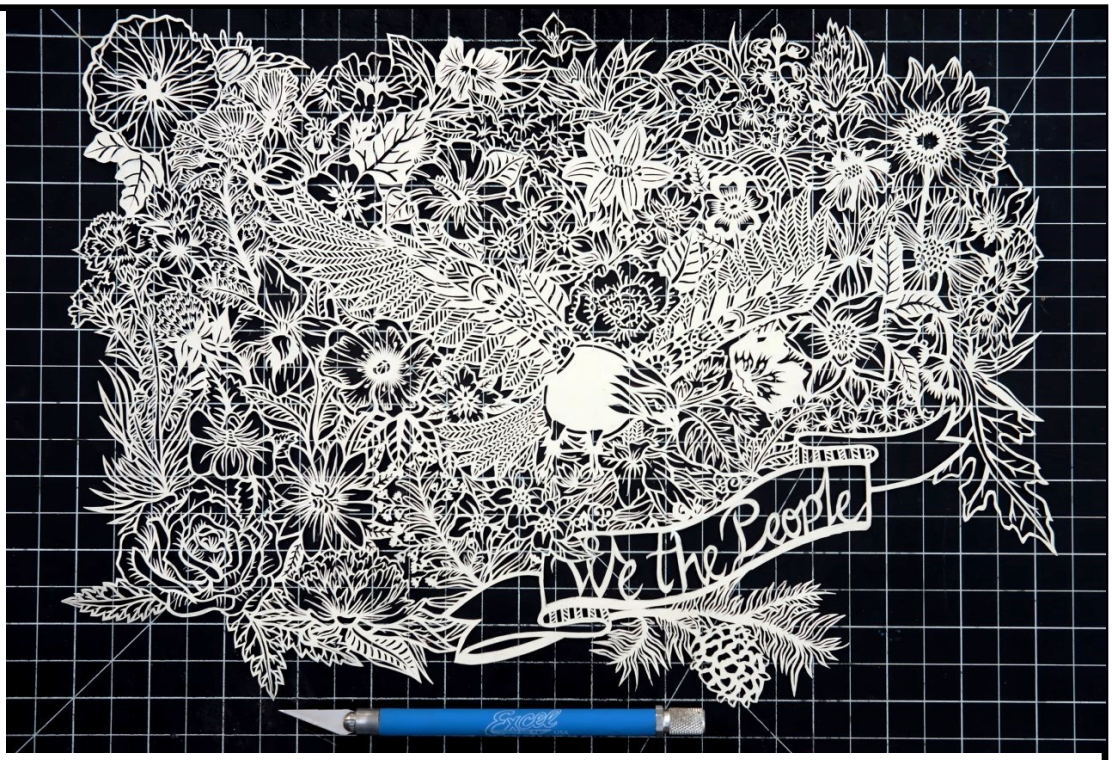
GALLERY 93

Strength in Fragility

Artwork By

Rebecca Loechler

Hours:
Monday-Friday
8:30-5:00
November 5 through December 31



We the People, hand cut paper

Reception with the Artist Thursday, November 21 6:00-8:00 pm

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.

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SPOTLIGHTED VOLUNTEER

Serena Johnson is a perfect example of the success of the Brookline Senior Center's REAP program coordinated by Deidre Waxman. Patricia Burns joins Deidre in offering various job search workshops and help sessions for seniors looking for work.

Earlier this year, Serena attended Patricia's Job Search Networking four-session group in which Patricia recommended volunteering as a means of finding paid work. Very soon after, Serena applied to be a volunteer at the BSC where she became familiar with the center and staff. Meanwhile, the staff had a chance to observe and appreciate Serena's organizational and administrative skills and sunny personality. When Jessica, our full time administrative assistant went on maternity leave, it was Serena who was the perfect choice to fill this paid temporary position!

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FROM THE BOARD PRESIDENT

Autumn is such a special time of year. I hope everyone has been enjoying our spectacular fall weather, so beautiful in our special town with its many trees and parks. Autumn is also the time of our Autumn Benefit celebration, which took place this year on Wednesday, October 23 is my pleasure to offer a thank you and acknowledgements to everyone who attended or volunteered. You made the evening a very wonderful time. To all of our sponsors: thank you for caring about Brookline's seniors. Special thanks to our Diamond Sponsors: Beth Israel Deaconess Medical Center and Michael Merrill. Thank you to sponsors and supporters who donated their tickets so low-income elders could enjoy the evening.

The money raised by our Autumn Benefit goes to support programs and services that help our most needy elders access transportation. As Thanksgiving approaches, I am reminded of how many people give their time, money or other resources to help Brookline's seniors live with dignity and respect. Thank you all! And best wishes for a wonderful Thanksgiving.

Betsy Pollock, President, Brookline Senior Center

MEDICARE OPEN ENROLLMENT ENDS DECEMBER 7!

There are no SHINE Appointments Available At the Senior Center During Open Enrollment.

If you need an appointment call: Needham or Framingham **Monday-Friday from 9:00am-4:00pm** Do not ask to be transferred to SHINE. Ask the receptionist to make an appointment.

Needham-Center at the Heights 1-781-455-7555 and ask to make a SHNE appointment. They are located at 300 Hillside Ave. Needham. The receptionist answering the phone can make the appointment for Monday or Friday in their computer room.

Framingham– Callahan Center 535 Union Ave. 1-508-532-5980, then press 0. The receptionist can make an appointment for Tuesday or Wednesday in their computer room.

MEDICARE– 1800-633-4227. Medicare customer service representatives are available 24 hours a day 7 days a week to help callers choose a drug plan by phone or check the Medicare website: **www.medicare.gov**

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

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In Honor of:

Brookline Senior Center Knitting Group honoring the Fitness Center
Kay and Thomas Cottle honoring the HELP program
Charlotte Millman honoring Agnes Rogers' 100th birthday
V. Celia Lascarides, EdD honoring Agnes Rogers' 100th birthday
Johanna Messier honoring the Tax Preparation program
Geraldine Palastrant honoring Ed Levin-dedicated SHINE counselor
Anonymous honoring the AARP Tax program
Lourdes Ileto honoring Olga Sliwa
Laura Baber honoring Roberta Winitzer
Lydia Baumrind and Gerry Oster honoring Dr. Suzanne Salamon's upcoming birthday
Ruth Geller honoring the trusted Transportation Partner
Anonymous honoring the Rally Program

In Memory of:

Harold Goldring by Kitty Kaufman
Ton-Shun Chang by Beverly Chang
Eleanor Flanders by Gay Ferguson
Doreen Gordon by Yolanda Rodriguez
Aaron Seidman by Margaret Guyer and Constantine Bialik

In Appreciation of the Brookline Senior Center for hosting the Rally program from The Rally

GREATER BOSTON FOOD BANK FOOD COMMODITY PROGRAM

The Greater Boston Food Bank Food Commodity Program provides shelf-stable food to low income seniors. Two shopping bags of food for each approved participant are delivered to the Brookline Senior Center at 93 Winchester Street, Sussman House at 50 Pleasant Street and O'Shea House at 61 Park Street on the 3rd Wednesday of each month.

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

LIVING OUR VALUES

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

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.

NOVEMBER SPOTLIGHTED VOLUNTEER OPPORTUNITIES

This month's spotlighted opportunities include: TRIPPS – brief telephone interviews and simple data entry and 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 @ 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 receiving this service, contact Volunteer Coordinator Patricia Burns at the Council on Aging 617-730-2743.

SHOP PROGRAM SCHOOL YEAR 2019-2020

The SHOP Program (Students Helping Older People) partners Brookline High School (BHS) student volunteers with seniors to do grocery shopping once a week during the school year. In turn, seniors help the students fulfill their community service requirement. Frequently, this becomes an intergenerational friendship between the senior and their student shopper(s).

The students will be back to school in September and ready to start shopping by the beginning of October. Seniors who were in the program last year will be contacted to determine their interest in continuing this year. If you or a senior you know could benefit from having help with your grocery shopping from these eager teens, please contact Patricia Burns, Brookline Senior Center Volunteer Coordinator @ 617 730 2743 or by email @ pburns@brooklinema.gov

BROOKLINE BEES PROJECT

This month the Brookline Bees sewing and quilting group is working on preparing items for sale at the Brookline Senior Center Fall Fair. Hotpads, aprons, teabag wallets, and more! Come make something, or suggest something! Come join us any **Tuesday 10:30 to noon** to join in the fun! All levels of sewing and quilting are welcome.

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