TOWN OF BROOKLINE
SENIOR NEWS AND EVENTS

Council on Aging

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

Brookline Senior Center
93 Winchester Street
Brookline, Massachusetts 02446

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

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

Brookline Community Aging Network
www.BrooklineCAN.org

Tuesday, February 4, from 12:30-2:30 pm Register to Vote at the Senior Center (See P. 9)

FEBRUARY 2020

RIGHTS AND WRONGS: BLACK WOMEN AND THE HISTORY OF VOTING

Join us on **Wednesday, February 19 at 1:00 pm** as Kellie Carter Jackson, Knafel Assistant Professor of the Humanities in the Department of Africana Studies at Wellesley College, presents on the history of Black women and their pivotal roles in the suffrage movement and the Voting Rights Act. We'll learn about the history of the vote in the African American community, voter suppression, and explore the ways black women have advocated for political change with their voices and eventually their votes. It should be a wonderfully interesting and informative program so we hope to see you there. This program is generously sponsored by the Brookline Office of Diversity, Inclusion, and Community Relations. To register, please call 617-730-2770.

AFRICAN AMERICAN PATRIOTS

Join us on **Wednesday, February 12 at 1:00pm** at the Senior Center for a presentation from the Freedom Trail Foundation, led by an 18th-century costumed guide portraying writer Phillis Wheatley. Celebrate Black History Month and discover African-American patriots such as Crispus Attucks, Prince Hall, Peter Salem, and more, who played a vital role in the start of the American Revolution in Boston and in the formation of our country. For more information about Boston's famous Freedom Trail visit their website: ww.thefreedomtrail.org. To register for the program, please call 617-730-2770.

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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.

FEBRUARY OBSERVANCES

The Senior Center will be closed on Monday, February 17, for Presidents' Day the day on which we remember the birthdays of Presidents George Washington and Abraham Lincoln.

Sunday, February 2 we celebrate Groundhog Day and Valentine's Day is celebrated on Friday, February 14. February is Black History Month, American Heart Month and National Library Lover's Month. Some special days in February include National Freedom Day on the 1st., World Cancer Day on the 4th and National Bagel Day on the 9th.

CBD PRESENTATION

Join us on **Thursday, February 27 at 1:00pm** as Cassandra Corona, owner of Your CBD Store Brookline located in Coolidge Corner, presents an educational seminar on Cannabidiol, CBD. During the presentation, she will explore the myths and facts about the Industrial Hemp Plant. Her hope is to bring free education and awareness to the CBD market. You will also learn how to be an informed consumer and you will walk away with three pivotal questions to utilize in order to demand transparency. Come and learn what everyone is talking about, ask questions and participate in a fun activity called CBD BINGO with a $110.00 Topical cream give away. Space is limited to the first 25 participants so call 617-730-2770 to register.

BOB DICICCO & JOE REID CONCERT

Join us on **Wednesday, February 26 at 1:00 pm** as we welcome back vocalist Bob DiCicco and our very own Joe Reid on piano. This duo will be playing some of your favorite American Songbook classics and it is sure to be an enjoyable afternoon. To register, please call 617-730-2770.

GAMESENSE

Join us on **Thursday, February 13 at 1:00pm** for an interesting presentation by Linh Ho, Senior Advisor from GameSense, a program through Massachusetts Council on Compulsive Gambling. Linh will provide information on responsible gambling vs. problem gambling, how gambling affects the larger community, and he'll dispel some of the myths about gambling. He will also provide resources and answer any questions that you may have. To register, please call 617-730-2770.

IS IT DEPRESSION OR DEMENTIA?

On **Wednesday, February 5 at 1:00 pm**, Anne. H. Carr, MSN, GNP-BC, Dementia Care Specialist, Center for Memory Health at Hebrew SeniorLife, will present on the difference between depression and dementia. Anne will explain what the symptoms are, how symptoms overlap and what the differences are between the two. We hope that you will join us and bring your questions. To register, please call 617-730-2770.

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, February 6 at 11:00 am.**

Low Vision Group will not meet in February but will return on Wedsnesday, March 18 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, February 20 from 1:00-2:00 pm. at the Senior Center.**

Brookline Hearing Services The staff from Brookline Hearing Services will be visiting the Brookline Senior Center on **Thursday, February 20 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 has changed his days and hours 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.

OPERATION DIABETES

Join us on **Thursday, February 20 at 1:00 pm** for an educational program by the Operation Diabetes team, affiliated with the American Pharmacist Association/Mass College of Pharmacy & Health Sciences. A general overview of diabetes will be presented, including a discussion around how to incorporate a healthy diet and exercise plan into your daily lifestyle. The team will also discuss the role of stress and its effect on diabetes. Space is limited. To register, please call 617-730-2770.

ASK A GERIATRICIAN

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

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

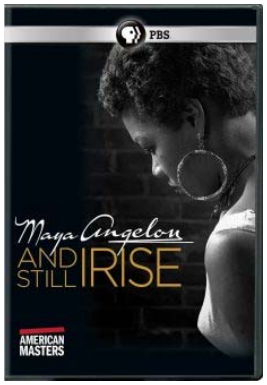
Answer: Fortunately, great advances have been made in the treatment of macular degeneration- it is not the disease it used to be.
Macular Degeneration (M.D.) is the chief cause of loss of vision in the US. According to the American Macular Degeneration Foundation, it causes more vision loss than cataracts and glaucoma combined. The macula, which is the central part of the retina in the back of the eye, is responsible for our ability to read, drive, recognize faces, and see objects in fine detail. When the macula starts to deteriorate, images can become blurred. In advanced stages, central vision can be limited, while peripheral vision can remain intact.
There are 2 types of macular degeneration. The majority are called "dry" M.D. while about 10% are called "wet" M.D. In dry M.D., there is no obvious loss of vision, but the examining doctor can see yellow deposits in the back of the eye called drusen. In wet M.D., there is noticeable vision loss caused by bleeding into the eye (hence the name "wet".)

Unfortunately, we don't know what causes macular degeneration. However, there are some risk factors which can put you at higher risk for the disease. For instance, older age is a significant risk factor. Except for people with a family history of M.D., most people are older than 55. Smoking, being overweight, high blood pressure, heart disease, being Caucasian and extensive unprotected sun exposure can increase the risk.
Symptoms that you might have M.D. can include blurred vision, the illusion that straight lines, such as the edge of a door or sentences on a page, are wavy, the illusion that some objects are smaller than they really are, and the appearance of a dark or empty area in the center of the visual field. Sometimes color vision is noticeably paler than usual.
Fortunately, there are new treatments which have helped people with M.D. The incidence of dry M.D. advancing to wet M.D. can be reduced by vitamins called AREDS, which stands for Age-Related Eye Disease Study (AREDS). These pills are a combination of vitamin C, vitamin E, beta-carotene, zinc and copper. For people who had either no MD or early MD, the nutrients did not provide an apparent benefit

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

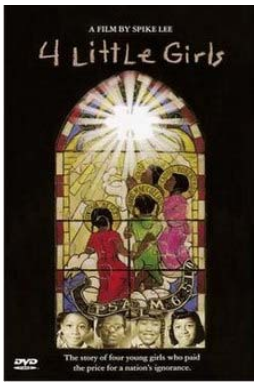
MOVIES FOR FILM LOVERS

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



Tuesday, February 4
Maya Angelou: And Still I Rise (2016)
1hr. 5 min.
This is the first film to be made about the incomparable Maya Angelou. The film presents her incredible journey, shedding light on the untold aspects of her life with remarkable unmatched access. This intimate and personal portrait of Dr. Maya Angelou's life is a touching and moving tribute to her legacy

Tuesday, February 11
A United Kingdom (2017)
1hr. 50 min.
A UNITED KINGDOM is based on extraordinary true events. In 1947, Seretse Khama, the King of Botswana, met Ruth Williams, a London office worker. They were a perfect match, yet their proposed marriage was challenged not only by their families but by the British and South African governments.



Tuesday, February 18
4 Little Girls (1987)
1hr. 42 min.
A documentary of the notorious racial terrorist bombing of an African American church during the Civil Rights Movement.

Tuesday, February 25
Mandela: Long Walk to Freedom (2013)
2hr.21min.
MANDELA: LONG WALK TO FREEDOM is based on South African President Nelson Mandela's autobiography of the same name, which chronicles his early life, coming of age, education and 27 years in prison before becoming President and working to rebuild the country's once segregated society.

Information Taken from: www.imdb.com

SENIOR CENTER VAN UPDATE

We are very pleased to welcome Roger Marrocco as our new Senior Center van driver. We hope that you will take a moment to say hello and introduce yourself to Roger if you see him around the Center in the coming weeks. In addition, we are also happy to announce that the van is now operating Monday through Friday from 9:00am-3:00pm. The van offers transportation from your home to the Senior Center for a suggested donation of $1.00 each way. Please call 617-730-2750 to schedule a pick up.

TRIPPS

Come learn about the Council on Aging's New Transportation Pilot Program with Lyft! On **Wednesday, February 12th 1:00 - 2:30** at the Senior Center The Brookline Council on Aging is offering 4 subsidized rides per month on Lyft to older adults in Brookline. This program is currently limited to income eligible seniors (60) and over (individual $62,450 maximum; couple $71,400 maximum). Lyft is a ridesharing transportation company that offers curb-to-curb service nationwide. The Brookline Program will offer four discounted rides per month of up to $10 per ride. The passenger will pay the first $2; the coupon will pay up to the next $10. The coupon will automatically download each month into the Lyft app on your smartphone. This option will be available 24/7 without any restrictions on miles or pick up location. For more information, contact Maria Foster, Community Outreach Specialist for the Council on Aging at (617)730-2644.

-SAVE THE DATE-

Senior MBTA CharlieCard Event!

The Brookline Senior Center will be hosting Senior Charlie Card event on **March 18 from 1:00 - 3:00pm.** To apply at the Senior Center, you must bring a picture ID with your date of birth indicated. You must be 65 or older to qualify for a Senior CharlieCard. During the event you will fill out the application and have your photo taken. The MBTA will mail your CharlieCard to your home in 6-8 weeks. **No registration required**

"T" TRAVELERS TO WGBH FOR A STUDIO TOUR

Join us on **Monday, February 24, at 9:15 am** at the senior center. The "T" Travelers will take the MBTA bus to WGBH for a studio tour. This experience is a "one-of-a kind behind the scenes studio tour will include a visit to our TV and radio production studios, performance spaces, and more." The group will take the Elder Bus to Cleveland Circle at the #86 bus stop. The #86 bus runs through Brighton directly to WGBH. Participants who are new to the MBTA system, those who may need some additional assistance, and expert T users are all welcome to join! Space is limited so please, call Maria at 617-730-2644 to register.

MINDFULNESS PRACTICE AND PARABLE DISCUSSION GROUP

Are you interested in mindfulness and reflecting on how to live your most meaningful, joyful life? Join us for a mindfulness practice and discussion group led by Michael Allen, LCSW and Conor McDermott Welch and find out what this mindfulness stuff is all about! Meetings will feature brief and extended mindfulness practice, as well as reading and discussing parables. The group will provide a chance to improve attention, enrichen inner life, cultivate joy, and notice and accept more of what's going on around and inside of us. No previous mindfulness experience is needed to participate. **The group will run for 12 weeks on Wednesday mornings from 10:30 a.m. to 11:30 am starting on February 5** Registration is recommended as space is limited, but walk-ins will also be welcome on a first-come, first-serve basis. For more information or questions about the group, please call Michael Allen, LCSW at 617-730-2754. To register, please call 617-730-2770.

COUNCIL ON AGING MEETING

February is traditionally the winter vacation of the Council on Aging (COA) board meetings, and this February is no exception. **The March meeting will be on Wednesday March 11 at 1:00 pm.** Our Guest speakers will be Jane Honoroff, and Jeff Fraser of the Family Practice. They will define mediation and give an overview of the many ways conflict resolution is especially helpful in families dealing with the aging process

ELF GIVEAWAY DAY

On Tuesday, February 18 from 3:00-5:00pm, the ELF program hopes to give away a large portion of its durable medical equipment including many miscellaneous items. Current "hot" items includes crutches, a couch cane, knee scooters, and rolling, standard, and 3-wheel walkers. Please stop by to see what is available for yourself, your friends, or your neighbors.

Image by APAC Student Sophie O'Connell

Brookline's Pan-Asian Lunar New Year Celebration

Saturday, February 8th, 2020 from 3-5 pm

Free and open to all!
For more info, contact Caitlin Starr:
cstarr@brooklinema.gov
617-730-2345

To RSVP please visit:
https://tinyurl.com/ur8xoys

Donations Welcome!

Where:
Brookline High School
MLK Room and Atrium
115 Greenough St.

Performances:
Lion Dancing
& More

Celebrate:
Chinese New Year 新年
Korean Seollal 설날
Vietnamese Tết 節元旦

Enjoy:
Pan-Asian food
Music & Performances
Crafts & Games

Sponsored by: BAAFN Brookline Asian American Family Network; Brookline Community Foundation

REAL ESTATE TAX EXEMPTION

Sandy Spector will have information for seniors on real estate tax exemptions and abatements in the gallery area of the Senior Center on **Tuesday, February 4 from 10:00 am-12:00 noon and on Tuesday, February 18 from 10:00am-12:00noon. Feel** free to drop by with your questions.

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.

AARP TAX PREPARATION ASSISTANCE

Our wonderful AARP Tax Aide volunteers will once again return to the Senior Center on **Tuesdays between February 11 and March 31** to assist you with filing your returns. Please note **it is very important for you to bring copies of your 2018 returns to your appointment. In addition, the Tax Aide volunteers will NOT be able to assist you with any amended tax returns, prior to your 2016.** For more information and to schedule an appointment, please call 617-730-2777.

THE DEFINING DECADES GROUP

The Defining Decades Group: Keeping up with the Joneses; Boo-Boo; Daddy-O; and Workaholic. What do these phrases have in common? They all embody different decades that impacted our lives. Do you want to sit and reminisce with other folks and swap stories from a decade that changed your lives? You are in luck! Starting **February 24 from 2:00-3:00pm** social work student intern Bella Anderson is going to facilitate a six week group for history buffs to come together and reminisce about iconic moments on Monday afternoons To register or for additional questions, please call Bella at 617-730-2772.

VOTER REGISTRATION

We hope you are planning to vote in local, state and national elections this year! The non-partisan League of Women Voters of Brookline is offering the opportunity for Brookline seniors and Senior Center staff to register or update their voter information on **Tuesday, February 4, from 12:30-2:30 pm** in the Coffee Lounge at the Senior Center. Voter registration forms will be provided. The Massachusetts deadline to register to vote in the March presidential primary is February 12, so our session is very timely. Your completed registration will be confirmed by the Brookline Town Clerk's office. We hope to see you there!

CHINESE NEW YEAR CELEBRATION AT THE SENIOR CENTER

FROM THE DIRECTOR

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

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

I am inspired by our older adults who bundle up and refuse to let the cold weather get them down. Your hearty disposition warms us all! So much is happening at the Senior Center that will keep your blood pumping. For instance, check out the fitness center, join us for a Zumba Gold, Dance Party, Qigong class, or come play ping pong. Three other events to put on your calendar and make sure you attend: February 12th—the increasingly popular pickleball at the Senior Center at 2:30pm, the February 19th program on African Americans and women's suffrage (See Page 1), and the February 21st trip to the Rose Art Gallery in Waltham (See P.12).

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

A wonderful reminder that the days are getting longer as the light returns this month: On January 1st, the sunset was at 4:22 pm, and on February 1st, 4:58 pm. By February 29th, the sunset will be at 5:34 pm (Happy Leap Year!) giving us more sunshine each day even though we are still in the midst of winter. Finally, a warm and hearty Happy Valentine's Day to the entire Senior Center community!

Ruthann Dobek, Director

MEMORY CONNECTIONS CAFE

Memory Connections Cafe: On **Wednesday, February 26 from 1:30-3:00pm,** the Senior Center offers a free monthly Memory Connections Cafe for people with early memory challenges and their care partners to connect with their peers. Both participate in socialization and can partake in refreshments and a variety of enjoyable programming in order to gain support and engage with others in a relaxing environment. Either party can attend by themselves, but a 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 sponsored by Rogerson House.**

BROOKLINE RECREATION SENIOR PROGRAMS

Rose Art Museum (Waltham)
February 14

THE FEBRUARY 14 ROSE ART TRIP IS SOLD OUT! JOSH HAS GRACIOUSLY ADDED A SECOND TRIP ON FEBRUARY 21.

Drop-in Pickleball
February 12
Two indoor courts will be set up at the Brookline Senior Center and instructors will be on-site to offer advice to new athletes. The rules are simple and the game is easy for beginners to learn - but can develop into a quick, fast-paced, competitive game for experienced players. Come learn to play; bring your own paddle or use one of ours!
Time: 2:30-4:30 pm Cost: $3

Potter's Party with Brookline Arts Center
February 26
Brighten up your winter and enhance your artistic skills with our friends at the Brookline Arts Center! Expert instructors will help you create your own masterpiece with clay, that you'll be sure to show off to friends and family. The registration fee includes all materials and transportation.
Time: 1:00-3:00 pm Cost (Resident/NR): $30/

To register for Brookline Recreation Senior Programs please, call Josh Cooke at 617-730-2082 or email at jcooke@brookline.gov.

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DEATH CAFÉ: EAT CAKE. DRINK TEA. DISCUSS DEATH.

Join us for the Brookline Senior Center's second Death Café on **Thursday, February 20 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 deathhcafe.com/what/

Moving? Downsizing?
the move maven
Call Karen Zweig
for a free consultation!
617.455.1964
karen@movemaven.com

PROUD TO SUPPORT THE BROOKLINE SENIOR CENTER
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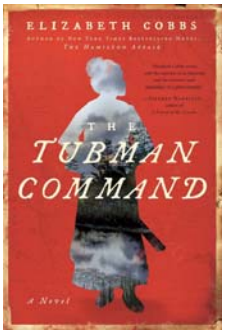
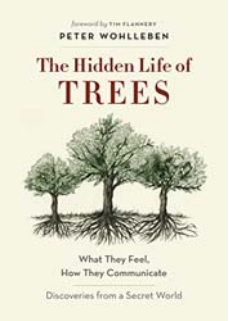
BOOK DISCUSSION GROUP AT THE PUTTERHAM LIBRARY

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



Monday, February 10
The Tubman Command by Elizabeth Cobbs
A novel based on a thrilling chapter of Civil War history and African American history; how Harriet Tubman lead a Union raid to free 750 slaves. It's May 1863.



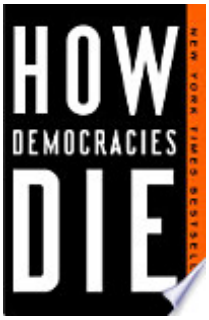
Monday, March 16
The Hidden Life of Trees by Peter Wohlleben
The author shares his deep love of woods and forests and explains the amazing processes of life, death, and regeneration he has observed in the woodland and the amazing scientific processes behind the wonders of which we are blissfully unaware .

Monday, April 13
The Art of Racing in the Rain by Garth Stein

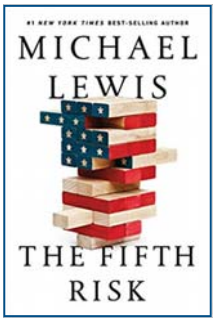
PUBLIC ISSUES NONFICTION BOOK DISCUSSION GROUP

at the Brookline Senior Center

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



Tuesday, February, 25
How Democracies Die by Steven Levitsky and Daniel Ziblatt (The Crown Publishing Group Penguin Random House LLC)



Tuesday, March 23
The Fifth Risk by Michael Lewis (W.W. Norton & Company, Inc.)

Tuesday, April 28
Saving Capitalism: For the Many, Not the Few by Robert B. Reich (Alfred A. Knopf, Inc.)

EASY TRAVEL

Thursday, February 6, at 1:30: **ENCORE ETHIOPIA!!** Are you new to the Senior Center or are you one of the seniors who missed the first or asked for an encore presentation by Patricia Burns. If so, you are in luck. Patricia will be presenting her photos and stories about her experience living in rural Ethiopia for three years. She will share the historical sites and life in the rural southern region of this unique African country.

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.

"Made in Cuba,
assembled in Spain,
imported to the USA"

and now coming to Brookline…….

RICHARD BLANCO

Friday, February 28, 2020 at 7 p.m.
First Parish in Brookline, 382 Walnut Street

Richard Blanco was selected by President Barack Obama to serve as Inaugural Poet in 2012 becoming the first Latino, immigrant, and gay person to serve in this role. He addresses such universal questions as:

Where am I from? Where do I belong?

Tickets:
$25 in advance, $30 at door beginning at 6:15, $10 students
Sponsors: $100 minimum (includes private reception with Richard Blanco from 6 - 6:45)

Parking:
Limited parking at church & on-street parking. Please plan to arrive early.

To buy tickets or sponsor use the link below or send a check to BQSCP, PO Box 114, Brookline, MA 02446

All proceeds benefit Brookline–Quezalguaque Sister City Project

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Center Communities of Brookline
Hebrew SeniorLife

FROM THE BOARD PRESIDENT

It's hard to believe it's already February, 2020 – a leap year! So much happens this month: Groundhog Day (I'm hoping spring comes soon!), Presidents' Day, and my favorite, Valentine's Day (I am a big fan of chocolates and flowers). If there's someone in your life you'd like to remember, please consider making a gift to the Brookline Senior Center in their honor or memory. Valentine's Day also reminds me to take stock of whether I've honored the organizations I love as well.

Thanks to your support of our end-of-2019 appeal, we are able to replace some of our worn out fitness equipment. But we're only half-way there. It's not too late to support keeping our older adults active and fit. If you haven't already given, please give now at www.brooklineseniorcenter.org or make an additional gift.

I care deeply about the future of the Brookline Senior Center and as a result, have included the Senior Center in my estate planning. Perhaps you'd like to do that as well. It's relatively easy—see the box below for suggested bequest language. You may also consider making the Brookline Senior Center a beneficiary of your life insurance policy, IRA or 401K. If you're over 70 and ½, you can apply part or all of your Required Minimum Distribution (RMD) tax-free to the Brookline Senior Center. By planning ahead now, you can help ensure a vital Senior Center for years to come. Be sure to let us know that you've included the Brookline Senior Center in your will or trust so we can recognize your generosity and include you in our Ambassador Club. I, the Board, and the entire Senior Center family thank you!

Betsy Pollock, President, Brookline Senior Center Board

SUGGESTED BEQUEST LANGUAGE FOR GIVING (Please consult with your lawyer or financial advisor) "I give $_____ (or percent of my estate or percent of the remainder of my estate) to Brookline Multi-Service Senior Center Corporation (EIN 04-2719972), a Massachusetts non-profit corporation, currently located at 93 Winchester St, Brookline, MA 02446 to be used for its general purposes."

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 and dancing so we hope that you'll plan to join us. Suggested donation is $2 per class.

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

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- Incidental Transportation
- Home Modification
- 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.

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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617-499-5525
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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.

UKULELE GROUP

There will be no Ukulele meeting in February but we will resume in **March on Monday March 9.**

Leave winter worries behind with a carefree lifestyle offering unparalleled hospitality, world-class services, exquisite cuisine delivered with impeccable presentation, social, cultural and recreational opportunities, and neighbors who share your interests.
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FEBRUARY LUNCHEON SPECIALS

Reservations for ALL Springwell lunches must be made by 10:30 am on the weekday preceding the day on which you want to have lunch. For reservations for Monday, call 617-730-2747 the previous Friday by 10:30 am. Lunch is served at 12:00 noon unless otherwise noted.

Please be aware that Springwell can only guarantee your lunch reservation until 12:15 pm each day. If you are going to be arriving late for lunch, please let Kristine know in advance. If you arrive after 12:15 pm with no advance notice, Springwell cannot guarantee that you will receive a meal for that day.

On **Tuesday, February 18** we celebrate February birthdays at the monthly Birthday Lunch. The sponsor of this lunch has happily provided a complimentary lunch and a small gift to all February birthday celebrants. We also want to thank our friends at Wingate 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

Carlo's RESTAURANT

Out to Lunch Bunch will dine on **Tuesday, February 25** at Carlos Cucina Italiana (131 Brighton Ave, Allston). The Van will leave the Senior Center at 11:30 am sharp! For reservations and transportation, please call 617-730-2770.

Sherrill House
A Not-for-profit Skilled Nursing & Rehabilitation Center
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Brookline Senior Center Preferred Site!
Call **617-735-1775** to speak with Admissions.
To learn more, visit **www.SherrillHouse.org**.
135 S. Huntington Avenue • Boston, MA 02130

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)

MISTRAL

"Truly, Madly, Deeply"
A Valentine Concert"

Friday, Feb 7, 6:30 Salon Concert, Brookline
Sunday Feb 9, 5:00pm St. Paul's Church, Brookline. Mistral Music continues its 23rd season in 2020 with its annual tribute to Love, Truly, Madly, Deeply. It will offer three performances on the first weekend of February in the founders' Brookline home on Friday, Feb. 7 and at St. Paul's Church in Brookline on Sunday Feb. 9.
Tickets $38 ($85 Salon). Free student rush tickets at the door if available. Group and family discounts. Order securely online at www.MistralMusic.org or call 978-474-6222 or e-mail sales@mistralmusic.org.

MAHJONG

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

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.

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WE HELP YOU SETTLE INTO YOUR NEW HOME:
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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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Gorgeous, compassionate, HAPPY home for seniors who need a little help

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www.MountPleasantHome.org

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 at Goddard House, 165 Chestnut Street, Brookline, MA** 02445. To attend, RSVP to Zoraida at meals@ethocare.org or 617-522-6700 ext. 306

ELF

The program has a unique rollator walker that is good for posture called an "Up Walker" that is available to borrow. Please call to request this or other items or to donate any items at 617-730-2753.

ROGERSON HOUSE

Assisted Living & Day Program

A POSITIVE EXPERIENCE FOR THOSE IN NEED OF MEMORY SUPPORT

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.

ROGERSON·HOUSE

434 Jamaicaway, Boston Ma 02130
617.983.2300

FEBRUARY AT A GLANCE

Tuesday, February 4
10:00am-12:00pm Drop in Real Estate Tax Exempt session
12:30-2:00pm Voter Registration with the League of Women Voters
1:00pm Movies for film lovers-Maya Angelou: And Still I Rise
Wednesday, February 5
9:00am-12:00pm Brookline Legal Assistance Bureau-this service is offered for Brookline residents 60 and older only
10:30-11:30am Mindfulness Practice and Parable Discussion Group***
1:00pm Depression vs. Dementia***
Thursday, February 6
11:00am Ask A Nurse
1:15 Zumba Gold
1:30pm Easy Travel
Saturday, February 8
3:00-5:00pm Brookline Pan-Asian Lunar New Year Celebration* Brookline High School
Monday, February 10
2:00-3:00pm Putterhan Book Group-The Tubman Command by Elizabeth Cobbs*
Tuesday, February 11
1:00pm Movies for film lovers-A United Kingdom
Wednesday, February 12
10:30-11:30am Mindfulness Practice and Parable Discussion Group***
1:00-2:30 TRIPPS Brookline Rideshare Information Session
1:00pm Freedom Trail Foundation Presentation for Black History Month***
2:30 Pickleball
Thursday, February 13
1:00pm GameSense***
1:15 Zumba Gold
Friday, February 14
Valentine Day
Monday, February 17
CLOSED Holiday Presidents' Day
Tuesday, February 18
10:00am-12:00pm Drop in Real Estate Tax Exempt Session
12:00noon February Birthday Lunch***
1:00pm Movies for film lovers-4 Little Girls
3:00-5:00pm ELF Giveaway Day
Wednesday, February 19
10:30-11:30am Mindfulness Practice and Parable Discussion Group***
1:00pm Dr. Kellie Carter-Jackson, "Rights and Wrongs: Black Women and the History of Voting***
Thursday, February 20
1:00pm Operation Diabetes ***
1:00-2:00pm Blood Pressure Screening
1:00-2:00pm Brookline Hearing Services
1:15 Zumba Gold
5:30-7:00pm Death Café***
Friday, February 21
2:30-4:00pm Rose Art Museum (Waltham)*
Monday, February 24
9:15 "T" trip to WGBH***
2:00-3:00pm Defining Decades Group***
Tuesday, February 25
9:00-10:00am Public Issues Book Group-How Democracies Die
12:00pm Out to Lunch Bunch-Carlos***
1:00pm Movies for film lovers-Mandela: Long Walk to Freedom
Wednesday, February 26
10:30-11:30am Mindfulness Practice and Parable Discussion Group***
1:00pm Bob DiCicco, and Joe Reid Concert***
1:30-3:00pm Memory Connections Café***
1:00-3:00pm Potter's Party with Brookline Arts Center*
Thursday, February 27
1:00pm CBC presentation***
1:15 Zumba Gold
Friday, February 28
Brookline-Quezalguaque Sister City Project Speaker-Richard Blanco*

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 Knit and Crochet
11:00-1:00pm TRIPPS office hours
12:00 noon Springwell Lunch ***
12:00-1:00pm Intermediate Spanish***
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

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.

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.**

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NOTE: Please keep your medical information current.

GALLERY 93

THROUGH FEBRUARY 28 8:30 AM—5:00 PM

"FIGURING IT OUT"

Figure Drawing by Members of the Brookline Senior Center Drawing for Pleasure Class Martin R. Anderson, Instructor

IMAGE: COLLAGE OF CLASS MEMBERS DRAWINGS

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Needed for noninvasive study of
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Research conducted at Boston College

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CAN I STILL CHANGE MY MEDICARE PLAN?

Exceptional Circumstances: If you believe you made the wrong plan choice because of inaccurate or misleading information, you can call 1-800-MEDICARE to request enrollment in a different plan.

Medicare Advantage Open Enrollment: If you are in a Medicare Advantage (HMO or PPO) plan at the beginning of the year, a change can be made from **January 1 through the end of March.** You can switch to a different Medicare Advantage plan or go back to Original Medicare and a drug plan, and add a Medigap plan, if you want.

For Prescription Advantage members or those getting "Extra Help" paying for prescription drugs: You can change your Medicare Advantage plan or drug plan during the year. Those with Prescription Advantage can do this once each year. Those with "Extra Help" can change once per quarter during the first three quarters of the year. If you lost "Extra Help" at the end of last year, you can make one change before the end of March.

5-Star Special Enrollment Period: You have an opportunity to enroll in a top-rated (5-Star) plan, once during the year. The Tufts Medicare Preferred HMO plans and the Blue Cross PDP plans have the 5-Star rating for 2020. You can switch from another Medicare Advantage or drug plan, or enroll in one of these plans, even if you don't already have other coverage.

Medigap Plan: You can enroll in a Medigap plan or switch to a different plan throughout the year.

Trained SHINE (Serving Health Insurance Needs of Everyone…on Medicare) volunteers offer free, confidential counseling on Medicare options. To schedule a SHINE appointment, call your local Senior Center. For other SHINE related matters, call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Once you get the SHINE answering machine, leave your name and number. A volunteer will call you back, as soon as possible.

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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 (60 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)**.

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 or call the Brookline Hackney Police Officer at 617-730-2230

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, February 5 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.

MORE SENIOR SERVICES

Free Clutter Consultations! Do you have too much stuff? Are you 60 or older and living in Brookline? Clutter is common and the Brookline Council on Aging is here to help. Call 617-730-2777 to ask about a free, one time social work visit to help you make a plan for what to do with your stuff.

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 617-730-2752. Thanks to State Senator Cynthia Stone Creem and the Executive Office of Elder Affairs for their grant that supports this program.

Rideshare Transportation Discount Pilot
Through a grant from the National Council on Aging and Lyft, the Brookline Senior Center has launched a pilot program with the ridehail app Lyft to provide 4 subsidized Lyft rides per month to income eligible senior (age 60+) residents (individual $62,450 maximum; couple $71,400 maximum). The subsidy provides a coupon of $10 to qualified participants with smartphone technology. Those interested in participating in this program contact Maria Foster 617730-2644 or mfoster@brooklinema.gov.

WANT TO LOWER YOUR MEDICARE COSTS?

On January 1, 2020 the income and asset limits for the Medicare Savings Programs* increased. If you qualify, these programs will pay your Part B premium and in some cases your Part A and B deductibles, co-pays and Part A premium (if you have one). In addition, you will automatically receive Extra Help, a program that will lower your Medicare Part D premium and co-pays. Income and Assets per month for an

Individual
$1,738 or $15,720 per year
Married couple
$2,346 or $23,600 per year.
Prescription drug co-payments with Extra Help effective January 2020
Per 30-Day supply
Generic
$3.60
Brand Name
$8.95
To learn more and to request an application, contact MassHealth at: 1-800-841-2900 or TTY at: 1-800-497-4648.
Applications are also available on-line at: https://tinyurl.com/MassMSP
* Medicare Savings Programs are also called "MassHealth Buy-In" and are administered by MassHealth.

SUBSCRIBE or RENEW: SENIOR NEWS & EVENTS

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__Yes! I would like to __Subscribe__renew my subscription to the Senior News and Events to begin on_____month.

__I am including a contribution for the following amount: $____

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

SUPPORT THR BROOKLINE SENIOR CENTER

Help BROOKLINE SENIORS age with dignity and respects

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The Brookline Senior Center is a 501(c)(3) non-profit organization.
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"I want to thank you and your team. You are responsive, professional, and fun to work with."
— Gerry C., Newton

SPOTLIGHTED VOLUNTEER

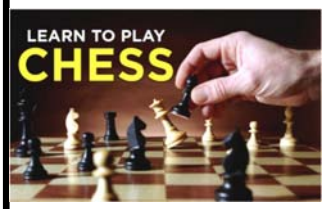
Mei Chu has been a volunteer at the Brookline Senior Center (BSC) for more than six years. Mei has helped in the kitchen and for special events, teaches a weekly Chinese exercise class, helps with Chinese translation and interpretation, assists with various office tasks and is an important member of the flower arranging team. She is the Brookline Senior Centers 'energizer bunny'.

When asked why she first came to the BSC, she said that after retiring, she knew that she needed to keep active and also use and improve her English. Mei knows that learning new things, being productive and being around people are very good for her health. Mei says that her role models at the BSC are: Agnes Rogers who at 98 was still volunteering and who at 100 came to celebrate the Chinese New Year; Sylvia Tung who at 94 could still find an error from her CPA on her taxes; and Julie Washburn who even when she is tired and the day is long can always greet everyone with a smile. Mei, who is celebrating 30 years in the US this year is a volunteer that all the staff and visitors to the BSC can count on.

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.

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. AND THE BROOKLINE HIGH SCHOOL STUDENTS WILL BE STARTING ON FRIDAY AFTERNOONS AGAIN SOON! You can bring your own board or use one of ours. Drop in – no registration necessary!

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

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In Honor of:

Anonymous honoring the Food Distribution and Tuesday morning dance
Rich Boghosian honoring Ruthann Dobek
Pat Berger honoring Fuzzy Downs
Arthur Gold honoring Hon. Cynthia Creem
Rita Shon Baker honoring the Ping Pong Group
Colbourne Crescent Poker Association honoring John Manaras
Betsy Pollock honoring Ruthann Dobek
Jane Hovey honoring Joel Reid and the Senior Chorus
Muriel Stark honoring Patricia Burns, Deidre Waxman and Gary McCabe
Ryah Parker honoring Sandra and Gerald Parker
Marilyn Silverman honoring the HELP program

In Memory of:

Helen Kass by Marie Claire Kamin
Elaine Langenthal by Fran Pechenick
Michael (Barbara's beloved partner) by Fran Pechenick
Bluma Stein by Fran Pechenick
Enid and Mark Leipman by Theodore Colton
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Jessy Silverman by Marilyn Silverman
Charlotte Sokoloff by Jodi and Rob Sokoloff
Stanley Wolff by Ruthann Dobek and Glenn Boghosian
Stanley Wolff by Patricia H. Dobek, for the Van
In Memory of Marshall Pearl by "Anonymous

In Memory of Claire Yung by:

Cindy Loo and Dan Marotta, Laura O'Brien, Charlotte Millman, Francis and Karen Yung, David and Jewel Chin, Sherry Lee, Phyllis Young, Ruthann Dobek for Chinese New Year

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.

THANK YOU THURSDAY MORNING KNIT & CROCHET GROUP!

Our wonderful Thursday morning Knit and Crochet Group has been making warm hats, scarves and blankets all year and donating them to the MGH Cancer Center, Harvard Vanguard Hematology and Oncology Department, the Norfolk County RSVP Lap Robes for Veterans program and other places on behalf of the Senior Center. We want to say a special thank you to this lovely group of volunteers for helping to make the lives of others a little bit brighter (and warmer!).

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 @ 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.** Facilitator Tom 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.

FEBRUARY SPOTLIGHTED VOLUNTEER OPPORTUNITIES

This month's spotlighted opportunities include: TUESDAY Information Desk: 1:00-3:00 pm; FOOD COMMODITY on the 3rd Wednesday morning of each month – must be able to lift 30 lbs. 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 Brookline Senior Center, please call Patricia, the Volunteer Coordinator at 617-730-2743 or email her at pburns@brooklinema.gov to make an appointment to talk about things you like to do, your skills and potential volunteer opportunities.

LIBRARY CONNECTION

Are you a lover of library books and other resources, yet unable to enjoy the pleasures of browsing on your own? We have a solution for you! The Library Connection, a partnership of Brookline's Council on Aging and the Public Library of Brookline, provides delivery of library materials directly to homebound Brookline residents who are unable to leave their home. A volunteer from the community will deliver materials to you throughout the year. If you are interested in receiving this service, contact Volunteer Coordinator Patricia Burns at the Council on Aging 617-730-2743.

SHOP PROGRAM SCHOOL YEAR 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 ARE back to school and ready to start shopping. Seniors who were in the program last year were 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

ANNUAL VOLUNTEER SURVEY

Each year in January, the BSC conducts a survey on a different pertinent topic. Last year we collected very important information on transportation and exercise. This year Ruthann and I have narrowed the survey subjects down. Look for our short survey in your mailbox next week. Please complete the survey and mail it back to Patricia in the pre-addressed envelope provided right away or drop it in her mailbox on the 2nd floor of the Senior Center! Let your voice be heard!

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