

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



**The Town of Brookline
Senior News & Events
Brookline Council on Aging**

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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 34 for subscription/renewal form.



JULY 2020

UPDATE ON THE REOPENING OF THE BROOKLINE SENIOR CENTER

As we go to print with our July edition, we are currently in Step 2, Phase 2 of the Governor's "Reopening Massachusetts" plan.

Under the "Safer at Home" advisory, people over the age of 65 and people who have underlying health conditions – who are at high risk for COVID-19 – should continue to stay home except for essential errands such as going to the grocery store and to attend to healthcare needs.

In keeping with this, we are pleased to announce that we are now offering Springwell "grab and go lunches" (see p. 22), our monthly food commodity program (see p. 8) and limited medical transportation (see p. 18).

The Council on Aging social work staff are also available during regular business hours (Monday-Friday, 8:30 am-5:00 pm), so please don't hesitate to reach out if you need anything or if you would just like to say hello. You can leave messages for us at 617-730-2777 or 617-730-2770 or you can email us at info@brooklineseniorcenter.org.



Image of George Floyd (left): Martin R. Anderson (see p. 4)

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A NOTE ABOUT OUR JULY EDITION

At the time of this printing, the Senior Center is open on a limited basis, by appointment only, in compliance with the Governor’s “Safer at Home” advisory. For more information on that advisory, **please visit: by coping and pasting: [mass.gov/news/safer-at-home-advisory](https://www.mass.gov/news/safer-at-home-advisory)**

Since it is uncertain as to when we will be able to safely begin hosting any of our special or ongoing programs at the Center, we encourage you to try some of our online programs that are featured throughout the newsletter. Please remember that these “virtual” programs are new to everyone so there will be glitches, but we hope that you will continue to give the online programming options a try.

We realize that there are lots of questions regarding our reopening and we appreciate your patience during this uncertain time. Please feel free to leave your questions on our voicemail or to submit your questions to info@brooklineseniorcenter.org. Many of you may have the same questions so we hope to address some of them in future editions of the newsletter.

We hope that you and your loved ones stay healthy and well in the days ahead and we look forward to celebrating with you all when we are able to safely reopen the Senior Center.

The Council on Aging social work staff are available during regular business hours (Monday-Friday, 8:30 am-5:00 pm), so please don’t hesitate to reach out if you need anything or if you would just like to say hello. You can leave messages for us at 617-730-2777 or 617-730-2770. Be well!

IMPORTANT INFORMATION FROM THE TOWN OF BROOKLINE REGARDING COVID-19

For general COVID-19 questions, please call the State 2-1-1 line. For Brookline specific medical or public health inquiries, please contact the Department of Brookline Public Health at 617-730-2300.

For the most up to date information on the COVID-19 emergency, please visit the Town’s website at: <https://brooklinecovid19.com/>.



FROM THE DIRECTOR

As I write this, it is one hundred days since the COVID-19 pandemic hit Brookline. The difference between March and now is astounding. I'm usually writing about the fabulous offerings such as annual barbecues, theatre trips, a trip to Pawtucket, Red Sox games, concerts, and more that happen at the Senior Center each summer. What a difference a year makes!

This year, as we continue to respond to the COVID-19 pandemic, our offerings look quite different. We are reopening with a slow and deliberate plan in compliance with federal, state, and local guidelines. We are continuing to offer a variety of online and interactive video opportunities. A special thank you to the staff, program leaders, and community sponsors who have made this happen. I hope that you take advantage of one of our offerings, or design a new program for us.

We have also begun to offer "grab-and-go" hot lunches in cooperation with Springwell (see page 22 for more details).

My colleague and dear friend Sue Welpton retired effective June 26th, 2020. Sue began her social work career in September 1981 at the Council on Aging offices, then located at 61 Park Street. When I began my career with the Council on Aging in 1983, we were roommates in an office the size of a walk-in closet. Together, we shared and developed skills while providing older residents with support, resources, and counseling. She was an incredible mentor and supported my growth as a clinician, and I am deeply grateful. We wish Sue a wonderful retirement. The best news is, as a long-time active Brookline resident, she wants to continue to act in the role of a Senior Center volunteer. Please join me in thanking her for her outstanding, dedicated service.

This month, I also received a letter thanking social worker Michael Allen for his work with a family that lives long-distance. The letter thanks Michael for "the gifted ability to think quickly, with great compassion and objectivity, and [managing] to keep everyone's needs in mind." I want to thank our dedicated team of social workers who have had to make adjustments during the COVID-19 crisis while still providing support, advocacy, and counseling to our community. I believe our entire social work staff exhibits the qualities that the letter writer praises Michael for, and we are appreciative of their service.

As we all try to determine the "new normal" and figure out the risk and how and when to engage in activities, I urge you to watch the panel on living with COVID-19. This program was taped in June and can now be found at <https://www.brooklinecan.org/>

I want to share with you my personal commitment to racial and social justice. I have made a pledge to listen, learn, and act in order to make changes. I urge you to make a similar pledge. This issue provides some resources and inspiration for you to consider. Stand with me and the Senior Center for racial and social justice!

-Ruthann Dobek, Director

BROOKLINE SENIOR CENTER DROP-IN COFFEE HOUR

One of the best things about the Brookline Senior Center has always been getting to see each other. Since we still cannot do that in person, the Senior Center will be hosting an open coffee hour twice a week, every week on **Tuesdays and Thursdays from 10:00-11:00 a.m.** Drop in on zoom to say hello, see some friendly faces, and chat about whatever is on your mind! **To attend, copy and paste this link into your browser** <https://us02web.zoom.us/j/79353296563>. For more questions or to find out how to call in by phone, contact Michael Allen at 617-730-2754. We hope to see you there! If you would like support around how to use zoom, please do not hesitate to reach out to the Senior Center staff at 617-730-2777.

INCOME TAX UPDATE



FEDERAL INCOME TAX

The deadline for filing your **FEDERAL income tax** return is **July 15, 2020**.

For additional questions or information, please call 800-829-1040 or visit: <https://www.irs.gov/>

STATE INCOME TAX

The deadline for filing your **STATE income tax** return is **July 15, 2020**.

For additional questions or information, please call the Massachusetts Department of Revenue at 800-392-6089 or visit: <https://www.mass.gov/orgs/massachusetts-department-of-revenue>

AN OPPORTUNITY TO REFLECT AND EXPLORE

As the world grapples with the murder of George Floyd, we have all struggled with ways to process our own emotions and to examine the larger questions that have been presented to us as a society. Our Senior Center programs are microcosms of the larger community and some of our program leaders have created space for their group members to reflect upon these questions and to express themselves in creative ways.

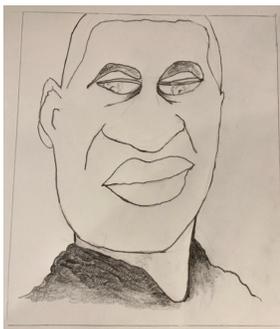
One wonderful example is that of Martin R. Anderson, our Drawing for Pleasure instructor, who invited group members to spend some time looking at an image of George Floyd and to write a few words about what that "long looking" had evoked. The artists then spent some time drawing their own portraits of George Floyd. It was an emotionally moving experience for the students and for Martin as well. We are sharing some of those images here in hopes that this will inspire you to reflect on the events of the last several weeks in your own way. We appreciate Martin and all of our program leaders who create opportunities for our community to reflect on and discuss these important issues.

OUR AARP TAX APPOINTMENTS

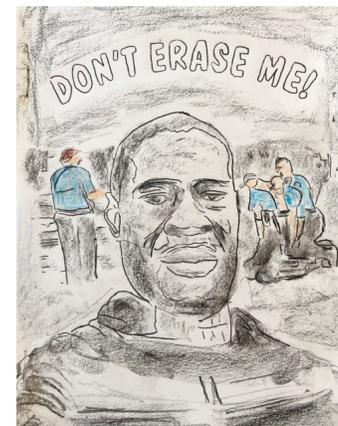
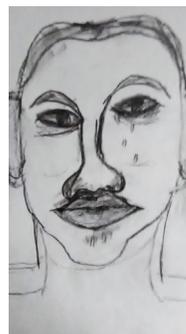


The AARP tax appointments at the Senior Center are **ONLY for people whose**

appointments were cancelled due to COVID-19 crisis. Anyone new requesting help with taxes should contact the Federal Tax Clinic at Harvard Law School (617) 390-1729 or (617) 522-3003. H&R Block also provides assistance for a fee.



Artwork by Norma Andreucci (left) and Richard Andreucci (right)



Clockwise from top left: artwork by Lori Levi, Richard Breslow and Julie Horvath.

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.*

There is a lot of pollen around. How do I know if symptoms I have are allergies or related to the Coronavirus (COVID-19)?

ANSWER: Coronavirus has occupied the news now for months, with daily counts of people who have tested positive and people who have died. So it is understandable that whenever we get a symptom that is different from our usual health, our mind wonders if this could be the first symptom of the virus.

Both allergies and seasonal colds are very common. Although they share some symptoms with COVID-19, there are several ways they are quite different.

COVID-19: The most common symptoms are fever, shortness of breath and cough. People often complain of feeling extremely tired. Some people lose their sense of smell and taste, and some have only gastrointestinal symptoms such as diarrhea and nausea. Many people have no symptoms at all, the so-called "asymptomatic carriers." Symptoms can begin between 5 and 14 days after being around someone with COVID. People often ask if they should be tested if they have been around someone who has or may have COVID. However, until testing is more available, tests are only being done for sick people to confirm that COVID is the cause. Although we hear of the large number of deaths, most people recover.

ALLERGIES: Springtime, with the beautiful flowers and the abundance of pollen, is the time of year most people experience seasonal allergies. Most people have had allergies in the past and recognize the familiar runny nose, itchy eyes and sneezing.

Most symptoms are relieved with antihistamines, which is reassuring that most likely the symptoms are indeed allergies. Allergies can make you feel miserable, but they generally don't make you feel "sick."

COLD: Many of the symptoms of the common cold are similar to allergies, except that one feels sick, with possible sore throat, laryngitis or headache.

FLU: Flu (influenza) season runs generally from December to March. Fortunately, we have a vaccination for the flu, although it is far from perfect. **It is better not to get the vaccine too early (November is good)**, so it has its full strength when flu season hits.

To protect yourself from any of these viruses, an ounce of prevention is extremely helpful. This means not only masks and social distancing, but keeping yourself in the best possible health you can be in. This means maintaining a good body weight, eating healthy foods, exercising every day.

STAY HEALTHY!!!

MEMORY CONNECTIONS CAFÉ



The Cafe, for people with early memory challenges and their care partners to connect with their peers through socialization and programming, is being held virtually until the Senior Center reopens. Please contact Jamie at 617-730-2753 or jjensen@brooklinema.gov for program information and dates.

SUE WELPTON'S RETIREMENT



Sue S. Welpton, LICSW, a graduate from Simmons School of Social Work, has had a productive, dedicated career at the Brookline Council on

Aging. Her professional contributions in the field of geriatric social work have helped create the rich social work program in Brookline. Sue announced her intent to retire and an excerpt from her letter follows:

"It is with very mixed emotions that I announce my intent to retire on June 26, 2020. Looking back over the almost 39 years, I could not have predicted the variety of experiences my job would lead me through. The job has changed, widened and developed new directions and opportunities many times, always with the intent to provide better resources and assistance to our elderly community.

Among my earliest assignments was a chance to collaborate with Brookline Community Mental Health. Together we developed Protective Services for Brookline's elders, the first program of its kind in Massachusetts. Since then I have been a part of many projects such as, being liaison to the Health Department, Police Department and Brookline Community Mental Health, alongside of carrying a caseload of elders.

I will miss the staff and the community, and so I plan to return to volunteer, in an as yet to be determined role in which I can be helpful."

With gratitude,

Sue S. Welpton, LICSW
Supervisor of Services



THE WINIKERS!



While we were disappointed that we were not able to host our annual Marie Lavine concert this year with our friends the Winikers, we were very happy to learn that they had recorded an hour long concert to help lift everyone's spirits. The concert was recorded with the assistance of Brookline Interactive Group (BIG) and with the support of Boston Hopes. We hope that you can take some time to enjoy their wonderful performance as it will surely bring a smile to your face. To view it online, please visit: https://www.youtube.com/watch?v=U_Szl_upPjc At the time of this printing, BIG was also broadcasting the concert on their local access channels (Comcast Channel 3 and RCN Channels 3 and 613) so check your television listings for more information.

DISCOVERING MY GRANDMOTHERS' QUILTS



Joyce Graff, our Brookline Bees group leader, has shared an interesting prerecorded presentation about the quilts and other needlework done by her great-grandmother and her great-great-grandmother in Pennsylvania. Joyce also shared how the many strong women of her family have inspired and influenced their modern-day descendants. **To view Joyce's presentation, copy and paste to your browser:** <https://www.youtube.com/watch?v=w3ncuAVmIfw&feature=youtu.be>

Pictured: Quilt from 1884

BROOKLINE SENIOR CENTER "VIRTUAL" PROGRAMMING

PLEASE NOTE: THIS LISTING WILL BE UPDATED AS MORE INFORMATION BECOMES AVAILABLE. VISIT OUR WEBSITE (www.brooklineseniorcenter.org) FOR UPDATES.

CRAFTING/HOBBIES

Brookline Bees Sewing Group

Tuesday mornings at 10:30 am

The group is hosting weekly Zoom meetings to stay connected while the Senior Center is closed. For information on how to connect, please send an email to brooklinebeehive@gmail.com.

DISCUSSION GROUPS

Living Our Values

Wednesday mornings from 9:00-10:00 am

This discussion group is hosting weekly Zoom meetings while the Senior Center is closed. To obtain a copy of the discussion material and for information on how to connect, please send an email to editor@businessforum.com

Current Events

Friday morning from 10:30 am-12:00pm

This discussion group is hosting weekly Zoom meetings while the Senior Center is closed. For information on how to connect, please send an email to mkt128@rcn.com.

DANCE

Online Dance Party with Lynn Modell

NEW TIME!

Thursday afternoons from 1:00-1:30pm

Lynn will play music from 40s, 50s, and 60s as well as some from film musicals and we'll dance together. You don't need much space in your home to participate. Just make sure there aren't any scatter rugs, uneven floor surfaces or objects on the floor that are trip hazards. For information on how to connect, please contact Lynn at lemodell@gmail.com.

WELLNESS

Online Mindfulness Practice

Mondays & Wednesdays from 10:00-10:30 am

(see page 24 for additional details)

EXERCISE

Qigong

Tuesday evenings from 6:00-6:30 pm

Laura Kandziolka, our former Qigong instructor who relocated to Pennsylvania, is offering FREE live Qigong classes on Facebook. You don't need a Facebook account to attend. Just go to <https://www.facebook.com/TaoAndZenHealing/> and click on the video menu to the left. You can find past recorded sessions here as well. These sessions also come highly recommended by our current instructor Dale Butler.

Combo Dance Fitness/Yoga Dance

Saturday mornings from 11:00-11:50 am

Emily Brenner, our wonderful Zumba Gold instructor is offering a FREE virtual Combo Dance Fitness/Yoga Dance class thanks to a grant from Blue Cross Blue Shield. She is also offering some other donation based classes throughout the week:

Monday: 10:00 am Zumba®

Tuesday: 10:00 am Strength/Low-Impact fitness (chair suggested, light hand weights or cans/water bottles as light weights optional)

Wednesday: 10:00 am Let Your Yoga Dance®

Thursday: 5:00 pm All levels Fitness (weights optional)

To join any of Emily's classes, please use the following link:

If you need to join by typing in the Meeting ID and the password, here it is:

<https://us04web.zoom.us/j/5563356908?pwd=SEc2M3NLL0c3QnFDRzVxd3VIWmtZdz09>

Meeting ID: 556 335 6908

Password: 1853

Please note that there are more offerings on page 10.

FREE ONLINE NUTRITION VIDEOS



Minna Scholten, MS, RDN, LDN is a Registered Dietitian in North Central Massachusetts. As part of her work as an educator and consultant, Minna partners with [Hannaford Supermarkets](#) to deliver food and nutrition education in the Marlborough and Lunenburg, MA stores. Minna was formerly the Community Dining Manager at Springwell. While she is unable to be in stores during the COVID-19 crisis, Minna is developing video content for Councils on Aging to support her communities. She is delighted to reconnect with Brookline through this video project!

You can view Minna's videos here:

Making Your Produce Last, Part 1: Fresh Produce:

<https://drive.google.com/.../1G2FAj1BRL99vYk-Q2st8lNvCm.../view...>

Making Your Produce Last, Part 2: Tips for Canned Produce:

<https://drive.google.com/.../18HMJsv0LJd3kEtL8JEuLC07fl.../view...>

Making Your Produce Last, Part 3: Tips for Frozen Produce:

<https://drive.google.com/.../1rZVNL8PTBRrm3z04ShE>

REAP

While the 2020-2021 Tax Work-Off Program will begin again on **July 1**, the program this year will look and feel a little different. The program will begin slowly with work becoming available to participants as is permitted by local, state, and federal regulations. In addition, the Brookline Senior Center aims to create a safe and healthy work environment for both staff and Center participants.

During the month of July, we will be reaching out to every participant in the Tax Work-Off program to discuss starting dates and program responsibilities for the new fiscal year. Yes, this slow start may be unfamiliar to you, but we want to assure you that you will and should take the entire year until June 30, 2021 to complete your 125 hours. Please get in touch with us with any questions you may have or any ideas that you would like to suggest about work you will feel comfortable doing at this time when social distancing remains a paramount concern to all of us.

You will each receive a July calendar time sheet from me in the mail or by email. Should you indeed have Tax Work-Off hours to report in July please fill out the time sheet as in the past and return to me either by mail or scan and email if possible. As the Tax Abatement Program evolves to meet our needs during this pandemic, we will have a better idea of how best to get you the time sheets and how they should be returned to Deidre at the Senior Center.

Please note to that the REAP program continues although remotely for the time being. We will post all available jobs to the REAP email list as well as to the monthly Newsletter. Contact: Deidre Waxman 617-730-2726/email dwxman@brooklinema.gov or Patricia Burns 617-730-2742/ email pburns@brooklinema.gov.



FOOD COMMODITY

The Food Commodity Program, a federally funded program for low income seniors, has resumed in a modified way as part of our partial reopening plan. As the July date nears, we will contact participants with more details. If you or someone you know are a low income senior who would like to receive 35 lbs. of shelf stable food on the 3rd Wednesday of each month, please call Patricia Burns at the Senior Center at 617 730 2743 or email her at pburns@brooklinema.gov

FOOD RESOURCES

PLEASE NOTE THAT THE INFORMATION PROVIDED ON THIS PAGE WAS CURRENT AT THE TIME OF PRINTING. For more information on food resources and local grocery delivery options, contact Kate Jovin at 617-730-2751 or kjovin@brooklinema.gov



15 St. Paul Street, St. Paul Church

Wednesday: 3 PM - 6 PM

Thursday: 11 AM - 2 PM

55A Egmont Street, Community Room

Thursday: 3 PM - 7 PM

Saturday: 10 AM - 1 PM

226 High Street, Community Room

Tuesday: 3 PM - 7 PM

Phone: (617) 800-5339

PLEASE NOTE: The Brookline Food Pantry will remain open but will be implementing the following emergency procedures:

- Individuals may not enter the pantry to shop or drop off donations.
- To pick up pre-packed bags of perishable and non-perishable food items, individuals must wait outside the pantry doors during open hours, listed above.
- You do not need any ID, proof of residency, or proof of income to receive food. You do not need to call ahead.
- If you are unable to safely go to the Food Pantry to pick up your food, call 617-800-5339, or write an email to BFPEmergencyFoodAssistance@gmail.com with the subject line, "Needs Home Delivery." When you call, include your name and age, the total number of people living in your household, and the ages of any other members of your household - and let them know you got their information from the Senior Center Newsletter.

SPECIAL SHOPPING HOURS FOR SENIORS



Please note: National chains may not list senior hours for every day, but Governor Baker has asked all grocery stores and drug stores to offer them daily. Call your local store for details.

MARKET BASKET

6:00-7:00 AM daily. Phone: 978-851-8000

ROCHE BROS.

7:00- 8:00 AM daily. Phone: 781-235-9400

SHAW'S & STAR MARKET

6:00-7:00 AM daily, plus Tuesdays and Thursdays from 6:00-9:00 AM.

Phone: 781-963-6995 (Shaw's); 508-313-4000 (Star Market)

STOP & SHOP

6:00-7:30 AM daily. Phone: 1-800-767-7772

TRADER JOE'S:

8:00-9:00 AM daily. Phone: 617-278-9997

TARGET

8:00-9:00 AM daily. Phone: 857-317-5220

WALMART

6:00-7:00 AM on Tuesdays.

Phone: 1-800-925-6278

WEGMANS

7:00-8:00 AM daily

WHOLE FOODS

8:00- 9:00 AM daily (may vary by location)

Brighton: 617-738-8187;

Brookline: 617-2020-0550





STAYING HEALTHY

We understand that staying active during these days of social distancing and limited space at home can be challenging, but it has never been more important. As we work to develop additional “virtual” ways that we can exercise “together”, here are some ideas to get you up and moving in the interim. **As always, be sure to check with your physician before engaging in any exercise program to ensure that it is right for you.**

WEEKLY ZOOM EXERCISE CLASSES WITH SHARON DEVINE

Open to any interested older adult contact Sharon Devine, 617-730-2769, or sdevine@brooklinema.gov for the Meeting ID and Meeting Password, or to join by phone.

EXERCISES FOR ACHING JOINTS

This class will be very similar to the Arthritis Exercise class with its focus on improving joint flexibility. **Meets Wednesdays, 11:30 am to 12:30 pm beginning Wednesday, July 1, 2020.**

EXERCISES TO IMPROVE YOUR PHYSICAL BALANCE

Meets Fridays, 12-12:30 pm beginning July 3, 2020.

EXERCISES FOR HEALTH AND REJUVENATION

If you are missing the Tuesday afternoon “Exercises for Health and Rejuvenation” with Mei Chu, we have good news! The video that Mei uses to lead the exercise class is available online here: <https://youtu.be/vjXy8peF4qU>



VIRTUAL GENTLE CHAIR YOGA WITH KEITH BEASLEY

The Public Libraries of Brookline invite you to join a Gentle Yoga class on Zoom with Keith Beasley on Friday mornings from 10:30-11:30 am. The class is designed for those seeking improved strength, flexibility, and balance with gentle movements and gently performed yoga postures. The class will be done seated in a chair with some optional standing.

For information on how to connect, please visit: <https://www.brooklinelibrary.org/events/event/virtual-gentle-chair-yoga-with-keith-beasley-2/>

BROOKILINE ADULT AND COMMUNITY EDUCATION VIRTUAL PROGRAM OFFERINGS

Brookline Adult & Community Education will be offering a virtual Summer Term, **beginning in early July** that will include many of your favorite class offerings. To see which classes are being offered, please go to their website <https://brooklineadulted.org/> for more information and to register for classes. You can also sign up to be added to their mailing list and to receive a copy of their program catalog for future terms.

COMPUTER ONE ON ONE ASSISTANCE



Do you have smart phone or computer questions? Computer One on One assistance is available by

phone for 30 minute appointments to assist with your computer and smart phone questions. This includes assistance with setting up Zoom or another interactive service like Team Viewer or What's App on your phone or computer so you can participate in many online activities.

If you would like an appointment, please call 617-730-2777, press the # sign to skip our introduction, and leave your name, phone number and a message that you would like a Computer One on One appointment. Please be sure to also indicate the issue with which you need assistance. Our Computer One on One volunteer will then call you back.

FREE ART CONSULTATIONS FOR BROOKLINE SENIORS

We are pleased to announce that Martin R. Anderson, our Art for Pleasure instructor, will be offering free one on one, online consultation and support to Brookline senior artists (aged 60 and older), Whether you consider yourself a beginner or you have been creating your art for many years, finding a way to engage your creative side during these uncertain times can be vitally important. Martin's dialogues with you will focus very little on so-called techniques, but more on the thought processes that drive your work – why you are doing what you are doing and the metaphors that your work can carry. Please note that space is limited and available on a first come, first served basis. For more information and to register, contact: Martin R. Anderson at mra22@mac.com

BROOKLINE PUBLIC LIBRARY ENGLISH CONVERSATION GROUPS



While the Public Libraries of Brookline remain closed, their English Conversation Groups are online at **10:30 am**. If you

would like to practice your conversational skills in an informal setting, the Library is offering one hour small group sessions. For more information or to register, please send an email with your name to:

brooklineconversationgroup@gmail.com.

BROOKLINE HEARING SERVICES



Brookline Hearing Services is now open for patients. We have implemented very strict cleaning and sanitation protocols for our safety and yours. We are offering curbside services and repairs, and we are shipping batteries and supplies. All visits are by appointment only. Please call the office at 617-232-1299 to schedule a visit! We are looking forward to seeing you soon!

SPECIAL PHARMACY SHOPPING HOURS FOR SENIORS



CVS 9:00-10:00 AM, daily.

Walgreens 8:00– 9:00 AM, Tuesdays.

Other pharmacies may have senior hours as well so please check with your specific pharmacy to inquire.

MASSACHUSETTS ASSOCIATION FOR THE BLIND AND VISUALLY IMPAIRED ZOOM CLASSES

The VIBRANT program is offering virtual group classes and individual technology training to introduce various programs and how to use them with access technology. Topics include an introduction to Zoom meetings, helpful reading applications, navigating ridesharing services, and much more! To get more information or request an appointment call Rachel Castle at 617-608-4150 or email rcastle@mabcommunity.org.

MUSIC CONNECTS CONCERT SERIES

Brookline Music School (BMS) is pleased to announce their new collaboration with Brookline Interactive Group (BIG) which focuses on how music connects us. BIG will be broadcasting BMS music on the local access cable channel (Comcast Ch 3 and RCN Ch 3/113) on Tuesdays and Saturdays at 2pm. Brookline residents can watch on TV and those out-of-town can watch online: <https://brooklineinteractive.org/access/> Either way, we hope that you will enjoy!

VIRTUAL COUNCIL ON AGING BOOK GROUP AT PUTTERHAM

Are you missing our monthly Putterham Book Club? Maybe you always wanted to attend and couldn't make it in person. Well, we are happy to announce that the group has moved online while the Public Libraries of Brookline are closed. For more information on how to connect via Zoom, **please copy and paste link into your browser** www.brooklinelibrary.org/events/event/virtual-council-on-aging-book-group-at-putterham/

MEI MEI'S STIR FRY COOKING DEMONSTRATION

We have partnered with our friends at Mei Mei to provide you with a wonderful two-part prerecorded cooking demonstration. You may remember that Irene Li and her terrific team have visited the Center to provide tasty cooking demonstrations and samplings in the past and so we are excited to be working with them once again. If you want to learn how to make a delicious stir fry dish, please visit:

Part 1: <https://www.youtube.com/watch?v=4wiR8E3Oll8&feature=youtu.be>

Part 2: <https://www.youtube.com/watch?v=YYU4g57gocY&feature=youtu.be>

MUTUAL AID BROOKLINE NETWORK

If you are an individual who needs a volunteer to pick up food, medication, or other necessities, please reach out directly to Mutual Aid at (617)-651-1468 or **copy this link** MutualAidBrookline@gmail.com into your browser.

VIRTUAL KNITTING/ CRAFTING CIRCLE

Hadassah Margolis, creator of the Welcome Blanket Brookline Project, invites you to join her for a Virtual Knitting/Crafting Circle (date/time TBD). Hadassah is currently working on fabric masks, but she encourages you to "bring" your blanket-making or mask-making or any other craft that you are working on. Or, feel free to join to say hello and connect. For more information on the upcoming June dates and how to connect to the Zoom meeting, please email Hadassah at media@welcomeblanket.org

AN IMPORTANT NOTE ABOUT OUR SENIOR SERVICES

To slow and reduce the spread of COVID-19 in our community, the Senior Center is now open on a limited basis by appointment only. Please **CAREFULLY REVIEW THE INFORMATION BELOW** to see which services are currently operating. If you have any questions, please call 617-730-2777.

BETS (Brookline Elder Taxi System)

During the COVID-19 emergency, please contact Maria Foster at 617-730-2644 or email her at maria@trippsmass.org with any transportation needs or questions.

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 Maria Foster at 617-730-2644 or email her at maria@trippsmass.org.

BLAB Please note that the Brookline Legal Assistance Bureau Program is not operating while the Senior Center is closed. When the Center reopens, our wonderful volunteer attorneys will once again be available at a designated time to consult on legal matters.

SHINE While the Senior Center is closed during the COVID-19 emergency, SHINE counselors Sonia Wong, Steve Maas and Sybil Levisohn are offering telephone appointments to help individuals explore their health insurance options. To schedule a telephone appointment with a SHINE counselor, please call 617-730-2777 and leave your name and telephone number and we will call you back to schedule a time.

REAP The Retirement Engagement Alternatives Program has replaced the old JOBS program. This program is based on working together to help YOU occupy your retirement! Contact Deidre Waxman at 617-730-2767 or email: dwxman@brooklinema.gov

While The Senior Center is closed, the REAP program is open for business. Please call or email us with questions.

HELP 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.

PLEASE NOTE: The program is still operational for current clients, but will not be taking new clients or home care workers until the Senior Center reopens. However, if you are in need of grocery shopping, errands, or medical escort, this service is still available for new clients, but with some limitations. Please call the HELP line at 617-730-2752 for more information on these services or to add yourself to the waiting list for other services.

CARE The Brookline Council on Aging provides Brookline families free respite/companionship through our CARE Program. CARE operates under the auspices of the existing HELP Program. CARE 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. Thanks to State Senator Cynthia Stone Creem and the Executive Office of Elder Affairs for their grant that supports this program. For more information or to participate, please call HELP Program Staff at 617-730-2752.

PLEASE NOTE: The CARE program is still operational for current clients, but will not be taking new clients until the Senior Center reopens. Please still call the HELP line to leave your information for the waiting list.

SPANISH IMMERSION LATINO INSTRUMENTAL/VOCAL MUSIC CLASS FOR ADULTS VIA CONFERENCE CALL



Want to share music and have a little fun? Then join Alfredo Velasquez on **Friday afternoons between 3:15-4:00 pm**. To join the meeting via telephone, please dial 1-717-275-8940 and

then enter access code #2095424 and say your name. For more information, please call Giovanna Tapia at 617-953-7016 or email her at brookline.spanish.immersion@gmail.com

!Clase de música para adultos mayores! Por llamada de conferencia ¿Quiere compartir música y entretenerse más? ¡Los viernes de 3:15 – 4:00pm! Del 1 de mayo- 20 noviembre ¿COMO?, POR FAVOR DIGITE: 717 275 8940 Y LUEGO EL CÓDIGO DE ACCESO 2095424 Y ENTRARA, DIGA SU NOMBRE LLAMAR PARA INFORMACION: 617-953-7016 or email:

brookline.spanish.immersion@gmail.com



BROOKLINE FARMER'S MARKET



The Brookline Farmer's Market is now open on **Thursdays from 1:30-6:30 pm**.

Please do not enter the market if you are sick or have been exposed to COVID-19. All customers and vendors will be required to wear face coverings and practice social distancing. A strict no-touch policy will be enforced. Online pre-orders and cashless transactions are strongly encouraged. Please also plan to shop alone (no groups, no couples, no pets). For more information, visit:

<https://www.brooklinefarmersmarket.com/>

SHOUT OUT TO SHOP!!



Two Brookline High School (BHS) graduating seniors who were part of the SHOP program received scholarships from the Bay State Federal Charitable Foundation in honor of the past CEO, John Murphy. The scholarships were awarded to Gigi Walsh and Anita Lemeshuk for their involvement in the SHOP program.

This program matches BHS students with Brookline seniors in a win-win situation, providing much needed help to seniors who are unable to grocery shop for themselves, while helping students fulfill their community service requirement. Mr. Murphy was a proponent of the SHOP program for many years.

Additionally, the Brookline Senior Center would like to thank Sidonie Brown, another BHS graduating senior, for her exceptional work as the Student SHOP Coordinator for the past two years. Sidonie was always available to answer a question, assign students for a new senior in need and report any out of the ordinary concern about a senior. These will be some very hard shoes to fill for the incoming Student Coordinator!

While congratulating these three SHOPpers, we would also like to give a huge thanks to all of the students who have helped our seniors with their grocery needs. You have made a difference in the lives and health of many by making sure that they had nutritious food in their homes.

CONGRATULATIONS to all graduating SHOPpers and THANKS to all BHS SHOP participants!!



SEEKING COVID-19 LOSS AND BEREAVEMENT GROUP PARTICIPANTS

For some, COVID-19 has meant losing a loved one to a frightening new disease or during a pandemic when regular ways of grieving are not available. In recognition of the fact that this has been a unique period of time in which to lose a loved one, the Brookline Senior Center is seeking participants for a COVID-19 Loss and Bereavement Group. If you have lost someone amidst the COVID-19 crisis and would like to talk with others who have had similar experiences, please reach out to Michael Allen, LCSW at 617-730-2754 or mallen@brooklinema.gov. The group will be free and is open to anyone 60+ in Brookline or surrounding communities. The group does not currently have a start date. It will begin when there are enough members signed up.

ATTENTION CHESS LOVERS! While we cannot get together to play in person, we have an opportunity for chess lovers to play virtual games on their computers or IPADS. Please let Patricia, the Volunteer Coordinator know if you are interested, pburns@brooklinema.gov or leave a voicemail on 617-730-2743.

RECOMMENDED ANTIRACISM READING

One important first step that we can take to combat racism is to look inward and educate ourselves.

Here are a few recommended books to help to broaden your perspective:

STAMPED FROM THE BEGINNING

The Definitive History of Racist Ideas in America by Ibram X. Kendi

THE COLOR OF LAW

A Forgotten History of How Our Government Segregated America by Richard Rothstein

FATAL INVENTION

How Science, Politics and Big Business Re-create Race in the Twenty-First Century by Dorothy E. Roberts

WHITE FRAGILITY

Why It's So Hard for White People to Talk About Racism by Robin J. DiAngelo



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MANDATORY USE OF FACE COVERINGS IN PUBLIC



In addition to Brookline's existing mandate, Governor Baker issued an order, **effective May 6, 2020** requiring face masks or cloth face coverings in public places where social distancing is not possible. This applies to both indoor and outdoor spaces.

Exceptions include children under the age of 2 and those unable to wear a mask or face covering due to a medical condition.

The Brookline Police and Fire Departments ask residents not to call 911 about face covering related matters. Anyone with concerns should call the Brookline Department of Public Health at 617-730-2300.

For more information on Brookline's mandate, how to make/obtain masks, and other COVID-19 related issues, please visit: <https://brooklinecovid19.com/>

Thank you for helping to keep Brookline safe and healthy during this public health emergency.

got masks?

**Need masks? Making masks?
We've got you covered in Brookline.**

Got Masks, Brookline? is a local organization helping to connect those in need of face coverings with those who have the capability to make them. To request a mask, or if you're able to contribute masks to those in need, visit: <https://gotmaskma.org/>

WE'RE GOING VIRTUAL!

Kids need us now more than ever.

1 EDUCATION DISRUPTION



The current pandemic has set student literacy back by months. In order to help students get back on-track this fall, schools and after school programs will need our support now more than ever.

2 PROVEN MODEL



Generations Incorporated has been a leader in improving child literacy for 20+ years. Partnering older adults with struggling readers, we give children the confidence and personalized attention they need to succeed. Our programs help students improve literacy skills by 60% more than students not in our programs.

3 SAFETY FIRST



By shifting our traditional in-person tutoring model to virtual, we are ensuring both the children we serve and our volunteer tutors remain safe during the current health crisis.

4 VOLUNTEER SATISFACTION



Our tutors consistently report that volunteering with Generations Incorporated helps them feel an increased sense of purpose in their lives. Volunteering increases mental and physical well being and helps counter the effects of isolation.

HOW YOU CAN HELP

We're looking for new volunteer tutors who want to make a difference at a time when children need us most. All volunteers will receive training in using technology and our literacy tutoring model.

Some Ways to Help:

- Introduce the people you know to Generations Incorporated
- Post our volunteer opportunity in your newsletter or online
- Host us for a virtual information session with your constituents
- Invite your constituents to join one of our upcoming events

CONTACT OUR RECRUITMENT SPECIALISTS TODAY!

For more information: 617-399-4678

To apply: <http://www.generationsinc.org/volunteer-application/>

FROM THE BOARD PRESIDENT

I want to welcome the new slate of Town officials who were elected June 9th. Whether they are a new or old hand to Town government, I want to give an update on the Brookline Senior Center. In particular, I want the community to understand how the Senior Center has been responding to the needs of Brookline's senior population in light of the COVID-19 crisis. I'm seeking your help as well to keep our elected Town officials informed about our important work and needs.

First, we must let them know that residents over 60 comprise 20% of Brookline's population. That's double the population of school-age children. And as you know, seniors are the group most vulnerable to the pandemic. Most vulnerable takes many forms-vulnerable to illness, to death, and vulnerable to isolation. While social isolation has become the mantra for successful pandemic control, social isolation also creates loneliness, despair, and depression-particularly among our seniors, many of whom live alone.

While the physical doors of the Brookline Senior Center have been shut, the operations and activities have been ongoing. Under the leadership of Ruthann Dobek, Director of the Brookline Senior Center, our social workers have been handling crisis intervention and providing outreach to our most vulnerable seniors. The needs do not stop when the doors are shut. In fact, the problems are exacerbated, and the needs have expanded. How to get food, medicine, seek medical attention, deal with income insecurity and housing insecurity, are just a few of the issues which come to mind.

As for the enrichment activities, which are our pride and joy, these have moved online, with a vast schedule of offerings, many run by volunteers who are older adults themselves. Exercise classes, discussion groups, book clubs, memoir writing, art classes – the list goes on and on. Of course, volunteers and professional staff are often needed to assist those constituents who are not tech-savvy, and need help to access the programs.

This month the Senior Center is faced with the challenging task of scaling up operations in a safe and healthy manner. This requires even more staff time and involvement. During normal operations of the Brookline Senior Center, I always say that we are over-crowded and under-funded. I now know that this holds true, perhaps even more so, during this pandemic.

You can help us by spreading the word about the importance of the Council on Aging and Senior Center in good times and especially, in these unprecedented pandemic times. Once the Senior Center is fully open to the public, I encourage you to stop by and visit. Please support Brookline's seniors!

Thank you, Betsy Pollock, LICSW
President Brookline Senior Center Board of Directors

ELF PROGRAM UPDATE

The program is now loaning and accepting durable medical equipment with precautions in place and with limitations on available days and times for drop-offs and pickups. Please contact Jamie at 617-730-2753 or at jjensen@brooklinema.gov to request or donate items. PLEASE DO NOT COME TO THE SENIOR CENTER WITHOUT SPEAKING TO JAMIE FIRST!



PRESENTS

VIRTUAL COMPANIONSHIP
Connecting the community through
conversation

Mutualaidbrookline.companions@gmail.com

TRIPPS TRANSPORTATION UPDATES

BROOKLINE TRANSPORTATION PROGRAM WITH LYFT

While we encourage everyone who can to stay at home as much as possible, we realize some will need to get to important medical appointments or to the grocery store and Lyft could be a good option for those who wish to avoid the T. We are able to process applications via phone and email.

This program offers 4 subsidized rides per month on Lyft to older adults in Brookline. The program is currently limited to income eligible seniors (60) and over (individual \$67,400 maximum; couple \$77,000 maximum).

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 or via email at mfoster@brooklinema.gov.

BETS PROGRAM UPDATE

As of May 2020, the last remaining dispatch taxi company Bay State Taxi has ceased operating in Brookline. There are still independent licensed cab drivers in Brookline regulated by the Town. All licensed cab drivers are required to accept BETS coupons. The Brookline Senior Center is working with the Brookline Transportation Administrator to access taxi transportation. For more information, please contact Maria Foster at 617-730-2644 or mfoster@brooklinema.gov.

If you need a cab in the interim, please contact Metro Cab at (617)782-5500 but please be aware that MetroCab will not take the Senior Taxi Coupons at this time.

JULY/AUGUST MEDICAL TRANSPORTATION WITHIN BROOKLINE AND TO THE LONGWOOD MEDICAL AREA

During July & August, the Senior Center will be piloting a program to provide transportation to non-emergency medical appointments within Brookline and the Longwood area **ONLY** using the Senior Center Van and Bus. Priority will be given to those residents who are currently using the BETS Program. **Hours are Monday- Friday 9:00 am- 3:00 pm.** Pick ups in Brookline will begin no earlier than 9:00 am and the last pick up in the Longwood area will be at 3:00 pm. Face coverings are required and there will be a limit to one passenger per vehicle, although you will be able to bring a PCA or companion if needed. **To schedule a ride**, please call the Senior Center Van Line at least three days in advance 617-730-2750.



GREEN LINE "C" BRANCH SERVICE DISRUPTION (JULY 2020)

From Sunday, July 5 through Saturday, August 1, 2020 there will be a full weekday and weekend closure of the Green Line C Branch from Cleveland Circle to Kenmore.

There will be free shuttle buses running along Beacon Street. There will be larger Coach buses and a smaller number of MBTA-style buses for easier loading and unloading. For more information about this project, please go to: <https://www.mbta.com/diversions/green-line-c>

MBTA SERVICES UPDATES



The MBTA continues to operate on a reduced schedule. Service addition will begin on June 21 & 22. Information can be found at:

<https://www.mbta.com/covid19>

- ALL riders and employees are required to wear face coverings.
- All [service levels](#) have been adjusted to prioritize essential travel for healthcare and emergency workers.
- All shared trips on [The RIDE](#) have been eliminated. RIDE customers should book trips 1-3 days in advance.
- The [CharlieCard Store](#) is closed until further notice.
- Customers should board at the rear doors of buses and street-level trolley stops. Seniors or people with disabilities can still board at the front door if needed.
- Stations and vehicles are being [cleaned and sanitized](#) with increased frequency.

INFORMATION FROM THE RMV

For COVID-19 updates from the RMV visit:
<https://www.mass.gov/info-details/rmv-covid-19-information>

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ADDITIONAL INFORMATION FOR RIDE CUSTOMERS:

If you are a new RIDE customer, you may be granted temporary eligibility if you meet the medical necessity criteria provided to your licensed healthcare provider by TREC (617-337-2727).

If you are a current RIDE customer who will require recertification soon, your eligibility will be automatically extended.

Whether you are a **newly approved** RIDE customer (granted medical necessity), or an **existing RIDE customer** whose eligibility has been extended, you will eventually need to participate in an in-person interview. You will be contacted at the appropriate time.



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VOLUNTEERING: "ONE PERSON CAN MAKE A DIFFERENCE"

In order to prevent the spread of the COVID-19 virus and comply with the mandates of the Federal, State and local government agencies, the Brookline Senior Center (BSC) is CLOSED. However, I and other BSC staff are working from home. You may contact me by phone (617-730-2743) or by email at pburns@brooklinema.gov. I check my email and voicemail several times each workday and will reply as soon as possible.

For non-volunteer issues please call the main BSC numbers: 617-730-2770 or 617-730-2777 and leave a message.

AS OF JULY OUR VOLUNTEER PRIORITY NEEDS ARE:

SENIOR CENTER

We are glad to hear from potential volunteers who are committed to community assistance. We will keep your name and contact information on file and will call upon you as needed as we stage up various programs.

TOWN OF BROOKLINE

To be contacted for various volunteer jobs, please complete the online form at: <https://www.brooklinema.gov/covidvolunteer>

VIRTUAL COMPANIONSHIP PROJECT



Mutual Aid Brookline is launching a virtual companionship project which will pair high school students with Brookline seniors experiencing isolation and loneliness during this difficult time. After a brief survey, seniors will be paired with students according to mutual interests. Volunteers will then have conversations with seniors over the phone or using video chats, whichever is most comfortable for the senior. If you are interested, please call 617-651-1468.

SPRINGWELL HOME DELIVERY MEALS ON WHEELS' DRIVERS

At this time, Springwell is seeking volunteers who are willing to provide home delivery of meals. Springwell is an essential part of the social safety net for thousands of older adults each year, and we are continuing to provide the services that are helping them stay safe and in their homes during this challenging time.

Springwell especially needs volunteers who can work in the towns of Belmont, Brookline, Newton, Watertown, and Waltham.

If you:

are interested in receiving training and support to help us reach vulnerable seniors with critical in-home meals;
have a reliable car, a current driver's license, and a clean driving record;
are available between 10:00 am -1:00 pm;
are able to provide these services, consistent with guidance we receive from the CDC, WHO and other governmental agencies, recognizing you may come into contact with high-risk members of our community and others; and are successfully able to meet the regulatory pre-requisites for the position, please contact us!

Email volunteer@springwell.com to start the process; or go online and apply to volunteer at <https://springwell.com/volunteer/>

HEALTH PROFESSIONAL VOLUNTEERS FOR COVID-19 RELIEF NEEDED

If you are a health professional and you would like to volunteer your services for the COVID-19 relief effort, please visit: <https://www.mass.gov/health-services-covid-19-volunteer-form>

SPECIAL ONLINE PROGRAM OFFERINGS IN JULY

BATTER UP!



Missing the Red Sox? Well, here is a little something fun in the meantime! Performing a unique, interactive and highly entertaining program, local singer-songwriter (and former sportswriter) Howie Newman sings baseball songs, offers up baseball trivia and tell stories about his days as a sportswriter on the Red Sox beat. Howie covered baseball for the Patriot Ledger, Lowell Sun, Boston Globe and Lynn Item as well as several other newspapers and magazines.

For three years, he also provided color commentary for the Lowell Spinners, a Red Sox farm team, on WCAP radio. Howie is sure to make you smile so check out his baseball show here: <https://youtu.be/brBBIwSTSMo>

This program is made possible through your donations to the Brookline Multi-Service Senior Center.

SHINE



The Serving the Health Information Needs of Everyone (SHINE) program provides free, confidential

and unbiased health insurance information, assistance and counseling to **Medicare** beneficiaries and their caregivers.

While the Senior Center is closed during the COVID-19 emergency, SHINE counselors Sonia Wong, Steve Maas and Sybil Levisohn are offering telephone appointments to help individuals explore their health insurance options.

To schedule a telephone appointment with a SHINE counselor, please call 617-730-2777 and leave your name and telephone number and we will call you back to schedule a time.

ARTMATTERS

ONLINE PRESENTATIONS

If you have attended any of the ArtMatters presentations at the Senior Center in the past, you know how interesting and engaging they are! We are pleased to announce we have set up a membership account with ArtMatters that allows Brookline Senior Center participants to access two prerecorded presentations each month.

To view the videos, please go to their website(<http://artmatters.website>) and click "Log In" on the top right corner of the page. A new window will pop up that reads "Sign Up." You will once again need to click on "Log In." You will then be prompted to provide a log in email and password.

To access the Senior Center account, enter info@brooklineseniorcenter.org as the email address and 93winchester as the password.

A new screen will pop up that reads, "Members Only ArtMatters Virtual Experience." Click on the box that reads "For More Information."

Another screen will pop up that reads, "Members Only ArtMatters Virtual Experience." Scroll down until you see two buttons that read "Primary Video" and "Bonus Video." Click on either of those buttons to start the prerecorded videos.

July's featured videos will be "American Art, Part One, 1776-1900" and "American Art, Part Two, 1900-1950."

These videos are actual, spontaneous performances to live audiences and they were created before the COVID-19 crisis for training purposes so please forgive the less than perfect filming and enjoy their unpredictable and "charming" quality.

The availability of this program is made possible through your donations to the Brookline Multi-Service Senior Center.

SPRINGWELL GRAB-AND-GO™ HOT LUNCHES



We are pleased to announce that we are now offering hot “grab and go” lunches on Mondays and Fridays in collaboration with Springwell. If you would like a hot lunch, you must call the Senior Center at 617-730-2747 **TWO** business days in advance to make a reservation. For example, a reservation for a meal on Friday, July 10 must be called in before 10:30 am on Wednesday, July 8 and a reservation for Monday, July 20 must be called in before 10:30 am on Thursday, July 16.

- **There will be no admission to the Senior Center for any reason at the time of pick up.**
- If you are not feeling well and/or if you have a temperature of 100 degrees or higher please stay home and contact your physician.
- **Face coverings** (i.e., scarf, mask, bandana) are required when you arrive at the Center to pick up your meal.
- You will be required to follow the directions provided by staff and volunteers at the time of arrival. We will ask you for all your information on the phone so that you do not to fill out forms at the time of pick up.
- \$2.00 Suggested donation per meal

Monday, July 6—Sweet and Sour Pork Loin over Rice Florentine, Carrots & Cabbage w/Ginger, Hearty Wheat Bread and Pineapple.

Friday, July 10 Stuffed Pepper, Rustic Tomato, Au Gratin Potatoes, Hearty White Bread and Chocolate Pudding.

Monday, July 13 Chicken Parmesan & Pasta w/Marinara Sauce, Green Beans, Scali Bread and Cantaloupe.

Friday, July 17 Cobb Salad w/Turkey, Egg, Bacon, Tomato, Romaine, w/Vinaigrette Dressing, Potato Salad, Oatmeal Bread and Peaches.

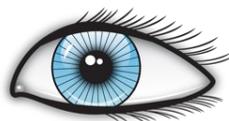
Monday, July 20 Carolina Pulled Pork on Hamburger Roll, w/Mustard BBQ Sauce, Potato Wedges, Southern Greens and Jello.

Friday, July 24 Teriyaki Chicken Meatballs, Jasmine Rice, Mandarin Vegetable Blend, Snack Loaf and Pineapple.

Monday, July 27 Meatball & Pasta, w/Marinara Sauce, Garlic Spinach. Scali Bread and Honey Dew.

Friday, July 31 Greek Chicken, Orzo, Stewed Tomatoes, Pita Bread and Pears.

TRUSTED TRANSPORTATION PARTNER



TTP: Trusted Transportation Partner (formerly known as ICARE): The Council on Aging's HELP program, through a "Trusted Transportation Partner" grant from ITNAmerica with support from Regeneron Pharmaceuticals, 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 ONE BUSINESS WEEK before your scheduled appointment.

PLEASE NOTE: This program is still operational for both current and new clients, but with some limitations. Please call for more information.

Mindfulness Corner: The following story, discussion, activity, and meditation are adapted from William Martin's book *The Tao of Forgiveness*, which features parables and accompanying discussions, activities, and meditations. Like parables from any tradition, these stories provide opportunities to reflect on some of the core emotional dilemmas of human life by building our capacity to mindfully reflect on the way we think about and interact with the world, both at deep levels and in terms of our moment-to-moment thoughts and behaviors.

THE SNARL OF YARN

Memories can be a tapestry of compassion.

A very young boy was taking a walk in the woods with his father when he spied a bright blue piece of yarn hanging on the leaves of a forest fern. Delighted, he picked up the yarn from the fern and stuffed it in his pocket. A bit farther along he saw a longer piece of red yarn dangling from a twig. He put it in his pocket as well.

From then on, every time he would go outdoors he would be on the lookout for additions to his yarn collection. By the time he was a young man he had a large ball of yarn, knotted and snarled together, that he carried in his backpack wherever he went. It was composed of all colors -- some bright and cheerful, some plain and ordinary. He was actually beginning to get tired of the massive ball, but he couldn't seem to stop picking up threads of yarn wherever he found them.

By the time he reached middle age he had to wheel the ball in a large cart. It made traveling inconvenient and tiring, but still he kept adding the threads he found each day. One evening, as he sat contemplating the ball, he had the glimmer of an idea.

He sat down by the ball and began to gently unravel one of the threads, then he unraveled another, and another. When he had about twenty threads of various colors and lengths, he took them to his loom and began to weave them together. Each evening he would sit down and patiently unravel and unknit a few threads and weave them onto the tapestry that was taking shape on his loom. Some evenings he had to be content with just loosening some of the knots a bit, so tightly snarled were they. Other evenings he found that threads came loose easily and he could add them to his growing tapestry.

The threads he would continue to find each day were added directly to the weaving rather than the ball. Gradually, over the span of several years, the ball was transformed into a large and lovely tapestry. One day he untied the last knot and with great joy wove the last thread into the tapestry. He carefully removed it from the loom and took it over to the wall. He hung it so that he could look at it from any vantage point in his house. Even through the open door of his bedroom so it would be the first thing he would see when he woke up.

The years passed and he grew old, yet still each day he would find new threads and bring them home to add to the bottom of the tapestry. Each evening he would rest and enjoy the beauty of his weaving. One evening, on his way home, he saw a lovely lustrous black thread, unlike any he had seen before. "This will be perfect for the bottom of my hanging," he thought. He brought the thread home and carefully wove it. It seemed to just fit along the bottom of the weaving. As he finished, he felt quite tired and sat back in his chair. He looked at his tapestry with a sense of satisfaction. The sense of pleasant tiredness grew and he closed his eyes. His last sight was of the tapestry. His last thought was, "How beautiful it is."

Continued on Page 24

Continued from Page 23

Discussion: All of us go through life collecting threads of yarn. They are the meaningful moments of our lives that become the memories through which we understand ourselves. Often, we take each new experience and cram it into the snarl of our habits. These threads all tangle together into a confusing, tight, often painful knot. Sometimes we do this because we are simply not paying attention. Sometimes it is because the new thread is too embarrassing or shameful for us to look at. It's easier to just shove it into our tangled ball and move on.

This way of taking in new experiences without reflection leaves us at the mercy of whatever experiences and thoughts we happen to have had in the past. Whatever snarls began to form long ago expand and grow into large knots over the course of our lives. But we do not have to simply jam each piece of new yarn into our snarled wad of past experiences. We can be the ones who weave our own tapestry of memories. By being mindful of our experiences and being willing to sit with troubling feelings, we can better see what has actually happened in our lives and help to relax our most painful knots. If we can reflect openly without first evaluating the meaning of what has happened, we can find relief.

Questions to ask yourself:

1. How accurate are my memories?
2. Are there memories to which I constantly return? Why might that be?
3. How do my memories keep me from peace and forgiveness?

Exercise: Find a comfortable seat, maybe with a journal or a pen and paper. Let your mind rest and drift until you notice an uncomfortable thought - shame, resentment, anger, disappointment, etc. It is best to pick a mildly uncomfortable one to start with. When you notice this uncomfortable thought, your mind will tell you what it "means" about you or others. When your mind tells you this, shift back to the details of the event itself, even though they may be painful. Notice how your mind wants to categorize the event, and keep a focus on the actual details. Then, see if you can write a brief description of the event in neutral terms, without judging what happened to be one way or another. As you do, notice how your feelings and perspective shift with this new, nonjudgmental view.

Meditation:

Am I my memories? Or am I the one who weaves the memories? Can I find a place for the painful ones in my tapestry? I don't want to see clearly. Keeping my thoughts confused, entangles, and snarled, protects me from the pain of clarity. But I am willing. I can see one small memory without judgment. Perhaps tomorrow I can see another.

BROOKLINE SENIOR CENTER ONLINE MINDFULNESS PRACTICE

The Brookline Senior Center is offering semi-weekly online mindfulness practice sessions. Join a video call from your computer or by phone every **Wednesday and Friday from 10:00 to 10:30 am** to practice mindfulness with members of your community. No previous experience is needed. Sessions will be facilitated by Michael Allen, LCSW, and Conor McDermott Welch. Mindfulness helps with relaxation and bolsters attention and insight, all of which are needed now more than ever! To join the video call, or cut and paste this link into your browser <https://us02web.zoom.us/j/137115626>. Please email or call Michael at mallen@brooklinema.gov and 617-730-2754 with any questions.



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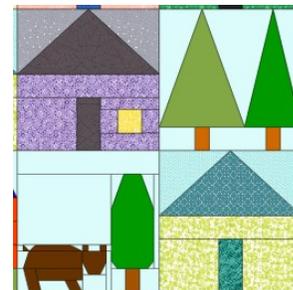


The Brookline Bees have been buzzing online since March. Most of the programs are available on the internet at [https://bit.ly/bsc93-](https://bit.ly/bsc93-quilting)

[quilting](https://bit.ly/bsc93-quilting) and topics include mask-making, mending, embroidery, applique, and paper piecing techniques.

In addition, we are undertaking a Community Quilt to be sold for benefit of the Senior Center. Each person will make and decorate one 10-inch square. Squares will be assembled into one large quilt to be sold this fall. We welcome others to join us! Please write to brooklinebeehive@gmail.com for details. Choose to make and decorate one of four patterns. There are easy patterns for beginners, and others more challenging for experts. We can supply materials if necessary. They can be done by hand or machine, to keep us busy and happy at home.

An Intro session for the Community Quilt will be posted at <https://bit.ly/bsc93-quilting> by July 4.



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LIVING WITH COVID-19

In June, a panel of Brookline seniors discussed choices we will have to make as community activities gradually re-open. We will be tempted to resume many normal activities. But how safe are they? What are the experts telling us to do? What risks are we willing to take?

Seniors who live alone were particularly at risk of isolation during the shutdown. They must now navigate a re-opening filled with temptations but lots of uncertainties about what risks are worth taking.

Michael Allen of the Council on Aging staff served as moderator and the panel consisted of Pat Ahlin, Susan Granoff, Bea Mikulecky, Fran Perler, Betsy Pollock, and Ruth Seidman. To watch the recorded version of the program, please visit: <https://www.brooklinecan.org/>



FACETIME FRESHEN UP

Our friends at the Beech Street Center in Belmont have shared a recording of a lighthearted and fun program that they recently hosted called "FaceTime Freshen Up" with makeup artist Dina Gregg for your enjoyment. You can find this and other interesting prerecorded programs that are happening through the Beech Street Center here: https://videoplayer.telvue.com/player/uClcIN88BHKHJoveFoaVN_8_5Tg72P0o/playlists/8166/media/568702?full-screen=false&autostart=false&showtabssearch=false&jwsourc=cl



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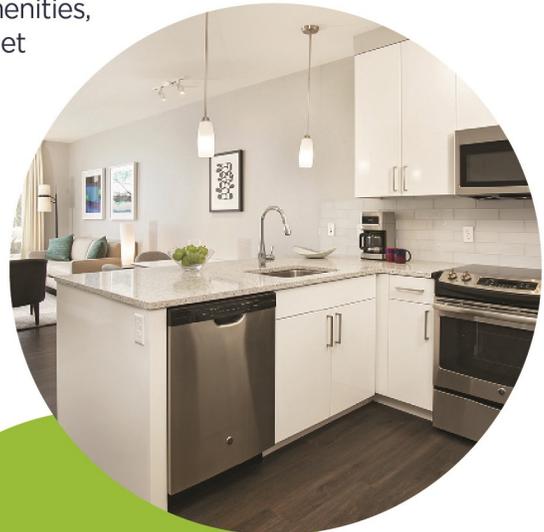
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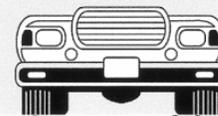
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