

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**

Ruthann Dobek

*Director, Council on Aging/
Senior Center*

Julie Washburn

*Supervisor of Services,
Council on Aging/Senior Center*

Maureen Cosgrove-Deery

Newsletter Editor

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AUGUST 2020

RESPONDING TO THE U.S. CENSUS

The #2020Census counts:

Be counted!

The 2020 Census is happening now!

You can complete your questionnaire by mail, online, or by phone. If you still have the form you received in the

mail, just complete and return it.

To complete on line: <https://2020census.gov/>

To complete by phone in English: 844-330-2020

To complete by phone Español: 844-468-2020

To complete by phone in other languages: 844-330-2020

For help, please call the Senior Center at 617-730-2777, leave a message, someone will return your call.

Your response is important as the data collected helps to direct billions of dollars in federal funds to local communities for schools, roads, and other public services.



VOTING BY MAIL



In July 2020, a new law was passed to allow all registered voters in Massachusetts to vote by mail in **ANY 2020 election**, with no excuse needed. **A Vote by Mail application was**

mailed to every person who was registered to vote as of July. If you have already requested an absentee ballot for the State primary or for all elections this year, then you will not receive a Vote by Mail application. **A second mailing** will be sent out in September to all voters who have not already applied for a Vote by Mail ballot for the November election.

(continued on page 3)

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A NOTE ABOUT OUR AUGUST 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: <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. To view a discussion with older adults and how they are adjusting to a world that is living with COVID-19, please visit: <https://www.brooklinecan.org/covid19.html#videos> 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!

SAMPLE OF THE OFFICIAL 2020 VOTE BY MAIL APPLICATION



I WANT TO VOTE!

Massachusetts Official Vote by Mail Application

Voter Information

Jane Smith
00 Winchester Street
Party XXXXXXXXX
Year of Birth 1945

Mail ballot to (if different):

Phone Number:

Ballot Requested For:

- September 1, 2020 Primary*
- November 3, 2020 Election
- All 2020 Elections*

*No Party – Choose Your Primary Ballot:

- Democratic
- Republican
- Green-Rainbow
- Libertarian



Signed: _____

Date: _____

I swear (or affirm) under penalty of perjury that I am a qualified voter at the above listed legal voting residence.

ILLEGAL VOTING PUNISHABLE UNDER STATE AND FEDERAL LAWS

William Francis Galvin, Secretary of the Commonwealth • Elections Division • One Ashburton Place, Room 1705, Boston, MA 02108

Watch for your application in the mail. Be careful as it looks a little like junk mail! The post card is pre-addressed and stamped for you so you just need to fill it out completely and mail it.

1. **DEADLINE:** Your application must be received by the Town Clerk before August 26.
To ensure that you receive your ballot on time, please complete and mail the application as soon as you receive it.
2. Check the box for **All 2020 Elections** (listed under “Ballot Requested For” heading) to receive a ballot for BOTH the primary on September 1st AND for the general election in November.
3. If you request a ballot and then decide to go to the polls, you may vote in person **as long as you have not returned your completed mail in ballot to the Town Clerk**. Since we do not know what November will bring, it is a good idea to request a **Vote by Mail ballot for all elections** at this time so you have a choice.
4. If “NO PARTY” is listed under your name and address, you must select the party for which you want to vote in the September 1st primary election.
5. **Don’t forget to fill in your phone number in case the Town Clerk has a question about your application.** Once you have checked “Ballot Requested For” and chosen a Party (if not already affiliated), then **sign, date and mail. You can also drop it in the outdoor lock box at Town Hall.**
6. **Questions?** Call the Town Clerk 617-730-2010 or the Brookline Senior Center 617-730-2770.
7. Track your ballot: <https://www.sec.state.ma.us/wheredoivotema/track/trackmyballot.aspx>

FROM THE DIRECTOR

Hard to believe that as I write this, 140 days have passed of living with COVID-19. We have all experienced hardship and heartbreak around this devastating pandemic. Currently, our Massachusetts numbers show a decline in new cases as well as deaths. Businesses are starting to reopen, and people are anxious to return to “normal” activities. There remains a great concern about new cases and deaths in other parts of the country, which translates into being cautious, patient, and diligent in our activities at the Senior Center.

As many of you have heard, the Council on Aging has experienced a \$94,037 budget cut starting July 1st. In order to avoid more layoffs and program closures, we are seeking donations from our sponsors and the community. I have been truly moved by your generosity and commitment to our mission. Thank you for being generous in these difficult days.

Transportation continues to be a major concern for elders. Our TRIPPS Program can assist you in finding alternative transportation options. Please call Maria Foster at 617-730-2644 for more information. We are committed to improving our transportation service.

We are pleased to now offer medical transportation. The Senior Center (with approval from the Brookline Department of Public Health) 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. The hours are Monday to Friday, 9:00am -3:00pm. Pick-ups in Brookline will begin no earlier than 9:00am and the last pick up in the Longwood area will be at 3:00pm. Face coverings are required and there will be a limit of 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 business days in advance at (617)730-2750.

One way you can help maintain our transportation programs is by sending a donation to support our Van Fund, which is dependent on your gifts to continue.

Congratulations to Julie Washburn! The Select Board voted to promote Julie at its July 7th meeting. Julie Washburn has her MSW from Boston University, and first began at the Council on Aging on November 3, 2003 as a clinical social worker. In January 2011, she was promoted to Program Manager, where her responsibilities have continued to increase as the Senior Center has grown exponentially in the last decade. She has shown a great deal of innovation, and an ability to meet rapidly changing priorities during the COVID-19 crisis. In addition to being responsible for outreach to many of our older residents and volunteers, she spearheaded the task of creating online programming. Indeed we went from having no virtual programming on March 12 to a robust list of offerings now. Moreover, Ms. Washburn has assisted in the reopening of the Senior Center with the administrative task of creating protocol, and supervising staff and volunteers to ensure a safe and healthy environment at the Senior Center.

-Ruthann Dobek, Director



PS - To give everyone a boost, I wanted to share beautiful Josie’s first birthday photo (July 24th). Here she is with her Senior Center quilt. Happy Birthday, Josie!

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: There is a lot of controversy around wearing a facemask to prevent COVID-19. **Do they really protect against COVID-19?**

ANSWER: The present coronavirus (COVID-19) pandemic that has hit the world in the past few months arrived suddenly, with very little warning. It has spread quickly and has proven deadly to over 600,000 people worldwide as of mid-July, 2020, with the USA having one of the highest rates of deaths in the world. Because the virus came so quickly, we are still scrambling to learn how to prevent the spread as well as how to treat the symptoms now. Although many suggestions have come and gone as to how to prevent and treat the disease, most of them have proven not to work.

Now, in the summer of 2020, we are advised to remember the 3 W's:

- Wear a mask
- Wash your hands
- Watch your distance (at least 6 feet)

We hear stories every day about people refusing to wear facemasks. Some say it's uncomfortable, some say they don't believe the science, some don't want to be told what to do. So what is the evidence that masks really help?

Like everything else in science, we rely on research studies and observation to give us the answers. As time goes on, more research is done, and advice may change. This doesn't mean that earlier advice was wrong; it means that more research has been done, and more knowledge has been learned.

Here are some examples of evidence that face masks work:

- We have known for a long time that surgeons use masks during operations to prevent the

spread of infection from talking, coughing, and sneezing while they are operating, and this has greatly reduced the risk of infection in surgical patients.

-Recently, 2 hairdressers with symptoms treated 139 customers before the hairdressers learned they were COVID-19 positive. Both the hairdressers and the customers were wearing facemasks. NONE of the customers became COVID-19 positive.

-An experiment using high-speed video found that a damp washcloth blocked hundreds of droplets generated just from talking. Another experiment showed that masks greatly reduced the amount of flu virus and common cold droplets emitted.

-COVID-19 virus among health care workers dropped significantly when they all started wearing masks all the time while working.

-Regions of the world who have made mask-wearing mandatory have shown a decrease in the spread of COVID-19.

Masks should be worn whenever people cannot stay at least 6 feet from each other, since someone may be spreading the virus even when they don't have symptoms. The type of mask is debated, but any mask worn over BOTH NOSE AND MOUTH will be of benefit, both to the person wearing the mask for personal protection and the other person. It has been shown that the virus can enter the body through the eyes, so wearing glasses are also helpful.

If we want to get rid of this virus so that it will become a distant memory for us, we all need to be a part of the fight against it. The least we can all do is follow the 3 W's of Wearing a mask, Washing hands, and Watching our distance of at least 6 feet. STAY WELL!!!

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 has begun hosting an open coffee hour twice a week, **every week on Tuesdays and Thursdays from 10:00 to 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, visit <https://brooklinema.zoomgov.com/j/1601241673>. For more questions or to find out how to call in by phone, call 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.

LATEST EPISODE OF THE AGE FRIENDLY CITIES SHOW IS NOW AVAILABLE

The latest episode of the Age Friendly Cities show, with host Matt Weiss, is now available for viewing at: <https://youtu.be/yr5RXfA9QQI> This month's episode welcomes special guest, Bob Linscott, Assistant Director of the LGBT Aging Project at the Fenway Institute. Bob gives an update on how the COVID-19 crisis is impacting LGBT seniors. We hope you will tune in!

KEEPING COOL!



Because of social distancing requirements due to the COVID-19 pandemic, the Brookline indoor cooling centers used in the past are not available this year. However, if you need assistance with cooling your home, please contact the Council on Aging at 617-730-2777 for information on possible resources.

(VIRTUAL)

CAMP MEMORY CONNECTIONS



On **Thursday, August 27 from 11:00 am-1:00 pm**, the Brookline Senior Center & Goddard House Assisted Living will sponsor their 4th annual day camp experience for people living with memory changes and their carepartners. Due to the COVID-19 pandemic, the event will be held virtually this year on Zoom and will include Music Therapy, Art Therapy, short light exercise, and the sharing of conversations with peers over S'mores. Person with memory loss must attend session with caregiver. Art therapy project supplies, S'mores supplies, and a camp-themed lunch will be delivered to homes in Brookline & JP area. **RSVP to Jamie at 617-730-2753 or jjensen@brooklinema.gov by August 20** in order to receive supplies & food, along with Zoom information. For more information on the art therapy project, please watch this video at: https://www.youtube.com/watch?v=XN9qWG2_A24&feature=youtu.be. This event is in place of the monthly Memory Connections Café. For a directory of other Memory Cafés, please visit: <https://www.jfcsboston.org/Our-Services/Older-Adults/Alzheimers-Related-Disorders-Family-Support/Directory-of-Memory-Caf%C3%A9s-in-Greater-Boston>

BCAN Thank You List

Jonatha Ceely
Judith Bednarz & Stephen Wallace
Anonymous
David & Ilana Lescohier
Mary Mindess
Harry Margolis
Lee Childs
Dudley Post
Alexandra & James Siemon
Michael & Rena Silevitch
Judith Alland
Barbara Lianides-Chin
Sarah Peskin & William Kelley
Doris & Saul Feldman

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

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

(see page 22 for additional details)

EXERCISE

Qigong

Laura Kandziolka, our former Qigong instructor who relocated to Pennsylvania, has FREE prerecorded Qigong classes available on Facebook. You don't need a Facebook account to access. Just go to <https://www.facebook.com/TaoAndZenHealing/> and click on the video menu to the left and you will see a number of prerecorded classes with which you can follow along and practice. These sessions also come highly recommended by our BSC 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 sponsored by the Brookline Multiservice Senior Center. We would like to thank Blue Cross Blue Shield for their sponsorship over the last couple of years. Either click on this link or copy into your browser.

<https://us02web.zoom.us/j/5563356908?pwd=SEc2M3NLL0c3QnFDRzVxd3VIWmtZdz09#success>

If you need to join by using the Meeting ID and password, here they are:

Meeting ID: 556 335 6908

Passcode: 1853

Emily 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 email: emily.brenner@comcast.net

FARMERS' MARKET COUPONS



A limited number of Farmers' Market coupons (worth \$25.00) will be **distributed on a first come, first served basis** to eligible individuals who are at least **60 years of age OR** disabled and living in a housing facility primarily occupied by older individuals where congregate nutrition services are provided. Your **monthly income must ALSO be at or below** \$1,968 (family of one) or \$2,658 (family of two). For each additional family member, add \$691. Individuals must live in Belmont, Brookline, Newton, Needham, Wellesley, Weston, Waltham, or Watertown to receive coupons from Springwell. Individuals can only receive one set of coupons per season.

If you are interested in receiving a coupon, please call Springwell's Nutrition Department at 617-972-5700, extension 1 any time **from August 10 through August 14, 2020**. Please leave a message with your name and phone number. **Remember that coupons will be distributed on a first come, first served basis and that leaving a message does not guarantee you a coupon.** The coupons are funded by the Massachusetts Department of Agricultural Resources and the U.S. Dept. of Agriculture. USDA is an equal opportunity provider and employer.

Sherrill House

A Not-for-profit Skilled Nursing & Rehabilitation Center

We rehab patients to return to their homes as quickly as possible following a hospitalization.

***Brookline Senior Center
Preferred Site!***

Call **617-735-1775** to speak with Admissions. To learn more, visit **www.SherrillHouse.org**.

135 S. Huntington Avenue • Boston, MA 02130

PIANIST RICHARD DOWLING



We were happy to learn that two wonderful and professionally recorded concert videos from our friend Richard Dowling are available online. Richard is a world-renowned pianist who has performed at the Senior Center many times before, through the Piatigorsky Foundation and on his own. Richard is delightful and we hope that you will find the time to enjoy his prerecorded performances from February 2020.

Part 1: <https://youtu.be/zvGZbNB7TbU>

Part 2: <https://youtu.be/yijszrMd8zY>

THE HISTORICAL ROOTS OF AMERICAN RACISM AND WHITE SUPREMACY

The Dover Town Library hosted an interesting program with Jillian Gaeta recently and a pre-recorded version of the presentation is now available on YouTube:

<https://www.youtube.com/watch?v=QHw3DMLqHoM&feature=youtu.be>

About the presentation: "For many reasons, we may not have learned the history of white supremacy in our country and how it systematically affects people of color. Maybe our high school didn't teach beyond Martin Luther King, Jr. and only taught a white dominated narrative. Jillian Gaeta learned US history in a deeper way when she started teaching it, which has made her realize that the majority of us don't have the whole story. This presentation covers how systemic racism was created in America and some of the methods of resistance to it throughout our history.

Jillian holds a bachelors degree in International Affairs from Lafayette College, and a Masters of Education from Pace University.

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.

SNAP BENEFITS UPDATE

Massachusetts residents can now use their Supplemental Nutrition Assistance Program (SNAP) benefits to buy food online at Amazon and Walmart. For more information:

<https://www.mass.gov/snap-online-purchasing-program>

FOOD COMMODITY UPDATE

In June and July, we conducted our modified Food Commodity program outside the Senior Center due to COVID-19. Participants picked up their food at specified appointment times wearing masks and maintaining strict social distancing. The August distribution is on **August 19** and will be conducted the same way. Any low income senior over 60 wishing to participate in the program to receive 35 pounds of shelf stable food on the 3rd Wednesday of each month should call Patricia at 617-730-2743 or email her at pburns@brooklinema.gov.

FOOD SECURITY SURVEY

Will be arriving in your mailbox SOON! The Council on Aging is always concerned about the food security of seniors. However, during the past 4 months of the COVID-19 pandemic, we are even more aware that some of our seniors are having food Insecurity issues. Please complete the few multiple choice questions of the questionnaire, put it in the self-addressed envelope and mail it or drop it off at the Senior Center during the Monday, Wednesday and Friday Grab-n-Go lunch pickup. For more information, call Patricia Burns at 617-730-2743 and leave a message.



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, 11:30am-12:30 pm.

EXERCISES TO IMPROVE YOUR PHYSICAL BALANCE

Meets Fridays, 2:00-2:30 pm

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/>

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>

EXERCISING YOUR SENSE OF HUMOR

“I have to exercise in the morning, before my brain figures out what I am doing.”

-Marcia Doble

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

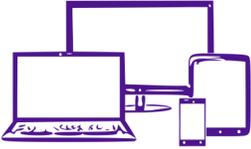
The Health Page is sponsored by Beth Israel Deaconess Medical Center

Affiliated with Joslin Clinic

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

Official hospital of the Boston Red Sox

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, is 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

CARING COVID-19 CARD CONNECTION



Would you like to receive a card in the mail periodically from one of our volunteer Caring COVID-19 Card writers?

We know that a thoughtful card can often brighten up someone's day, especially now in this time of necessary social distancing. If you would like to be part of the Caring COVID-19 Card Connection in order to stay connected as the Senior Center remains closed please leave Deidre a message at 617-730-2767 or email her at Dwaxman@brooklinema.gov

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!

BROOKLINE ADULT AND COMMUNITY EDUCATION VIRTUAL PROGRAM OFFERINGS

Brookline Adult & Community Education still has some courses left in their Summer term. But check out their website as they have some exciting lectures coming in September and our Fall term begins on October 5, 2020. 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.

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, visit: <https://www.brooklinelibrary.org/events/event/virtual-council-on-aging-book-group-at-putterham/>

BROOKLINE PUBLIC LIBRARY ONLINE ENGLISH CONVERSATION GROUPS

While the Public Libraries of Brookline remain closed, their English Conversation Groups are available online. 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.

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 MutualAidBrookline@gmail.com.

Mutual Aid is also now partnering with the Public Libraries of Brookline to provide **contactless delivery of library materials** to individuals who are homebound, quarantined, or have mobility issues. Please contact them at 617-651-1037 or email them at MutualAidBrookline.Delivery@gmail.com to learn more.

MUSIC CONNECTS CONCERT SERIES

Brookline Music School (BMS) is continuing their collaboration with Brookline Interactive Group (BIG) that focuses on how music connects us. Brookline residents, who have Brookline cable access, can view the concerts on Comcast (ch13) & RCN (ch13/613) on Tuesdays and Saturdays at 2pm. Those who are out-of-town can watch online at <https://brooklineinteractive.org/access/> (Note: hit play arrow button at start time.) Either way, we hope that you will enjoy! For more information on schedule details, visit <https://www.bmsmusic.org/events/music-connects-concert-series>.

-SAVE THE DATE-

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

Join us for a virtual "Death Café" on **Thursday, September 17 from 3:30 to 4:30 p.m.**

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. Typically we would provide tea and cake, but since this Death Cafe will be virtual we hope that you will bring your own.

Registration is not required. To attend the event, go to this link or copy and paste it into your browser <https://brooklinema.zoomgov.com/j/1611401609>. or call in by dialing 646-828-7666 and entering meeting ID 161 140 1609 when prompted. For more information call Kate Jovin, LCSW (617-730-2751) or Michael Allen, LCSW (617-730-2754). For general information about Death Café, visit: <https://deathcafe.com/what/>

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 mfooster@brooklinema.gov 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 mfooster@brooklinema.gov.

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 at this time. 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 at this time. Please still call the HELP line to leave your information for the waiting list.

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.



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.

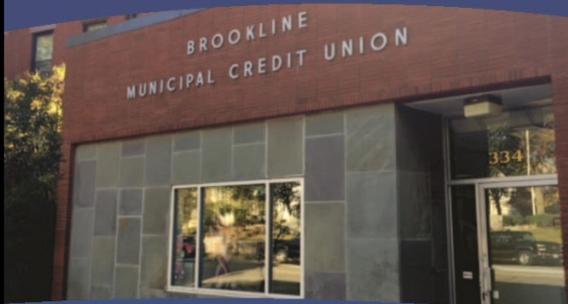
The Brookline Police and Fire Departments ask residents not to call 911 about face cover related matters. Anyone with concerns should call the Brookline Department of Public Health at 617-730-2300.

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.

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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://gotmasksmma.org/>



SUPPORT FOR ALZHEIMER'S CAREGIVERS

Given that the Senior Center is open on a limited basis, currently by appointment only, our Alzheimer's Caregiver Support Groups will not be meeting in person at this time. However, our wonderful facilitator Ted Sturman has offered to be available by phone to support caregivers who are coping with the stress and demands of caring for a loved one who is struggling with Alzheimer's or another form of dementia. If you need support, please call Ted Sturman at 617-803-6105.

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 dates and how to connect to the Zoom meeting, please email Hadassah at media@welcomeblanket.org



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MOUNT AUBURN CEMETERY ONLINE PROGRAMMING

As you may know, the Brookline Recreation Department offers a highly successful tour of the beautiful Mount Auburn Cemetery in Cambridge annually. Since they were unable to offer a trip this year due to the COVID-19 emergency, we thought we would alert you to some of the online programming that the Friends of Mount Auburn Cemetery have been offering. Here is a sampling:

“Stories in Stone: Gravestone Iconography”:
<https://vimeo.com/434385564>

“A Pride Week Walk through Mount Auburn Cemetery”:
<https://vimeo.com/showcase/7092090/video/430179216>

For more information on both upcoming and past programs, please visit: <https://mountauburn.org/virtual-ways-to-enjoy-the-cemetery/>

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.

August’s featured videos will be **“Pablo Picasso”** and **“American Art, Part Three, 1950-1990.”**

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.

FROM THE BOARD PRESIDENT

What a difference 123 days makes! COVID-19 impacts ALL of us – but is especially hard on our vulnerable older adults. The need for social distancing and staying at home has created more isolation and depression in many of our formerly vibrant and active older adults.

The Senior Center helps with older adults' minds, bodies and spirits. With the extended stay-at-home advisory and limited opportunities to socialize in person, our older population ages faster and now needs more individualized help from our social workers and other staff.

COVID-19 is also taking a toll on the Senior Center's finances. Our municipal budget for the fiscal year that started July 1, 2020 has been cut 10% - a \$94,037 loss! This budget cut our part-time custodian – just when we need MORE cleaning. Your help is needed to reinstate this position.

The budget also cut our dozen part-time low-income workers who help in so many ways, from 5 to 10 hours/week at the Town's living wage. These are older adults on an economic cliff who so depend upon this "extra" \$70 to \$150/week. Your help is needed to reinstate these jobs.

Our taxi discount program has also been cut, just when older adults isolated at home have an even greater need for safe transportation! Your help is needed to maintain our transportation subsidies.

At the same time, COVID-19 has made our work more labor-intensive and time-consuming. Any service that could involve people gathering to receive that service in a cost-effective manner – GONE. Unfortunately, this appears to be our situation for the foreseeable future. In a "normal" year, the Town of Brookline covers about 70% of our annual budget. This year it's only 60%! Your help is needed more than ever!

And hear this: It gets WORSE!! Because many of our wonderful sponsors and donor partners are community organizations – other nonprofits and local businesses that have been seriously impacted financially by the COVID-19 shutdown – some of our loyal supporters will be forced to cut back. As a result, we have an even larger financial shortfall to overcome. If you can afford to give, please do so, and please give generously to support our new reality. Our community depends on you. Please donate at www.brooklineseniorcenter.org or mail your check to 93 Winchester St., Brookline, MA 02446.

With much appreciation in advance.

Sincerely,

Betsy Pollock, President

VIBRANT ACCESS TECHNOLOGY PROGRAM



The Massachusetts Association for the Blind and Visually Impaired (MABVI) can provide remote Access Technology training while we continue to practice social distancing. We provide specialized technology training for anyone with blindness or low vision to help you keep in touch with friends and family, monitor health or fitness, read, and more. With many programs holding virtual meetings, we can teach you to use these technologies to stay connected to your community. The VIBRANT Access Technology program is offered in partnership with the Centers on Aging and the Brookline Senior Center. If we can be of assistance, please call Rachel Castle at 617-608-4150, Jerry Feliz at 857-443-6636, or email: ATCenter@mabcommunity.org We look forward to working with you soon.

MASSACHUSETTS HISTORICAL SOCIETY

The Massachusetts Historical Society (MHS), founded in 1791, is an invaluable resource for American history, life, and culture. With their temporary closure due to the COVID-19 emergency, MHS has moved online and has hosted a variety of interesting webinars on topics ranging from the Red Sox to Women's Suffrage. You can view a number of prerecorded webinars on their YouTube channel (<https://www.youtube.com/c/MassHistorical/playlists>) and you can check out their website for a list of upcoming virtual programs (<https://www.masshist.org/calendar>).

VIBRANT ACCESS TECHNOLOGY PROGRAM

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.

EXPLORE THE VIRTUAL WORLD

Yale University offers a Yale Courses channel on YouTube (<https://www.youtube.com/user/YaleCourses/featured>) that offers complete sets of lectures from the Open Yale Courses initiative. Complimentary syllabi, transcripts, and other resources may be accessed here: <https://poorvucenter.yale.edu/online-courses>

ONLINE FOLK DANCING

There are a variety of folk dancing groups or individuals now offering online lessons ("live" and prerecorded) for free or for a small donation. Here is just a sampling recommended by one of our Senior Center participants:

"Folk Dancing by the Virtual Fountain" with The Folk Arts Center and the UMass Lowell Folk Dance Club: <http://www.facone.org/programs/outdoor-dances.html>

Morristown Folk Dancers: http://njfolkdance.tripod.com/fd_morristown.html

Dance with Ira: If you have a Facebook account, you can visit <https://www.facebook.com/dancewithira> There are "live" online programs and plenty of prerecorded lessons when you click on the video tab.

FREE ONLINE WEST COAST SWING WORKSHOP WITH DANCE CALIENTE

Eileen Herman-Haase and Raul Nieves of Dance Caliente will teach a **FREE** West Coast Swing Workshop via Zoom on **Tuesday, August 11 from 7-8:30 pm**. This program is generously sponsored by the Medford Public Library and the Medford Arts Council. **REGISTRATION IS REQUIRED.** To register, please call the library at 781-395-7950 or visit: <https://www.eventkeeper.com/code/ekform.cfm?curOrg=MEDFORD&curID=449300>

We are pleased to announce that we also received a partial grant from the Massachusetts Cultural Council this year for a modified performance by Dance Caliente. This program will be prerecorded and available online. More information will follow in the September newsletter.

TRIPPS UPDATES

Brookline Transportation Program with Lyft



During this time, 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, age 60 and over (individual \$67,400 maximum; couple \$77,000 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 or 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.**

Medical Transportation within Brookline and 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. **The hours are Monday to Friday, 9:00am- 3:00pm.** Pickups in Brookline will begin no earlier than 9:00am and the last pick up in the Longwood area will be at 3:00pm. Face coverings are required and there will be a limit of 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 at 617-730-2750.**

MBTA Service Updates

Here is further information for customers of the RIDE:.

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.

Information from the RMV

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

VOLUNTEERING: "ONE PERSON CAN MAKE A DIFFERENCE"

In order to prevent the spread of the COVID-19 virus and to comply with Federal, State and local government mandates, the Brookline Senior Center (BSC) is currently open by appointment only. However, I am working remotely. 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.

AUGUST VOLUNTEER NEEDS **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 **Brookline**, Belmont, 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 or go online and apply to volunteer at <https://springwell.com/volunteer/>

AUGUST VOLUNTEER NEEDS (cont.):

TOWN OF BROOKLINE

To be contacted for various volunteer jobs, please email:

COVIDVolunteer@BrooklineMA.gov

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.

The SHOP program, currently on hold due to COVID-19, 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 SHOP Student 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!!

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.

WHO FORGIVES?

Only the Wise Mind Can Forgive

Master Joan sat across the small table from her student, Alex, at the Happy Frog Cafe. They were enjoying hot tea served in pottery mugs that were warm in their hands on a cold, wet coastal morning. As usual, neither had yet spoken, allowing the meeting to begin in comfortable silence.

Master Joan broke the silence with a question. "Well, Alex, who are you today?"

Expecting the usual "How are you?" or "What would you like to talk about?" Alex was unable to respond. He stumbled and stuttered for a moment.

Master Joan rose from her chair and said, "Let's meet again tomorrow," picked up her mug of tea, and walked back to the kitchen.

Alex spent the day in confusion. "I'd better come up with an answer to that question by tomorrow," he thought. The question seemed fraught with existential meaning and he pondered potential answers carefully. He searched for some response that would sound "Zen" and profound, but everything he came up with sounded silly and phony.

The next morning Alex awoke and lay in bed in his usual early-morning fog. The question "Who am I?" appeared in his consciousness. "Well," he thought, "I'm someone who is quite confused about who he is." Immediately the confusion disappeared. "I'm someone who's confused!" he said aloud. He bounded out of bed and whistled his way into the kitchen to put on a pot of hot water for tea. As he was watching the gas flame begin to heat the bottom of the tea kettle he realized that he was no longer someone who was confused. "I'm someone preparing tea," he thought.

The morning unfolded in an ever-shifting awareness of changing "selves." "Someone making mush, someone taking a shower, someone thinking about work in the garden, someone afraid of getting sick..." At times Alex was vaguely aware of "Someone" compassionately watching all the "someones" come and go.

Alex watched this process all morning as he went about his work. At lunchtime he sat down at a small table at the Happy Frog Cafe to once again chat with Master Joan. Joan arrived at the table carrying the familiar pot of tea and two mugs. She sat down, smiled, and asked, "Well, Alex, who are you today?"

Alex thought a moment and replied, "Just a moment ago I was someone enjoying the warmth of the room. Right now I am someone who is nervous about giving you a pleasing answer."

Master Joan smiled, poured the tea, handed a mug to Alex, and said, "Interesting. Let's talk about the one who is nervous. What does he need to hear?"

Discussion: We all think and feel so many things during the day. It is easy to experience these thoughts and feelings as being who we are. Consider the way we describe feeling emotions. We might say, "I am mad," or, "I am happy." In truth, our thoughts and feelings are just the synapses in our brain - which have been conditioned throughout our lives by our lived experiences - firing. We are not mad or happy so much as we are a person who is feeling mad or a person who is feeling happy. **Continued on (P. 22)**

Mindfulness Continued from (P.21)

By remembering that we are not our thoughts and feelings, we can gain perspective on ourselves and our experiences. This awareness deepens self-understanding and can help us make our best choices no matter what thoughts or feelings come to us.

Questions to ask yourself:

1. Who am I right now?
2. Who was I this morning?
3. What are some of the different parts of myself that were/are contributing to who I was then and who I am now?

Exercise: As you do this exercise, please remember that there is no right way to think or feel. You do not have to have any particular experience. Whoever you are right now is enough.

1. Find a seat or any other resting posture in which you feel dignified, maybe with a journal or a pen and paper. Consider a current situation in your life that might call for some forgiveness. This might be something about which you feel resentment, guilt, shame, disappointment, anger, etc.
2. On paper or in your mind, write a list titled "When I think of this situation I am one who..."
3. Note all of the feelings, sensations, thoughts, and voices that play across your mind. You do not have to be clear or accurate. Openness and curiosity are enough.
4. Breathe deeply and consider what each of these different parts of you need.

Meditation:

Who am I today?

I am the one reading these words.

I am the one who is hungry.

I am the one who is afraid.

I am the one who wants what they do not have.

I am the one who has what they do not want.

I am the one who loves.

I am the one who hates.

Beneath it all, I am the one who imagines they are all of these,
and who loves and forgives each one with tender care.

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, you can go to <https://brooklinema.zoomgov.com/j/1617380928> Please email or call Michael at mallen@brooklinema.gov or 617-730-2754 with any questions.

SPRINGWELL “GRAB-AND-GO” HOT LUNCHES



• We are pleased to announce that we are now offering hot “grab and go” lunches on Mondays, Wednesdays 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. **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 need to fill out forms at the time of pick up.

| | | |
|--|---|---|
| Monday, August 3 Salisbury Steak w/Gravy Potato, Summer Squash Blend, Rye Bread – Brownie | Wednesday, August 5 Salmon, w/Calyпсо Sauce Rice Pilaf, Broccoli, Multigrain Bread- Peaches | Friday, August 7 Lasagna (V), w/Marinara Sauce Garlic Spinach & Kale, Oatmeal Bread- Fresh Fruit |
| Monday, August 10 Chicken Cordon Bleu w/Supreme Sauce, Butternut Squash, Roasted Brussels Sprouts, Oatmeal Bread- Sugar Cookie | Wednesday, August 12 Low Sodium Sausage Sandwich w/Onions & Peppers on Wheat Sub Roll, Cut Potatoes, Mixed Vegetables- Honeydew | Friday, August 14 Caprese Chicken, Pasta, Peas, Scali Bread- Yogurt |
| Monday, August 17 Sweet & Sour Pork Loin over Rice Florentine, Carrot & Cabbage w/ Ginger, Hearty Wheat Bread- Pineapple | Wednesday, August 19 Macaroni & Cheese (V), Stewed Tomatoes, Mixed Vegetables, Oatmeal Bread- Coconut Cake | Friday, August 21 Stuffed Pepper/Rustic Tomato Sauce, Au Gratin Potatoes, Scali Bread- Chocolate Pudding |
| Monday, August 24 Beef Hot Dog on Roll, w/Mustard & Relish, Baked Beans, Carrots- Mandarin Oranges | Wednesday, August 26 Potato Pollock, w/Tartar Sauce Sweet Potato, Broccoli, Dinner Roll- Lemon Cake | Friday, August 28 Pasta w/Chicken Meatball & Marinara Sauce, Zucchini, Oatmeal Bread- Pears |
| Monday, August 31 Teriyaki Chicken Meatballs, Jasmine Rice, Mandarin Veggie Blend, Snack Loaf- Pineapples | | |

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.

-SAVE THE DATE-



**EXPANDING THE SUPPLY
OF SENIOR HOUSING IN
BROOKLINE**

A VIRTUAL FORUM

In response to the dramatic growth of the older population, Brookline is expanding its supply of housing for seniors. A virtual forum sponsored by BrooklineCAN on **Thursday, September 10 at 6:00 pm** will explain why more housing is needed for seniors and will profile new senior housing that is coming to Brookline.

Jennifer Molinsky of the Harvard University Joint Center on Housing will provide an overview of the need nationally for increased housing for seniors driven by the growth of the older population. More locally, Mike Jacobs, chair of the Brookline Housing Authority, will speak about plans for replacement and expansion of the Col. Floyd development; Rhonda Glyman, Center Communities of Brookline, will speak about plans for a new residential building on Centre Street; representatives of Welltower senior living will speak about its plans for the Newbury College site; and a representative of 2Life Communities will speak about the Brown Family House on Harvard Street that is currently under construction.

The forum will be produced in conjunction with the Brookline Interactive Group (BIG) and will be conducted on the Zoom platform. Watch the September newsletter for more information on how to register.



LIVING WITH COVID-19 SURVEY

BrooklineCAN and the Brookline Senior Center will be conducting a survey in the weeks ahead to discover how seniors are adapting to a world with COVID-19.

Understanding that everyone has to assess their own level of risk, we can be a wonderful resource for one another during these difficult days. Sharing what we are doing and how we are doing it, as well as what we are not doing, can help us to better understand the needs of our senior community. More information on the survey will follow in September and we hope that you will take some time to share your experiences with us.

**SPANISH IMMERSION LATINO
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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

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BEES BUZZING ONLINE!

The Brookline Bees have been meeting online weekly since March, keeping up our friendship and Buzz in spite of COVID-19! Even with social distancing, we have remained socially connected!

We are making progress on the Senior Center Community Quilt and are looking beyond our small class for others to participate with us and grow the quilt, which we plan to sell or raffle for the benefit of the Senior Center. We all look forward to getting together in person—AND meanwhile we can get together on Zoom and pool our talents to make a beautiful quilt.

Here is a photo of the first four finished squares—we hope you will help us do more!



Write to brookline-beehive@gmail.com and we will send you the details on how to participate. See our videos at the Brookline Senior Center YouTube channel:

<http://bit.ly/bsc93-quilting>

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EXTENSION OF MORATORIUM ON EVICTIONS AND FORECLOSURES UNTIL OCTOBER 17, 2020

Governor Baker has extended the moratorium on evictions and foreclosures for an additional 60 days, until October 17, 2020. The law suspends most residential and small business commercial evictions, as well as residential foreclosures. It does not relieve tenants or homeowners of their obligation to pay rent or make mortgage payments. Tenants are strongly encouraged to continue to pay rent, and homeowners to make their mortgage payments, to the extent they are able. For more information on the moratorium, please visit: <https://www.mass.gov/doc/foreclosures-and-evictions-moratorium-extension-july-21-2020>

To assist low-income households in making rent and mortgage payments, as well as support landlords needing these rent payments to pay expenses, the Baker-Polito Administration launched the Emergency Rental and Mortgage Assistance (ERMA) program, on July 1st. Brookline residents can apply for assistance online at: <https://www.metrohousingboston.org/what-we-do/rental-relief-and-eviction-prevention/>

VIRTUAL CHESS ATTENTION CHESS LOVERS!



While we cannot get together to play in person, we have an opportunity for you to play virtual games on your computer or iPad. Please let Patricia Burns, the Volunteer Coordinator, know if you are interested: pburns@brooklinema.gov or 617-730-2743.



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A photograph of the Waterstone at the Circle building, a modern multi-story structure with large windows and a prominent sign on the roof that reads "CIRCLE". The building is set against a clear blue sky with some greenery in the foreground.

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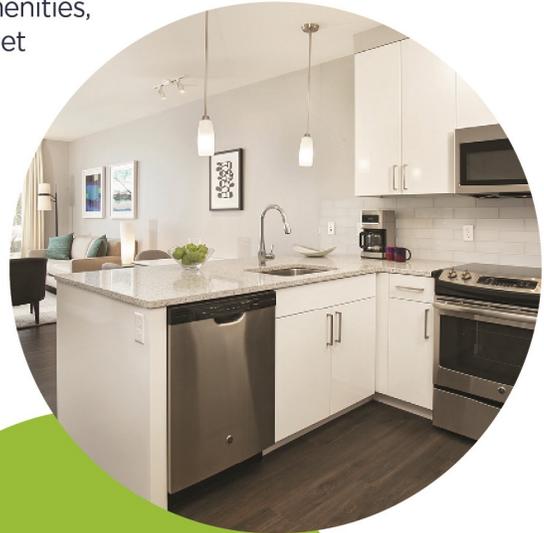
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