

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



OCTOBER 2020



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



**Brookline Voting
Information and Hours**
(see page 2)



**Where to Get Your Flu
Shot This Year**
(see page 6)



Food Resources
(see page 16)



**Medicare Part D Open
Enrollment**
(see page 24)



Autumn Benefit

(without the Gala)

Support the Brookline Senior Center!



Help Brookline's Older Adults

COVID-19 stopped the gathering
But not the Senior Center's work.
(In fact, the needs are even greater.)

The pandemic derailed our largest fundraiser of the year. Yet our financial needs are greater than ever! Our municipal budget was cut 10% and many of our loyal supporters, including small businesses and non-profits are struggling.

YOUR SPONSORSHIP

supports medical transportation, hunger reduction, client emergencies and programs to help older adults cope with social isolation and depression.

To make an online donation via credit card, please visit our website: www.brooklineseniorcenter.org

Brookline Senior Center is a non-profit 501(c)(3) organization. All donations are tax-deductible to the extent of the law.

Questions? Contact Ruthann Dobek
617-730-2756 • rdobek@brooklinema.gov

**For more information on Sponsorship opportunities,
please see page 34.**



IMPORTANT INFORMATION REGARDING LINKS

PLEASE NOTE: Some links in documents may not work when you click on them. When this happens, try copying the link and pasting it directly into your browser. Example of browsers people often use are Google, Microsoft Edge and Mozilla Firefox.



LATEST EPISODE OF THE AGE FRIENDLY CITIES TV SHOW

The latest episode of the Age Friendly Cities show, with host Matt Weiss, is now available for viewing at: <https://www.brooklinecan.org/tv.php?ep28> This month's episode focuses on Technology and Older Adults and the special guest is John Seay, a self-described retired computer dabbler. John is also one of the production team members for the Age Friendly Cities Show. We hope you will tune in!

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

Ruthann Dobek
Director, Council on Aging/Senior Center

Julie Washburn
*Supervisor of Services
Council on Aging/Senior Center*

Maureen Cosgrove-Deery
Newsletter Editor

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 28 for subscription/renewal form.



TUESDAY, NOVEMBER 3, 2020

- **The deadline to register to vote is Saturday, October 24.**
- * **If you are planning to vote by absentee ballot, please be sure to mail your ballot as soon as possible to ensure that the Town Clerk's office receives it in advance of the election. You can also drop your ballot off in the drop box located in front of Town Hall.**

**BROOKLINE "IN PERSON"
EARLY VOTING PERIOD IS
OCTOBER 17-30 AT TOWN HALL
333 Washington Street, Room 103**

An application is not required to vote early in person...just show up and vote!

DATES AND HOURS

- Sat., 10/17, Sun., 10/18 : 8:30 am-1:30pm
- Mon., 10/19, Tues., 10/20, Wed., 10/21: 8:30am-4:00 pm
- Thurs., 10/22: 8:30am-8:00pm
- Fri., 10/23: 8:30am-12:30pm
- Sat., 10/24, Sun., 10/25: 8:30am-1:30pm
- Mon., 10/26, Tues., 10/27, Wed., 10/28: 8:30am- 4:00pm
- Thurs., 10/29: 8:30am-8:00pm
- Fri., 10/30: 8:30am-12:30pm

***Please note that in order to properly socially distance, no more than 6 voters will be allowed in Town Hall polling place at any one time.**

FROM THE DIRECTOR

The COVID-19 pandemic has stopped us from celebrating together at our annual Autumn Benefit, where great food, company, and a fabulous cause usually bring us together. This year, we are seeking donations to make up for the \$94,037 budget deficit on top of our normal annual fundraising for the van service, expanded transportation, and other critical needs. Thank you to those who have already responded. Brookline Bank made a generous donation of \$5000, and Bay State Federal Charitable Foundation donated \$2500. Included with their donation was the following note:

“On behalf of the Bay State Federal Savings Charitable Foundation, we have enclosed \$2500 to assist with the reduction in your municipal budget. The COVID pandemic has presented unprecedented challenges and we commend you, your staff and volunteers for their personal commitment to support the senior community in Brookline.”

I'd like to draw your attention to a document from the UMASS Gerontology Institute:

<https://scholarworks.umb.edu/demographyofaging/45/>

As highlighted in their report, “Councils on Aging (COAs) are considered the ‘front door’ of services and supports for older residents and those who care for them. They provide a wide range of programs and services, designed to meet the varied needs and interests of a diverse older population. During the COVID-19 pandemic, COAs have had to adapt significantly to continue the important work they do on behalf of older adults in the community.”

The Senior Center has launched Brookline Bazaar, an online Etsy Shop at <https://www.etsy.com/shop/brooklinebazaar> The shop showcases a diverse collection of antique and vintage treasures and collectibles from around the globe- including many one-of-a-kind pieces. Feel free to shop, as well as consider donating items. All proceeds support the Brookline Senior Center.

Despite COVID-19, October is a great time of year when the weather is glorious and the trees wear brilliant autumn colors of scarlet, yellow and orange. Enjoy the last days of the Farmer's Market by buying juicy apples or festive pumpkins.

-Ruthann Dobek, Director

PS- Welcome to Mark Catalano, who will be a student intern with us this year. Mark is a foundation year student in the MSW program at Simmons, is a veteran, and has been working in veteran services for a couple of years.

IMPORTANT INFORMATION ABOUT CALLING IN TO ZOOM MEETINGS

Please be aware that there may be a long distance charge if you “call in” to a Zoom meeting **using a landline telephone**. The charge will be dependent upon your individual long distance telephone plan. This charge does not appear to apply to those using cell phones however, that may also be dependent upon your individual cell phone plan. The only exception to this is if there is a “toll free” telephone number option provided in the Zoom meeting invitation that you receive. Unfortunately, not all Zoom plans offer a “toll free” telephone number.

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.*

What is Telehealth?

Telehealth, or telemedicine, also known as "virtual" visits, is the practice of caring for patients when the provider and the patient are not physically in the same place. Before the COVID-19 pandemic, telehealth visits were allowed or covered by insurance in only rare cases, such as for people who lived in areas where they were hours away from medical care. However, in early 2020, the Department of Health and Human Services announced that COVID-19 was a Public Health Emergency. They felt that it was too risky for people to come in for "in person" visits to their providers' offices, with concerns that people might be exposed to the Coronavirus during travel or in the office. Telehealth visits were now encouraged and paid for by most insurances, including Medicare.

Telehealth visits can be done by phone, computer, tablet, iPad, or a smartphone. Not everyone is comfortable with this kind of visit and prefer a "hands on" meeting with their clinician. However, many people love this new option, since it saves hours in travel time, there is no exposure to anyone who may be infected with COVID-19, and if the doctor is running late, you can wait in the comfort of your home.

You will need to call your doctor's office and schedule the telehealth visit just like you would for an in person visit. I suggest you try it before deciding ahead of time that it's not for you. Although a visual/video visit is probably the most helpful, so that you and the clinician can actually see each other on a device, a phone visit is also extremely productive. You should prepare in advance for the visit, just like for an in person visit.

Make a list of your questions, have your medicine list in front of you, as well as your medicines in their bottles, and have a pen and paper ready to write down what you discussed.

Just like a regular office visit, these visits are time-limited.

It is also helpful to have a blood pressure machine at home, so that you can periodically check your blood pressure, particularly if your medicines are being adjusted. An automatic blood pressure machine that you can plug in is easy to use, once you get familiar with it. Write down the results so you can discuss these on the call.

We will have to see if telehealth stays around after COVID-19 is gone. Many feel it is a very important adjunct in getting good health care.

Flu Vaccines



The high dose flu vaccines were developed specifically for older people because most flu-related hospitalizations and deaths are in older people, since our immune systems get weaker as we age. Although some studies have shown that the high dose vaccine is more effective than the standard flu shot in preventing the flu, the CDC has not expressed a preference.

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

FROM THE BOARD PRESIDENT

Autumn has arrived and COVID –19 is still with us. I am concerned about the impact on all of you as the weather gets cold and the evenings get long. Isolation and depression lurk around the corner. I urge you to reach out to our talented Senior Center staff if you're feeling blue.

The Brookline Senior Center gratefully accepts donations to its nonprofit arm. These donations are completely tax-deductible. This year, taxpayers who claim the standard deduction on their returns will be able to claim a charitable deduction of up to \$300 for cash donations made in 2020. All donations are used to keep the van running as well as to fund furnishings, improvements, and innovative programs for the Senior Center. This year, also we need to compensate for a 10% municipal budget cut. We are proud of our strong community and need your help to sustain it. Please be as generous as you can. The Senior Center Board, the entire Senior Center family and I thank you!

Thank you,
Betsy Pollock, President

P.S - Several folks have asked how they can become sustaining donors of the Senior Center. There is an option to donate on a monthly basis when you go to: <https://www.brooklineseniorcenter.org/> and hit the DONATE button. You will then have the opportunity to check the "make this a monthly donation" box. A small donation of \$10 a month is quite helpful and appreciated. Join the growing ranks of sponsors who contribute this way each month.



COUNCIL ON AGING MEETING

The October Council on Aging Meeting will be **October 14 at 1:00 pm**. Our guest speaker will be Frank Caro, Co-Chair of BrooklineCAN. The topic is "**Extending Pedestrian-Friendly Lighting in Brookline: Recommendations of the Pedestrian Lighting Committee.**"

The Zoom link meeting info is:

<https://brooklinema.zoomgov.com/j/1600833204>

Meeting ID: 160 083 3204

To join by telephone, dial 1-646-828-7666, and when prompted, enter the Meeting ID.

For additional information or assistance, please contact Jessica Milley-Gee at 617-730-2759.

MEMORY CONNECTIONS CAFÉ



Are you missing Tommy Bahama's famous performances? Well, we are happy to announce that Tommy will be offering a virtual concert on **Wednesday, October 21 at 1:30 pm** to help get your toes tapping! This concert is sponsored by Senior Homecare Solutions and it is being offered in collaboration with the Senior Center so it is open to everyone. For more information on how to connect, please RSVP to Jamie Jensen at 617-730-2753 or at jjensen@brooklinema.gov.

OCTOBER OBSERVANCES



On **Monday, October 12**, the Senior Center offices **will be closed** in observance of **Indigenous People's Day**. Halloween is celebrated on Saturday, October 31.



**2020 FLU CLINIC INFORMATION
FROM THE BROOKLINE
DEPARTMENT OF PUBLIC HEALTH**

The Brookline Department of Public Health will offer three flu clinics this year; the first clinic will be a drive-through clinic at Larz Anderson. Complete details for this clinic, to be held on Saturday, October 24, have yet to be finalized as of press time for this newsletter. The high-dose influenza vaccine will NOT be available at any Brookline Department of Public Health clinics.

Residents are advised to contact their primary care providers to receive the flu vaccine. Additionally, a number of local businesses offer flu shots, several which may offer the high-dose vaccine.

Below is a list of businesses in Brookline where flu vaccines may be available. For hours, availability of high-dose vaccine, or other questions, please contact the individual businesses.

**Brookline Locations Offering Flu Shots
(as of 9/16/2020)**

CVS (Please call ahead)

400 Washington Street, Brookline;

617-277-6626

1322 Beacon Street, Brookline;

617-731-4410

294 Harvard Street, Brookline;

617-731-6860

1195 Boylston Street, Chestnut Hill;

617-731-5228

Mass General Brigham Urgent Care

1285 Beacon Street, Brookline;

617- 751-6205

Star Market 1065 Commonwealth Avenue

Boston; **617- 782-4585**

Walgreens 99 Harvard Street, Brookline;

617- 731-4536

Wegmans 200 Boylston Street, Chestnut Hill;

781- 418-0745

-SAVE THE DATE-

**VIRTUAL “DEATH CAFÉ”: EAT
CAKE. DRINK TEA. DISCUSS
DEATH.**

Join us for a virtual “Death Café” on **Thursday, November 12 from 3:30-4:30 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, you can go to this link: <https://brooklinema.zoomgov.com/j/1617262260>. You can 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/>

SIERRA CLUB ONLINE OFFERINGS

The Massachusetts Chapter of the Sierra Club is offering two free online virtual offerings in October:

Educational Plant-based Potluck Dinner on Sunday, October 11th from 6-7:30 pm. To register: <https://act.sierraclub.org/events/details?formcam-paignid=7013q000001b7U6AAI&mapLinkHref=>

Sustainable Kitchen Cooking Class on Tuesday, October 20th from 6:30-7:30 pm. To register: <https://act.sierraclub.org/events/details?formcam-paignid=7013q000001b7TwAAI&mapLinkHref=>

For more information, please contact Sara at scplantbasedplanet@gmail.com

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 19 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 Qigong instructor Dale Butler.

Combo Dance Fitness/ Let Your Yoga Dance

Saturday mornings from 11:00-11:45 am

Emily Brenner, our wonderful Zumba Gold instructor, is offering a **FREE** virtual Combo Dance Fitness/Yoga Dance class to **Brookline seniors** thanks to the sponsorship of the Brookline Multiservice Senior Center.

Emily is also offering some other donation-based classes (\$5 per class) throughout the week:

Monday at 10:00 am: Low Impact Zumba®

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

Wednesday at 10:00 am: Let Your Yoga Dance®

Thursday at 5:00 pm: Combo Zumba® and Fitness (get your cardio, strength and abs with some mat work!)

For more information on how to connect, please email: emily.brenner@comcast.net

Please note: You can find more virtual exercise options on page 9.



TOMMY BAHAMA VIRTUAL PERFORMANCE

Are you missing Tommy Bahama's famous performances? Well, we are happy to announce that Tommy will be offering a virtual concert on **Wednesday, October 21 at 1:30 pm** to help get your toes tapping! This concert is sponsored by Senior Homecare Solutions and it is being offered in collaboration with our monthly Memory Café, but it is open to everyone. For more information on how to connect, please RSVP to Jamie Jensen at 617-730-2753 or at jjensen@brooklinema.gov

ORAL HEALTH VIRTUAL PRESENTATION

Dental hygiene students from MCPHS University, Forsyth School of Dental Hygiene, will present a virtual oral health presentation on topics, such as oral cancer, oral hygiene instruction, dental decay, and nutrition. We look forward to having you join us on **Thursday, October 8 at 2:00 pm!** For more information on how to connect, please contact Julie Washburn at jwashburn@brooklinema.gov or at 617-730-2760.

FREE ONLINE MUSIC THERAPY GROUPS

Calling all music lovers! Please join us online from the comfort of home for group music experiences where you can meet people, sing, and be creative. These groups will be offered at no charge by The Center for Music Therapy at Berklee. Groups will run weekly for 45 minutes beginning in October.

An internet-connected smartphone, tablet, or computer is required. For more information, please email musictherapy@berklee.edu.

SINGING TOGETHER VIRTUALLY



We have started a gathering of people who would like to sing together and we will be meeting periodically on Mondays for about 45 minutes beginning at 4:00 PM. We will be doing mostly folk songs, but the group can help decide what to sing. When singing together, however, everyone has to be muted except the song leader. If you wish to join us on ZOOM, please contact Judy Chasin at hearojudy51@yahoo.com for more information on upcoming dates and on how to connect. Let's all sing together yet apart!!

SHORT STORY SOCIAL

A good short story can provide the basis for a great discussion! We will send you the story by email or hard copy to read at your leisure. Then we will meet up on Zoom (accessible via computer or telephone) **twice a month on Mondays from 10:30-11:30 am.** Bring your own coffee and we will supply the forum for a fun and enlightening hour. For more information and to sign up for the story and discussion, please contact Kate Jovin at 617-730-2753 or at kjovin@brooklinema.gov.

TALKING WITH YOUNG PEOPLE ABOUT VOTING

This is an ideal time to talk with young people (the next generation of voters) about the importance of participating in our democracy. Here is a link to wonderful book suggestions compiled by the non-partisan League of Women Voters of Brookline, to get you started: <https://www.bookswithmore.net/>

VOTE!



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, at 617-730-2769, or at 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 on Fridays, 2:00-2:30 pm

Please note: You can find more virtual exercise options on page 7.

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>

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

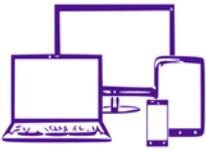
The Health Page is sponsored by Beth Israel Deaconess Medical Center

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? Dan Siagel is available to provide assistance with your computer and smart phone questions **by phone for 30-minute appointments**. 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. He can assist you whether you use Windows, Apple, or any Android system.

If you would like a free telephone 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.

PLEASE NOTE: Dan is also available to provide **in person assistance for a fee**. In order to schedule a home visit, Dan requires that the household have no history of COVID-19 and that all people present wear masks at all times and maintain social distancing. Dan does not make home visits to assisted living facilities or nursing homes.

VIRTUAL CHESS ATTENTION CHESS LOVERS!



While we cannot get together to play in person, we have an opportunity for you to play virtual chess 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.

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 dwxman@brooklinema.gov

BROOKLINE ADULT AND COMMUNITY EDUCATION VIRTUAL PROGRAM OFFERINGS



Register for fall classes through Brookline Adult & Community Education now! Fitness from Home, Painting, Creative Writing for Seniors, Meditation...there are many great classes starting at the beginning of October. Visit <https://brooklineadulted.org/> for more information and to register for classes, or call them at 617-730-2700 to receive assistance by phone. You will dial extension 0 and leave a message for the registration staff, who will return your call.

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

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.

EMERGENCY RENTAL AND MORTGAGE ASSISTANCE

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/>
A reminder that the Baker Administration has also extended the moratorium on evictions and foreclosures **until October 17, 2020**.

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 2:00pm**. 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>

SPECIAL THANK YOU TO LILLY PLATT



The Senior Center would like to give a special thank you to Brookline resident Lilly Platt who generously donated a variety of plant gifts to seniors in Brookline via the Grab & Go lunch program!

Thank you as well to all whose generosity made this possible. In addition to Lilly, the coordinator, thank you to Buy Nothing Brookline, New England House Plant Enthusiasts, and Boston Plant and Garden Exchange for their donations of cuttings, plants, bags, and containers. These plants brought hope and light into the lives of our seniors who continue to be at home during this challenging time.

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: HELP is taking limited new referrals due to COVID-19. Please call the HELP line at 617-730-2752 for more information on available 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.

PLEASE NOTE: The CARE program is taking limited new referrals due to COVID-19. Please call the HELP line at 617-730-2752 for more information on available services.

Are you at least 60 and have a problem with your in-home caregiving services?

Do you know someone who does?

If so, please call us!

1-800-243-4636

(1-800-AGE-INFO)



STAYING HEALTHY IN THE TIME OF COVID-19

Are you feeling stuck at home, not able to see family members or meet a friend for lunch? Like many, you are not alone living with COVID-19. These are challenging times; a time of reflection, soul searching and the need to take good care of ourselves.

As a former owner of a business in skin care and health for many years, Rosaline Lowe understands the importance of self-care. While Rosaline is not a certified nutritionist or dietitian, she does know this: taking care of yourself starts by eating a healthy diet and maintaining a consistent exercise program.

Rosaline has designed a four-part Zoom series that will encourage you to spend more time being good to you. Zoom sessions will be offered on **Tuesdays, October 6th, 13th, 20th and 27th from 1:00-2:30 pm**. You will receive information about Zoom and how to participate as soon as you RSVP to: Deidre Waxman, 617-730-2767 or dwaxman@brooklinema.gov. Registration is required in order to sign onto the Zoom platform.

These sessions will be interactive including discussions, readings and recipes focusing on: proteins, fats and oils, fruits and vegetables and dairy foods. A Q&A period will be available at each session.

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



The Brookline Senior Center has opened up shop on Etsy—a global online marketplace for vintage, handmade, custom and unique items—under the name BROOKLINE BAZAAR. Brookline Bazaar showcases a diverse collection of antique and vintage treasures and collectibles from around the globe- including many one-of-a-kind pieces. New items are added weekly. 100% of Brookline Bazaar proceeds go to support the Brookline Senior Center (www.brooklineseniorcenter.org), so you can find that perfect gift or treat yourself for a cause! Click the following link to take a look around the shop: www.etsy.com/shop/brooklinebazaar

Do you have a unique or one-of-a-kind vintage item or collectible that you would like to donate to BROOKLINE BAZAAR? If so, please contact jmilleygee@brooklinema.gov for more information.

**GREATER BOSTON CHINESE
GOLDEN AGE CENTER (GBCGAC)
ONLINE PROGRAMMING**

Our community partners at GBCGAC are offering a variety of online programs, including Tai Chi, ESL, Line Dancing and Chinese Painting. For more information on their offerings and how to connect, please contact Sophia Ding at 1-857-990-3316. You can also visit their website for a listing of available programs:

<https://www.gbcgac.org/programs-and-services/virtual-senior-center/>

**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://gotmasksma.org/>

Maximize Your Mobility 

Outpatient Physical Therapy at HOME

**Do you need Physical Therapy?
Would you like someone to come to your home?
We do both! Call us today for more information
Medicare and most major insurances accepted**

Office: 617-588-2110

Maximizeyourmobility.com

maximizeyourmobility@gmail.com

**Chestnut Hill Ride/
Chestnut Hill Errands & More**

**Friendly, Reliable, Affordable
Errands &
Transportation Services**

**A Family owned and operated and committed
to make your life easier and less hectic**



617 - 874 - 0487
www.chestnuthillerrands.com

MOUNT PLEASANT HOME



WORRIED ABOUT A SENIOR LIVING ALONE?

**Gorgeous, compassionate,
HAPPY home
for seniors
who need a little help**

All-inclusive & affordable!

Near the Brookline Border



617.522.7600 301 South Huntington Ave, Jamaica Plain, MA
www.MountPleasantHome.org

BROOKLINE SENIOR CENTER VIRTUAL 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 begin hosting a virtual open coffee hour twice a week, every week on **Tuesdays and Thursdays from 10:00 a.m. to 11:00 am.** 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.

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!



Wendy Kaplan
Attorney at Law

PHONE: 857-218-9889
20% SENIOR DISCOUNT

INCOME TAX UPDATE

The IRS has begun paying interest on refunds that were issued late so some taxpayers might get a refund for more than expected. The IRS has indicated that the interest will be taxable income and a 1099-INT will be issued for TY2020.

Remote working conditions continue for many workplaces, including the IRS. As a result, the IRS has received electronically filed 2019 returns, but they have not yet been able to process all payments received in the form of a check. Taxpayers may receive a letter stating that the IRS did not receive required payments and that there will be penalties and interest accrued. If you receive this letter, please follow up with the IRS directly. Do not ignore the letter and most importantly, **DO NOT** put a stop payment on the check. Taxpayers should monitor their bank account and respond to any IRS letters they receive.

Taxpayers who claim the standard deduction on their returns will be able to claim a charitable deduction of up to \$300 for cash donations made in 2020.

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.

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.

LOVIN' SPOONFULS UPDATE



For those of you who have enjoyed our Tuesday Food Distribution Program in the past, we want you to know that Lovin' Spoonfuls has temporarily rerouted our food allotment to the wonderful Brookline Food Pantry.

We encourage everyone to take advantage of the Food Pantry offerings while our Tuesday distribution site remains closed.

FOOD COMMODITY

We are conducting our modified Food Commodity program outside the Senior Center due to COVID-19. Participants pick up their food at specified appointment times wearing masks and maintaining strict social distancing.

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.

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>

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. 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.

October's featured videos will be "Winslow Homer" and "Marc Chagall."

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 generous donations to the Brookline Multi-Service Senior Center.



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.

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.

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.

Get out of the Boat!

Do I really want to grow and find forgiveness?

A man once came to a local Master, seeking a way to find forgiveness for his terrible mistakes. She instructed him to go to a nearby lake where he would find a boat. He was to get in the boat and row across the lake. On the other side he would find a beach and just beyond the beach he would find the forgiveness he sought.

He did as the Master said. When he got to the lake, he found it larger and more forbidding than he had expected. He could not see the other side. But the boat was solid, comfortable, and loaded with provisions, so he got in and began to row.

He rowed all day and just as night was falling he finally came to the far shore. There was indeed a small beach there, but beyond the beach lay a forest, dark and dense. He was not going to go there at night so he stayed in the boat, just off the shore.

When morning came he was disappointed to see that the beach seemed even smaller and less hospitable than he remembered from the night before. The forest seemed even more forbidding as well. He sat all day in the boat wondering what to do. Finally he decided to ask the Master for clarification.

He rowed back across the lake and walked back to the Master's home. "I saw no forgiveness on that shore," he said. "All I saw was a small beach and a dark forest. What should I do?"

"You have to get out of the boat!" shouted the Master.

The man went off to find another person who might be able to help him find the forgiveness for which he so eagerly sought.

Discussion: It is very easy for all of us to want forgiveness and growth. We have all done things we regret, and we all have aspects of our personality that we think of as shortcomings. But while it is easy to want forgiveness and growth, it is often hard to leave old parts of ourselves and our perspectives on life behind so that we might come to grow, live differently, and see the world with new, wiser eyes. It is easy for us to get in the boat and strive, rowing across the lake, to find forgiveness and growth, but when we arrive at the far shore full of new ways of living and new perspectives - all of them unknown and intimidating - it can be hard to get out of the boat. It is very easy to think we want forgiveness when what we actually want is to make ourselves more comfortable as we cling to our opinions, judgments, hurts, and righteous indignations. And this all makes sense. It's more comfortable to live the way we already know how to than it is to try living differently. It feels safer to see things the way we always have than to open up to new perspectives and possibilities. To grow and to find forgiveness, however, we have to be brave. We have to get out of the boat.

Questions to ask yourself:

1. Do I truly want to grow and to find forgiveness? Do I truly want those around me to grow and find forgiveness as well?
2. What “buts” come to my mind when I consider the previous question?
3. What about my life am I afraid to leave behind in order to grow and live differently?

Exercise: Sit quietly with an object you know well. Close your eyes and take a few deep breaths. When your mind is calm, open your eyes and consider the object as if you are seeing it for the first time. Notice its shape, texture, and color. Allow yourself to notice everything you can about it. Consider any new aspects of the object that you notice. As you do, reflect on this question: how does it feel to see something familiar with different eyes?

Meditation:

I do not want forgiveness,
I want to feel better.
I do not want to forgive,
I want things to be made right.
But I am willing to take one small step in the dark,
and then 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 10:00-10:30 a.m. 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 and 617-730-2754 with any questions.

BROOKLINE OPEN STUDIOS & MARKETPLACE



Brookline Open Studios & Marketplace is going virtual! Launching in October, this unique and engaging event will include a number of opportunities to experience a diverse range of creative works and interact with over 50 artists from Brookline and beyond. Additional event features include live virtual artist talks, demonstrations and studio tours, opportunities to purchase art and more.

We are pleased to announce that a few of our Senior Center artists will be participating this year as well. So stop by <https://www.brooklineopenstudios.com/> to view work by Ina Chertok, Lyudmila Rudyakov, Nancy Van Zant and a number of other talented local artists!

TRIPPS UPDATES

***NEW* BROOKLINE TRANSPORTATION PROGRAM WITH GOGO GRANDPARENT**



This program offers 4 subsidized rides per month with GoGo Grandparent, a national company that provides dispatch service for Uber/Lyft vehicles in our area from your landline or “flip” phone. This program is currently limited to income eligible seniors age 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. This option will be available 24/7 but is limited to trips within Brookline and select medical facilities.

BROOKLINE TRANSPORTATION PROGRAM WITH LYFT



This program offers 4 subsidized rides per month on Lyft to older adults in Brookline. This 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 about the above programs, please contact Maria Foster, Community Outreach Specialist for the Council on Aging at (617)730-2644 or mfoster@brooklinema.gov.

COVID-19 RESPONSE MEDICAL TRANSPORTATION WITHIN BROOKLINE & TO THE LONGWOOD MEDICAL AREA



The Senior Center is 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.**

MBTA SERVICE UPDATES

The MBTA has launched service updates and COVID-related information on their website at <https://www.mbta.com/ridesafer>

MBTA RIDE SERVICE

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). Currently, the Ride is **not** requiring in person eligibility appointments.

INFORMATION FROM THE RMV

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

If you need help navigating the RMV process, please contact Maria Foster at mfoster@brooklinema.gov.

OCTOBER VOLUNTEERING OPPORTUNITIES

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, Patricia Burns is working remotely. You may contact her by phone at 617-730-2743 or by email at pburns@brooklinema.gov. She checks her email and voicemail several times each workday and she will reply as soon as possible.

TECH BUDDY PROGRAM VOLUNTEERS

As the COVID-19 crisis continues, elders who live alone are becoming more isolated, which leads to increased depression and other serious medical problems. Many can't or won't leave their houses and desperately need internet access to stay connected. However, without the shared internet access resources they relied on in the past, such as computers in libraries and community rooms (now closed due to COVID-19), many seniors have lost the little access they had to technology.

We are planning to pilot a Tech Buddy program. We would purchase 20+ tablets to distribute to willing, low-income participants. The tablets will be pre-populated with apps we believe they will need, such as a Food Pantry app, Zoom, transportation apps, and so on. Each participant will be matched with a tech coach volunteer who will help educate them on how to use the device and help them troubleshoot when they have issues. We will also create easy to follow instructions for them to reference.

We're reaching out to our volunteers to serve as Tech Coaches. High School and College students are encouraged to participate. The goal is to enable elders to reach the outside world in a safe way during this pandemic.

We are hoping to start the Tech Buddies Pilot Program in the Fall and are looking for volunteers who are tech savvy and have a lot of patience.

TECH BUDDIES (continued)

Responsibilities: 1- Prepare tablet with appropriate apps - Brookline Food Pantry, Zoom or other video conference apps, transportation apps, telehealth apps; 2- Teach the Buddy the basics on how to use the tablets- power button, charging, updates, getting on the wifi etc...; 3- Teach and troubleshoot problems over the phone; 4- Help develop simple, step-by-step reference sheets; 5- Be patient and make a connection with an elder

Requirements: 1- Be 16+ years old - with parental consent; 2- Be or become a MRC volunteer if you are 18+ -you will need to set up an account in MA Responds; 3- Have knowledge of tablets (exact type TBD); 4- Be able to communicate clearly; 5- PATIENCE

If you are interested in this exciting pilot program, please contact Sophie Gordon at sgordon@brooklinema.gov.

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.

MEDICARE WELLNESS WEBINARS

Blue Cross Blue Shield of Massachusetts wants to help you stay well, with no-cost health education webinars brought to you in partnership with the Brookline Council on Aging. Join a webinar to participate in educational activities, practice new hobbies, stay connected to other community members while remaining at home, and learn more about how to stay healthy and safe during these challenging times.

Additional information about each webinar offering is available when you click on the link to register. All are welcome. You do not have to be a Blue Cross member to participate.

Calming Anxiety in Times of Uncertainty

Monday, October 5, 2020

10:30 a.m.–11:00 a.m. ET

Presenters: Jenna Feitelberg & Janet Fontana

Register here: https://well-b.zoom.us/webinar/register/WN_6SE63tiWRmiaTDCLRACUhw

Yoga Chair Stretches and Guided Relaxation

Tuesday, October 20, 2020

11:00 a.m.–11:30 a.m. ET

Presenters: Luisa Lewis & Janet Fontana

Register here: https://well-b.zoom.us/webinar/register/WN_FaFkY66nQiKWfjCDbZF_9w

Nutrition Do's and Don'ts During Uncertain Times

Thursday, November 5, 2020

2:00 p.m.–2:30 p.m. ET

Presenters: William Rowbottom & Tricia Silverman

Register here: https://well-b.zoom.us/webinar/register/WN_VOZ2y4buR-C0KQO8epTxnQ

Stay tuned for additional webinars in November and December.

FOOD SECURITY SURVEY



The Council on Aging is always concerned about the food security of our seniors – especially during the COVID-19 pandemic. Thanks to all seniors who completed and submitted their surveys.

The surveys were distributed to seniors who were receiving food services from the Senior Center. Our aim was to be sure that seniors were aware of and were taking advantage of all our food-related programs and were being taken care of despite the COVID-19.

Survey results from 48 of the 136 seniors polled showed that programs like the Senior Center's Food Commodity and Springwell Grab n Go lunch programs, the less restrictive Brookline Food Pantry and the Brookline Emergency Mutual Aid delivery service were being well used by the majority of those who completed the survey.

That said, we do worry about those who do not know about these programs. Should funding become available, we would be happy to do a full survey of all 10,000+ seniors in the Town. Meanwhile, if you know of someone who is struggling to have enough food, please call or have them call the Brookline Senior Center at 617 730 2777 so that we can help.

ELF EQUIPMENT LOAN

The program is loaning out and accepting donations of durable medical equipment, with precautions in place and with limitations on available days and times for pickups and drop-offs. Only certain items will be accepted for donations. Please contact Jamie at jjensen@brooklinema.gov or at 617-730-2753 to request items or to learn what is available, as there are many special miscellaneous items too. **PLEASE DO NOT COME TO THE SENIOR CENTER WITHOUT SPEAKING TO JAMIE FIRST!**

SPRINGWELL “GRAB-AND-GO” OCTOBER 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 by 10:30 am 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, face shield) 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.

Unfortunately, the October menu was not available at the time of printing. October menus will be available during lunch pick up on Mondays, Wednesdays, and Fridays. If you would prefer to have a menu mailed to you, please call and leave us a message indicating so at 617-730-2747.

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. An online copy of the survey is available here:

<https://www.surveymonkey.com/r/3JM5659>

If you would like a hard copy of the survey mailed to you, please call us at 617-730-2777.



INTENTIONAL OPTIMISM LIVING WITH PARKINSON'S

Goddard House Assisted Living & Memory Support invites you to get inspired by ESPN Founder, Bill Rasmussen, and his signature positive attitude and commitment to encouraging others on **Thursday, October 15 at 7 pm.** Diagnosed with Parkinson's in 2014, this life-long entrepreneur and sports fan will motivate you with his unabashed optimism and gratitude.



Presented by the *Parkinson's in Motion Educational Speaker Series*. *Parkinson's in Motion* also includes *Tai Chi for Parkinson's classes*, and a monthly, Classroom Support Group on Zoom. All programs are free and open to the Parkinson's community.

This program is supported, in part, by a community grant from the Parkinson's Foundation.

To register: https://us02web.zoom.us/meeting/register/tZcqcOyrrjssGd2mS_BXCK8LOAWMgXSd9gE

MEDICARE OPEN ENROLLMENT



SHINE is still available to help - by phone or email! Call soon to schedule your phone or email appointment for open enrollment any time from October 15 through December 7.

It's that time of year again! If you are enrolled in a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO/ PPO), you should be mailed an information packet from your plan by the end of September. It is important to **understand** and **save** this information because it explains the changes in your plan for 2021. Premiums, deductibles, co-pays, and the drugs covered by your plan can change significantly!

Trained SHINE (Serving Health Insurance Needs of Everyone...on Medicare) volunteers offer free, confidential counseling on Medicare options. For a phone and/or email appointment, call the Brookline Council on Aging (617)730-2777.

To prepare for your appointment please have ready your Medicare card and any other health insurance cards you have and a list of your medications with dosages and frequency. If you had SHINE assistance last year, you will need your Medicare account/login (ID and password) in order to receive assistance again this year.

If you have access to technology, you may want to visit Medicare.gov to try to log in before your appointment as it will save time during your appointment. And if you can't find your login information, take a look at your Medicare Part D paperwork from your SHINE appointment last year as you may have written it down there.

For other SHINE related matters, call 1-800-243-4636, then press or say 4. Once you get the SHINE answering machine, leave your name, town, and number. A volunteer will call you.

SPANISH IMMERSION SPANISH CLASS



Spanish Immersion will be offering an eight week online Spanish Class for adults. This is a level 1 class which will cover basic grammar, vocabulary and small conversations. Classes will take place on **Thursdays**,

October 1-November 19 from 10:15 – 11:00 am.

To register, please email brook-line.spanish.immersion@gmail.com.

The Zoom link for this class is: <https://us02web.zoom.us/j/89000649194?pwd=L21abm55ZDFIS0tCY0NGL0oyV1BpQT09>

Zoom meeting # 890 0064 9194

Password: 321123

This program is sponsored by Spanish Immersion and the Brookline Senior Center.

MEDIATION WEBINAR



Jane Honoroff and Jeff Fraser of The Mediation Group in Brookline created a webinar specifically for the Brookline Senior Center. They explain how mediation can help resolve an array of conflicts in families that may affect senior citizens and their children. Using an example of an estate conflict among adult siblings, they walk through the nuances of the mediation process in transforming conflict into problem solving. You can view this informative webinar here:

<https://www.youtube.com/watch?v=wUYWgX2Mzc&feature=youtu.be>

If people have questions after viewing the webinar, they can be reached at their website which is: www.themediationgroup.org.

Thinking about downsizing or selling your home?

I'll get it ready for you.

Your exciting new chapter in life starts with us.



More about our process:

- You can use your own real estate agent.
- We provide a complementary deep-cleaning before your open house.
- You can wait until closing to pay.
- We are Covid-19 compliant.
- References from Brookline Senior Center clients are available.

**One phone call is all you'll need.
I'll do the rest.**

 **(617) 331-7848**

"My move would have been impossible and overwhelming without Leon. He and his team removed clutter, rearranged my entire house, painted, and cleaned. We received 5 offers at our first open house." —Anna P.



Home Ready Solutions
(617) 331-7848

Home Ready Solutions is a **one-stop resource** to get your home ready for sale and to make your move stress-free.

My goal is to maximize your sales price.

After more than 30 years in real estate, I know how.

Home Ready Solutions will do all the work for you in 3 key steps:

1. I'll make your property look extraordinary. It will appeal to today's buyers, maximizing your profit.
✓ *Organizing, decluttering, painting, repairs, junk removal, deep-cleaning, staging, and curb appeal*
2. I'll make your move effortless and stress-free.
✓ *Packing, charity donations, deliveries, final-inspection punch list, local moving, and more*
3. I'll help turn your new property into a true home.
✓ *Unpacking, arranging furniture, making repairs, and more*

Leon
Gelfand
Founder



**"My promise to you:
I'll get your property
market ready so you
can maximize your sales
price, stress-free."**

HIGHWAY61

Highway61 is an audio chat room for seniors all over the US! To learn more about the events happening on Highway61, go to:
<https://calendar.highway61.co/>

Highway61 does virtual trivia, virtual bingo, coffee chats, interviews with interesting speakers, travel stories, and so much more.

If you'd like to receive updates on what is happening on Highway61, please send an email to Eva at info@highway61.co or fill out the form with your information at the bottom of www.highway61.co

To join the discussions on Highway61, all you have to do is:

- 1 - Go to Highway61 www.highway61.co
- 2 - Enter your first name, your email address and code 125645
- 3 - Click Join (a pop up will ask for access to your mic, click allow)
- 4 - Join the room with the title of the discussion you are interested in

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.

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

Write to brooklinebeehive@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>



KAREN O'BRIEN

REAL ESTATE

BERKSHIRE HATHAWAY
HOME SERVICES
COMMONWEALTH

Just Search

**"KAREN O'BRIEN,
BOSTON & THE 'BURBS"
on YOUTUBE.com**



**FREE REAL ESTATE TIPS FOR
EVERYONE**

617-475-3030

Moving? Downsizing?

the **move**
maven

*Call Karen Zweig
for a free consultation!*

617.455.1964

karen@movemaven.com



Brookline
Adult &
Community
Education

**BA
& C**

*Join us,
new classes
starting soon!*

www.brooklineadulthood.org

617-730-2700

EXTRA TIME THESE DAYS?..... OH, YES !!!



Do you have the File of Life?
If so, is it updated?

You have the ability to be as safe as possible in the event of a medical emergency.

Filling out the File of Life forms allows first responders to know how best to treat you, and provide you with needed assistance.

Once your forms are filled out, you place one on your refrigerator and the other is carried in your pocket or purse.

Your File of Life is free, efficient and saves lives.

Ensure your safety. Protect yourself. Do not delay.

For more information and to obtain the File of Life, call 617-730-2777. Help with filling out forms is available. Just ask.

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



ELDERACHIEVERS

IN HOME CARE AND ASSISTANCE

*We deliver the extra support
and assistance you or your
loved ones need to continue an
independent lifestyle.*



111 Perkins St, Boston MA 02130
179 Boylston St, Jamaica Plain MA 02130
T 617-983-0044 www.elderachievers.com

Services:

- Alternative & Holistic Services
- Medication Assistance
- Incidental Transportation
- Home Modification
- Financial Options
- Evaluation Process
- Human Service Associate Direct Care
- Our Commitment to the LGBTQ Community

Subscribe or Renew: Senior News and Events

Don't Miss Out! Just \$10 for 12 months

Be sure you receive every issue of the Senior News and Events all year. Stay current on vital and timely information and happenings at the Brookline Senior Center, the town, and the metro area.

Not yet a Subscriber? Sign up Now! Don't miss a single issue! Fill out the form below and mail to the Brookline Senior Center with your \$10 check.

News & Events-Subscription Form - \$10/year

 Yes! I would like to Subscribe Renew my subscription to the Senior News & Events to begin on Month
 I am including a contribution for the following amount: \$

Name(s): _____

Street Address: _____

City/State/Zip Code: _____

Email: _____ Phone(s): _____

Please mail this with your check payable to Brookline Senior Center, 93 Winchester Street, Brookline Ma 02446



SUPPORT THE BROOKLINE SENIOR CENTER

Help BROOKLINE SENIORS age with dignity and respect

Please use the form above or donate online via Pay Pal at

www.brooklineseniorcenter.org

The Brookline Senior Center is a 501(c)(3) non-profit organization.

Your gift is tax deductible to the full extent of the law.

Membership is not needed. All are Welcome!

WADE HOROWITZ LAPOINTE & DAYS LLC



Helping People Find Solutions.

1309 Beacon Street, 2nd Floor

Brookline, MA 02446

www.wadehorowitz.com

Please call for an appointment:

617-738-1919

Your Attorneys for Wills, Probate,
Real Estate, Medicaid/Long Term Care,
Gift Planning, and Estate Tax Planning



Wake up to Wingate

Where Healthcare and Hospitality Meet



Located just minutes from some of the world's finest hospitals, Wingate at Chestnut Hill meets the short-term rehab, long-term care and respite care needs of patients and their families—always with attention, understanding, compassion and respect.

—Family-Owned and Operated for Three Decades—

615 Heath Street Chestnut Hill, MA 02467 | 617-243-9990
WingateHealthcare.com



Connecting to What Matters

That's the Benchmark Difference.

Stay connected to the people, passions and things you love. It's a living experience shaped by over 20 years of proven experience.

Call today to learn about Assisted Living and our Mind & Memory approach 617.396.7129



50 Sutherland Road
Brighton MA
ChestnutParkAtClevelandCircle.com



TRAIN WITH SHAIN IN HOME BALANCE THERAPY AND FITNESS TRAINING FOR SENIORS

Steven R. Shain
(508) 231-6378
www.trainwithshain.net
trainwithshain@gmail.com

ACSM certified cpt/hfi
CPRI/AED certified
Fully Insured

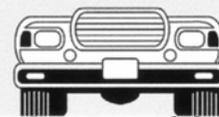
CYPRESS AUTOMART

USED CAR DEALERSHIP

A DIVISION OF AUDY'S MOBIL

proudly serving Brookline & surrounding areas since 1973

Village Mobil
345 Boylston St.
617 738 4706



Harvard St. Mobil
198 Harvard St.
617 734 6810

1996 Business of the Year

www.cypressauto.com

www.mobilstations.com/audys

THINKING ABOUT SELLING YOUR HOME? WE'RE HERE TO MARKET YOU!

LISTING CONCIERGE - THE BEST MARKETING CAMPAIGN FOR YOUR PROPERTY THROUGH PROFESSIONAL PHOTOGRAPHY, PRINT, DIGITAL MATERIALS, SOCIAL MEDIA AND TELEVISION AD.

TELEVISION

A 10-second spot on Coldwell Banker's® TV program, *At Home in New England* and a 10-second photo slideshow with narration posted on Coldwell Banker's regional YouTube™ channel.

DIGITAL

- Professionally designed **single-property website**.
- **Geographically targeted marketing for five days** to a local audience **online** and on **social media**.
- "Just Listed" and "Just Sold" eBlast to sales associate's contacts.
- New listings distributed weekly via email to area cooperating sales associates.
- Branded **property marketing overview report for the seller**.

PRINT

- An advertisement spot in your choice of *The Boston Globe* or *Boston Magazine*.
- **50 professionally printed**, high quality property brochures.
- **100 super jumbo "Just Listed"** & **100 super jumbo "Just Sold"** postcards.



MARTIN LAIRD

Broker, REALTOR®
1375 Beacon Street
Brookline, MA 02446
617.827.7009
Martin.Laird@NEMoves.com
www.MartinLairdBostonRE.com



COLDWELL BANKER
RESIDENTIAL
BROKERAGE

CONTACT MARTIN TODAY
for a **COMPLETE MARKET ANALYSIS**
with strategic recommendations including
professional staging to maximize your
home's value for Spring Market.

©2020 Coldwell Banker Realty. All Rights Reserved. Coldwell Banker Realty fully supports the principles of the Fair Housing Act and the Equal Opportunity Act. Owned by a subsidiary of NRT LLC. Coldwell Banker and the Coldwell Banker Logo are registered service marks owned by Coldwell Banker Real Estate LLC.

**SERVING THE BROOKLINE COMMUNITY
FOR 75 YEARS**



BECOME A MEMBER TODAY!

We offer a full range of financial services,
from savings and checking accounts
to Real Estate Loans.

**BROOKLINE MUNICIPAL
CREDIT UNION**

334 Washington Street, P.O. Box 470776
Brookline, MA 02447-0776
Tel: (617) 232-9410 Fax: (617) 232-1402
B-Line: (781) 398-1855

NCUA MSIG

Healthy adults, 18-85,
Needed for noninvasive study of
Emotion and Memory.

Research conducted at Boston College

Complete pen-and-paper and computerized tasks.
Receive \$10/hr. For information, call Sarah Scott at
617-552-6949 or e-mail canlab@bc.edu.

Home Is Still The Best Place



- Appointment Escorts
- Meal Preparation
- Companionship
- Light Housekeeping
- Shopping & Errands

Call for a free, no-obligation
appointment or brochure:
Waltham 781-314-0153

**Home Instead
SENIOR CARE**

*With a little help
from a friend.*

Each Home Instead Senior Care franchise office is independently owned and operated. homeinstead.com

LIVE YOUR BEST LIFE

EXCLUSIVELY FOR SENIORS 62+

Luxury Apartments & Concierge Living

Discover premier apartments featuring an active, urban lifestyle with upscale amenities, world-class hospitality, convenient services, gourmet dining and scheduled transportation, all in a location you'll love to call home. It's truly carefree living at its best.

Refined, Active Lifestyle

Live entertainment - performed outside or virtually - interesting lectures and small group fitness sessions with Train Boston® instructors keep residents engaged physically, intellectually and socially. Residents also enjoy nearby outdoor spaces like Cassidy Park and the Chestnut Hill Reservoir.

Confidence & Security

With our partnership with premier healthcare partners and a clinical liaison to coordinate services, residents have access to on-site assistance - when they need it, where they want it.

As a highly controlled environment, Waterstone at the Circle is one of the best places a senior can be right now. Our team continues to diligently enforce strict virus-prevention protocols that exceed CDC guidelines.

Call Kathleen to schedule a
tour and start living your best life today!

617.996.7776

CircleSeniorLiving.com

385 Chestnut Hill Avenue | Boston

     MASS RELAY 711



WATERSTONE
AT THE CIRCLE

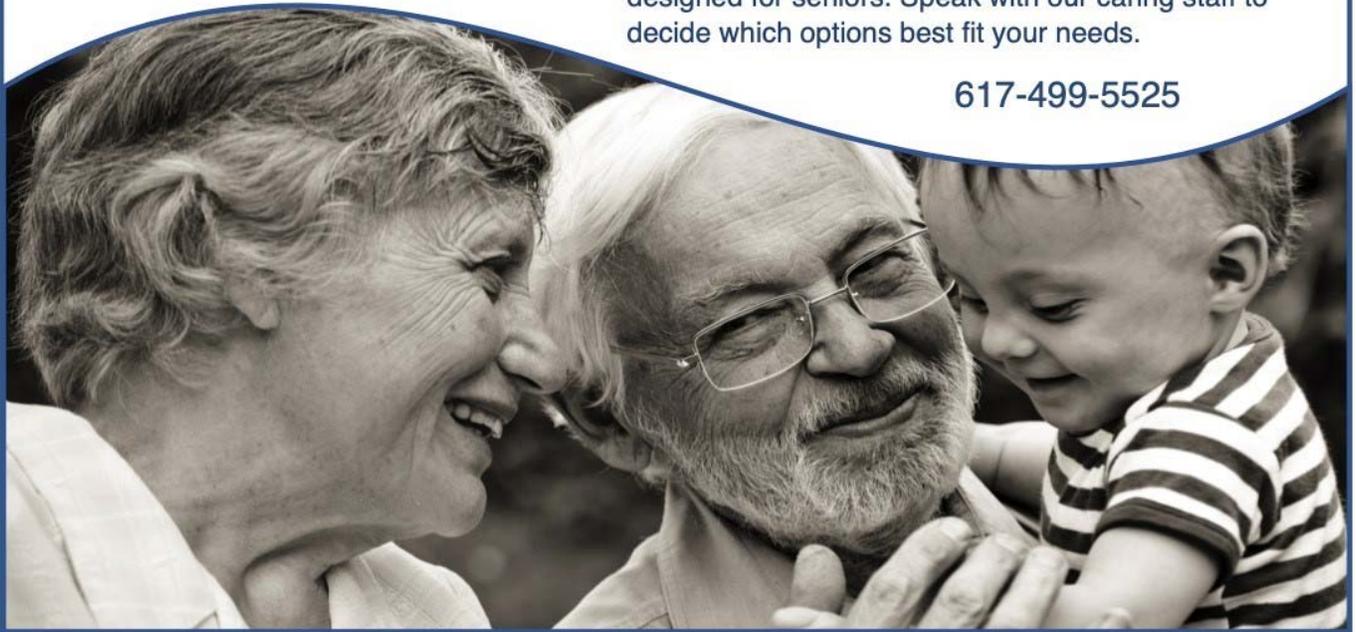
Now this is home.

Supporting Independent living for seniors since 1988

Beth Israel Lahey Health 
Mount Auburn Hospital
Lifeline Program

Providing state of the art Philips Lifeline medical alert & medication dispensing services. Feel confident in managing your medications and more secure both at home and on the go with our Philips Lifeline services designed for seniors. Speak with our caring staff to decide which options best fit your needs.

617-499-5525

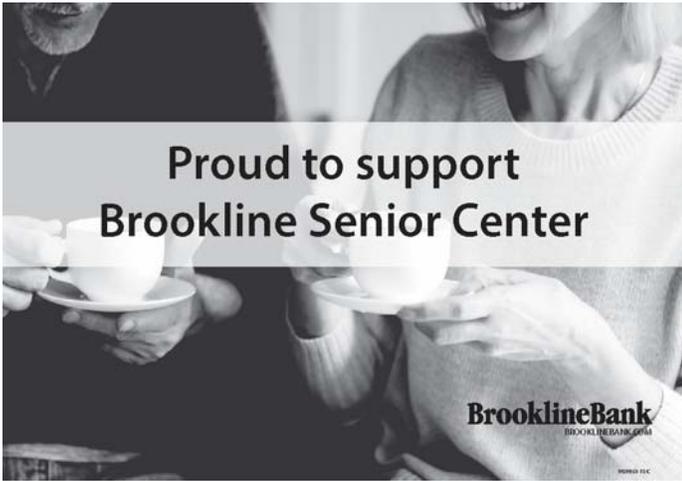


Providence House

Assisted Living at Corey Park in Brighton

Affordable Assisted Living for Seniors of All Incomes

617-731-0505 www.providencehouseassistedliving.com



Proud to support
Brookline Senior Center

BrooklineBank
BROOKLINE, MASSACHUSETTS

ROGERSON HOUSE

Assisted Living & Day Program



A POSITIVE EXPERIENCE FOR THOSE IN NEED OF MEMORY SUPPORT

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



ROGERSON-HOUSE

434 Jamaicaaway, Boston Ma 02130
617.983.2300



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

Join us for lunch and a tour!



ASSISTED LIVING & MEMORY SUPPORT

165 Chestnut Street, Brookline, MA
617.731.8500 | GoddardHouse.org

Center Communities of Brookline

The Lifestyle you want, where you want it.



1550 Beacon Street



100 Centre Street



112 Centre Street

Hebrew SeniorLife is about options and choices for seniors. Nowhere is this more evident than at Center Communities of Brookline—three buildings in the heart of Brookline. These buildings provide an affordable home to 600 seniors who live independently, actively and securely. To learn more about senior living options at Center Communities of Brookline, contact the Marketing Office, 617-363-8100 or scarlson@hrca.harvard.edu



IN MEMORIAM

Our hearts go out to the friends and loved ones of our Senior Center “family” members who have passed since the closure of the Center in March. Their presence will be missed in the days ahead, but their spirits will always be remembered. We extend our sincere condolences to those who have lost a loved one during this difficult time. We mourn their loss.

Peter Ames	Miriam Sargon
Barbara Cohen	Esther Schonhorn
Lewis Cohen	Brenda Soyer
Freda Mushlin	

We would like to honor the memory of other Senior Center community members who have passed, so please let us know if you would like to include the name of a loved one in future listings by leaving us a message at 617-730-2777 or email rdobek@brooklinema.gov.

SPONSORSHIP LEVELS & BENEFITS

BrooklineCan Donors:

Diane Abrams
 Janet Bragg
 Len Fishman & Susan Schnur
 Julie Johnson & Frank Smizik
 Tauby Warriner
 Roberta & Alan Leviton
 Lorraine Goldstein & Gustaaf Driessen
 Ronda Grodberg
 Marianne Lee
 Roger Blood
 Lydia Kaufman
 Catherine & Jerome Sadow
 Ellen & Matt Weiss
 Eleanor Small



Category	Sponsorship Level	Gift Card to Local Business	Ad Size in "Ask A Geriatrician"
Diamond	\$2,500+	\$250	2-page spread
Ruby	\$1,000+	\$100	Full page
Sapphire	\$750+	\$75	Three-quarter page
Emerald	\$500+	\$50	Half page
Topaz	\$300+	\$30	Business card
Opal	\$100+	\$10	na

- All donors or sponsors \$100+ also receive multiple acknowledgements:**
- On the Brookline Senior Center website
 - In Senior News & Events, including recognition in the Annual issue that goes to all 60+ Brookline households
 - In the 2021 Center Connections annual distinguished supporters listing

For each \$100 donation, receive a \$10 Gift Card to a local Age-Friendly Brookline business. Please respond by Friday, November 20, 2020 to be eligible to receive your Gift Card.

Thank YOU for supporting Brookline’s Older Adults and the Brookline Senior Center!

HANDICAPPED ACCESS

The Town of Brookline does not discriminate on the basis of disability in admission to, access to, or operation of, its programs, services, or activities. If you need special accommodations, contact the Council on Aging at 617-730-2777.

THANK YOU

Annual Appeal Donors:

Brookline Bank
David and Louise Weinberg
Arsen Tashjian
Muriel Harriet Allen
Ruth Geller
Carol B. Michael
Arnold and Leila Abelow
Diane and Edward Baker
Judith Bello
Anita Breslaw
Larry and Yurika Geffin
Francine Grossbart
James Littleton
Florabelle Jane Lutz
Leah and Robert Winter
Sam Starobin
Eleanor Clarkson
Esfir Annenberg
Dotty Bell
Cornelia W. Brown and Henry B. Warren
George and Mary Chin
Chobee Hoy
Jean Dwyer
Margie and Ed Kahn
Johanna Messier
Frank Olney
Chang Roh
Steven Rothstein
Cornelia (Kea) Van Der Ziel
Allan J. and Ann E. Sutherland
Charles Terrell
Paula R. Gardner
Barbara Scotto
Yolanda Santo
Elias Audy
Donna Hollenberg
Ann Coles
Mary Fahey
Murray P. and Phyllis E. Marcus
Pamela Z. Spunt
Katherine Hope

Annual Appeal Donors continued:

David Stern
Judy Meyers and Mark Pasternack
Charlotte and Nicholas Burrage
June Mersky
Mariah Nobrega

In Honor of:

Sherry Lee *honoring*
Sue Welpton's retirement, Julie Washburn and the Senior Center
Lai Bing Chin *honoring*
Ruthann Dobek
Ruthann Dobek and Glenn Boghosian *honoring*
Barrie and Helen's wedding
Ruthann Dobek and Glenn Boghosian *honoring*
Gene Dobek's 100th Birthday
Connie Warshowsky *honoring*
"Grab and Go" Lunches and Agilio Monteiro
Kathryn Kilpatrick *honoring*
Olga Sliwa
Monique Richardson *honoring*
Brookline Senior Center Staff
Antoinette P. Schroder *honoring*
Julie Washburn
Theodore W. Goldsmith *honoring*
Maria Foster

In Memory of:

Carlos Aristegui *from*
Barbara Cone
Aaron Seidman *from*
Constantine Bialik and Margaret Guyer



Brookline Multiservice Senior Center Corp.
93 Winchester Street
Brookline, Massachusetts 02446

PREST STD
US POSTAGE PAID
BOSTON MA
PERMIT NO 55181

OR CURRENT OCCUPANT

Take root in Brookline

COMPASS

:: ::



The Chobee Hoy Group
chobee.hoy@compass.com
617-513-6073
compass.com

.
.
.
.

Compass Massachusetts, LLC d/b/a Compass is a licensed real estate broker and abides by Equal Housing Opportunity laws. All material presented herein is intended for informational purposes only. Information is compiled from sources deemed reliable but is subject to errors, omissions, changes in price, condition, sale, or withdrawal without notice. No statement is made as to the accuracy of any description. All measurements and square footages are approximate. This is not intended to solicit property already listed. Nothing herein shall be construed as legal, accounting or other professional advice outside the realm of real estate brokerage.