

TOWN OF BROOKLINE SENIOR CALENDAR

Council on Aging

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

Brookline Senior Center
93 Winchester Street
Brookline, Massachusetts 02446



Council on Aging Elderbus Hotline

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Senior Center Van

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www.townofbrooklinemass.com



HIGHLIGHTS

New Aging, a free evening event with Dr. Ann Webster on April 15. See **page 5**.

2008 Stimulus Package Information. All about how to get your stimulus rebate. See **page 9**.

Spring Tea Dance with the Winiker Band on April 30. See **page 11**.

Town Elections Information. Come meet the candidates for town offices. See **page 11**.

The Grandparent Connection. Your chance to share your experiences and pictures of grandchildren and/or surrogate grandchildren and to discuss the joys and challenges of these multigenerational relationships. See **page 18**.



APRIL 2008

APRIL IS VOLUNTEER APPRECIATION TIME

In April, we pause to think about the roughly half of the US population who volunteer their time to help others every year. They help children to learn and grow; people who are ill in body and/or spirit to heal and survive; elders who need help or just a friendly ear to thrive and enjoy their golden years. In fact, volunteers provide practical, special, and important services to everyone.

At the Senior Center, volunteers perform services without which the Center could not function. They are involved in all aspects of our work—from friendly visitors through program staffing to even administrative work to help the Center run smoothly and efficiently. And who are they? They are often us. We seniors do all those things to make all the Brookline senior community vibrant and productive, not to mention happy and busy.

And there are others, too, who are not seniors but who nonetheless volunteer their time and skills to the Council on Aging/Senior Center. Let's give three cheers—nay, not enough—twenty cheers to all our volunteers and to the activities and programs they help make possible.

Our volunteers:

- Number over 275
- Donate a total of over 35,000 hours of their time in the course of a year
- Which is equivalent to 18 full-time positions
- And range in age from 9 to 90 plus

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We want to thank Vivian Freeman and Victoria Ellsworth for their contributions to this month’s Calendar.



*Congratulations to Charlotte Millman
who is a new grandmother to twins—
Jane Lydia and Miren Oda!*

The Town of Brookline Senior Calendar
BROOKLINE COUNCIL ON AGING (COA)

Ruthann Dobek
Director, Council on Aging/Senior Center

Charlotte Millman
Program Manager

Judith Gimple
Newsletter Editor

The Town of Brookline Senior Calendar is published monthly by the Brookline Council on Aging, 93 Winchester Street, Brookline, MA 02446.

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

HOLIDAYS



Patriot's Day! A civic holiday in Massachusetts and Maine (the latter because it was once part of Massachusetts), it commemorates the first battles of the American Revolution—at Lexington and Concord. It is now observed on the third Monday in April—the 21st of April this year. The Senior Center is closed .

SCRABBLE TIME CHANGE

The Scrabble group is alive and well and still meeting to play on **Mondays**. However, the time of the meeting has been changed to **1:00 PM** from of 1:30 PM.

SOCIAL WORKER OF THE YEAR REPRISE

Our own poet laureate, the multitalented Vivian Freeman, penned this paean to Ruthann.

There is no one like Ruthann,
She always gives the best she can.
Our Social Worker of the Year
Is truly special and very dear.
She shows respect for one and all
Always busy, yet still on call.
She never forgets to put on a smile
And is ready to go that extra mile.
She's the pillar of strength behind our Center
A leader, a friend, a colleague and mentor.
The money she raises does so much good
She inspires us all as no one else could.
Always ready to break new ground,
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FROM THE DIRECTOR

Spring officially begins in Brookline when the Red Sox home season opens (April 8th) and when we celebrate our volunteers—April 9th this year. The theme for the luncheon this year is “Volunteers Plant the Seed of Kindness.” We are deeply appreciative of all our volunteers do and are delighted to honor them. A special word of thanks goes to Bay State Charitable Foundation who generously underwrites the luncheon.

I was deeply honored and humbled by the outpouring of support that I received last month for receiving the Social Worker of the Year Award. The reception was chock full of Senior Center supporters. As I said that evening, I share this award with all of you who are so dedicated to ensuring that we improve the lives of seniors. I am only one individual, who can only help a handful of people, but with the staff and volunteers, we help thousands each year.

An important reminder about the stimulus tax program. If you don't usually file taxes, but make at least \$3,000 in social security benefits you will receive \$300. The best news is you have until October 15 to file for this. See page 9 for fuller details.

I am so excited to be hosting New Aging Program on Tuesday, April 15th. It will be at Brookline High School from 7:00 to 9:00 PM. Dr. Ann Webster is a fabulous speaker and expert on Mind/Body Issues. She will be discussing self-care techniques aimed at increasing energy, optimism, well being, and zest for life. Please mark this program on your calendars and plan to attend. As a matter of fact, bring a friend who may have never attended a program before. I will see you there!

And finally, everyone put their dancing shoes on and dress up a little and enjoy the fabulous Winiker Band's Spring Tea Dance on Wednesday, April 30th. A foot tapping time will certainly be had by all!!

—Ruthann Dobek, Director

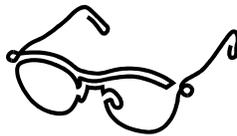


Health-centered programs that occur monthly at the Senior center include:

Ask a Nurse Nurse Practitioner Eileen Carrier of St. Elizabeth’s Medical Center will be at the Senior Center to consult with individuals on **Wednesday, April 30, from 1:00 to 2:00 PM.**

Podiatry Clinic Routine foot care with Dr. John McLoughlin is available by appointment on **Monday, April 7, from 9:00 AM to 12 NOON.** Sessions, which last 15 minutes each, cost \$25. To make an appointment, call 617-730-2777.

Low Vision Group This peer-led support group for individuals with limited eyesight resumes its monthly meetings on **Wednesday, April 16, at 1:00 PM.**



Blood Pressure Screening The Brookline Health Care Center will provide a blood pressure screening **Monday, April 7, from 1:00 to 2:00 PM.** The nurse from the Brookline Health Care Center is bilingual, speaking English and Chinese.

Blood pressure screenings will once again be available at the Senior Center, this month on **Thursday, April 17, from 9:00 to 10:30 AM** with a Brookline Health Department Nurse.



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**

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

 Official hospital of the
Boston Red Sox

BLOOD PRESSURE SCREENINGS

Blood pressure screenings with a Health Department Nurse continue to be available at the Senior Center on the third Thursday of each month and at other locations around town. .

This month’s schedule is:

- Wednesday, April 2, at the Brookline Health Department, 11 Pierce Street, from 2:00 to 3:00 PM
- Wednesday, April 9, at Temple Emeth, 194 Grove St. in South Brookline, from 3:00 to 4:00 PM
- Wednesday, April 9, at Sussman House, 50 Pleasant St., from 1:00 to 2:00 PM

- Thursday, April 17, at the Senior Center from 9:00 to 10:30 AM
- Wednesday, April 23, at O’Shea House, 61 Park Street from 1:00 to 2:00 PM

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NEW AGING

Brookline Adult and Community Education is offering a free evening event: **New Aging: A Guide to Living and Aging Well through Mind/Body Medicine** on Tuesday, April 15, from 7:00 to 9:30 PM at the main Branch of the Brookline Public Library.

Spend this evening with Dr. Ann Webster (of the Benson-Henry Institute for Mind/Body Medicine and co-director of the Mind/Body Program for Successful Aging) exploring ways to integrate daily mind/body self-care techniques and strategies aimed at increasing energy, optimism, well-being, and zest for life.

This special event has been rescheduled from April 1 to April 15. Dr. Webster is impressively qualified to treat this subject, so those interested should plan on registering for this free course as early as possible as it is limited to 100 attendees and is bound to be well attended.

For more information or to register, call 617-730-2700 or access the web site at:

www.brooklineadulted.org.

You can also register by filling out a registration form that you can find either at the web site listed above or on the back page of the Spring 2008 Brookline Adult and Community Education catalog that you can pick up at many locations around Brookline. The code for this course is **X191**.

This special event is co-sponsored by The Brookline Aging Collaborative (The Brookline Council on Aging, Goddard House in Brookline, and Centre Communities of Brookline-Hebrew Senior Life).

VACCINES ADMINISTERED UNDER MEDICARE PART D

Some vaccines (like the Shingles vaccine) are covered under Medicare Part D, and other vaccines are covered under Medicare Part B. Medicare Part D generally covers those vaccines not covered under Part B.

If a vaccine is covered under Part B, it will continue to be covered under Part B. Medicare Part B currently covers: pneumonia, influenza virus, and hepatitis B vaccines for individuals at high or immediate risk

As of 2008, all Part D plans are required to cover commercially available vaccines that are not covered under Part B. However, not all vaccines covered by Part D plans will be listed in their formularies. You should contact your Part D plan about coverage and the payment procedure for the vaccine.

Payment for Administration of Vaccines: If an in-network pharmacy dispenses and administers the vaccine, the pharmacy will bill the Part D plan and collect a co-payment from you. If the vaccine is administered in a physician's office, the physician will bill you for the entire amount and you will need to submit a paper claim for reimbursement from your plan.

If you need help with your health insurance, SHINE (Serving the Health Information Needs of Elders) offers free counseling at the Senior Center. Call the Center at 617-730-2777, and ask for a SHINE appointment.

SHINE is coordinated by the Massachusetts Executive Office of Elder Affairs in partnership with the Massachusetts Councils on Aging and other local agencies.

BIDMC PRESENTATION ON FALLS

Come to the Senior Center on **Tuesday, April 29 at 11:00 AM** for a presentation by Tonya Boyd and Joseph Castro of the Beth Israel Deaconess Medical Center as they talk on "Falls/Medication with the Elderly" and "Preventing Winter Falls."

AT THE GALLERY

Drawing for Pleasure Class Show



Drawings, pastels, watercolors, and acrylic paintings from the extremely popular class offered at the Senior Center. It will run

through April 30

and is open for viewing in our gallery **from 8:30 AM to 5:00 PM, Monday through Friday**



“NOT-BOOKS” EXHIBITION

An Exhibition of Installation Art in the Library

This exhibit of Studios Without Walls, a combination of sculptures, installation art, and a video, will continue to be on display at the Coolidge Corner branch of the Brookline Public Library through April 15.

Another guided tour will be held on **Thursday, April 10 at 10:30 am**. If you would like van service to the library for this tour, please call 617-730-2770.

This program is supported in part by a grant from the Brookline Commission for the Arts, a local agency, that in turn is supported by the Massachusetts Cultural Council, a state agency.

An Exhibition of Installation Art in the Library

Brookline Townwide Mosaic by Bette Ann Libby and Friends

This exhibit will also be at the Senior Center **through April 30** on view in the auditorium on the third floor **from 8:30 AM to 5:00 PM, Monday through Friday**.

It will then tour other public sites in Brookline through November. The project's goal is to complete four panels that will be mounted on two columns on two columns outside Town Hall.



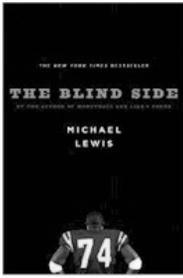
BROOKLINE WRITES

The Brookline Public Library Authors' Collaborative series—Brookline Writes!, a Brookline Access Television series for writers and readers hosted by Peggy Hogan, a partner in Flying Point Press, is an ongoing series being broadcast on Brookline Access Television. Each episode will premiere on Sunday at 2:30 PM and will feature a panel of published Brookline authors joining in lively discussion on a topic of interest to writers at all levels of experience. The April program will air on April 6 and is titled “Getting Published.”

OPEN STUDIOS

The Senior Center will participate in the Brookline Artists Open Studios on **Saturday, April 12, and Sunday, April 13, from 11:00 am to 6:00 pm**. Nine fine artists will display their works at the Senior Center—in painting, mixed media, oils, photography, , and drawing.

BROOKLINE READS



This community-wide reading project, presented by the Trustees of the Brookline Public Library and sponsored by Brookline High School, Chobee Hoy, Finagle a Bagel, and the Friends of the Public Library of Brookline, continues in April with several events culminating in an exciting wrap up final event. Don't miss these important dates with your Brookline community.

Tuesday, April 1 118 minutes

4:00 to 6:00 PM

Hunneman Hall, Main Library

Documentary:

Marshall University: Ashes to Glory

with Cindy Battis, Supervisor of Adult Collection Development.



Wednesday, April 2 131 minutes

4:00 to 6:00 PM

Hunneman Hall, Main Library

Feature Film:

We Are Marshall

cosponsored by the Brookline Film Club and Lynne Cohen, Brookline High School Librarian



Friday, April 4

11:00 AM

Senior Center

Discussion Group

Seniors and Devotion School eighth graders discuss the book with panelists Paul Harris, Charlotte Millman (Program Manager, Senior Center), and Joel Kline (social studies teacher and basketball coach). Call 617-730-2777 for time and additional information.

Tuesday, April 15

7:00 to 9:00 PM

Hunneman Hall, Main Library

Wrap-up

Speaker: Bill Littlefield, host of WBUR's *Only a Game*. A reception will follow his presentation. Copies of his book, *Only a Game*, will be available for sale.

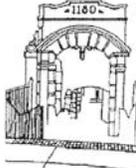


BROOKLINE MUSIC SCHOOL CONCERT

The Brookline Music School concert for April is scheduled at the Senior Center for **Wednesday, April 2 at 1:00 PM**. The theme is jazz and performing will be the Justin Meyers Jazz Trio. This group will serenade us with lively music.

PANCAKE BREAKFAST

The Rotary Club is having its 14th annual Pancake Breakfast on Saturday, April 5 from 8:00 am to 1:00 pm at the Brookline High School Cafeteria. Admission: \$5.00 (seniors, \$3.00). Bus transportation will be available.



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TAX SCAMS—HOW TO RECOGNIZE AND AVOID THEM

The IRS does not send unsolicited e-mails about tax account matters to individuals or businesses. Filing a tax return is the only way to apply for a tax refund; there is no separate application form. Taxpayers who wish to find out if they are due a refund from their last annual tax return filing may use the “Where’s My Refund?” interactive application on the IRS web site at <http://www.irs.gov>.

The Massachusetts Office of Consumer Affairs and Business Regulation advises taxpayers to beware of the scams listed below that are occurring during this tax season.

The goal in all of these scams (and in many more besides these) is to get personal financial information about bank accounts, credit cards, social security numbers, and other personal and financial information. For safety’s sake, **don’t give out any of this information on the phone or via e-mail.**

Rebates

In the rebate scam, a consumer receives a phone call from someone identifying him-/herself as an IRS employee. The caller tells the consumer that he/she is eligible for a sizable rebate for filing his/her taxes early. The caller then states that he/she needs the consumer’s bank account information in order to receive the rebate.

Refunds

If an e-mail promising a tax refund appears in

your mailbox, delete it! This scam e-mail tells the recipient that she/he is eligible for a tax refund for a specific amount, and instructs the recipient to click on a link in the e-mail to access a refund claim form. The form asks the recipient to enter personal information that scammers then use to access the e-mail recipient’s bank or credit card account.

Audits

The audit e-mail notifies the recipient that his/her tax return will be audited and instructs him/her to follow links to forms that collect personal and financial information.

Paper Checks

In this telephone scam, the caller claims to be an IRS employee who is calling because the IRS sent a check to the individual being called. The caller states that because the check has not been cashed, the IRS needs the individual’s bank account number so that the refund may be sent electronically. In reality, the IRS leaves up to the individual to choose whether to cash or not cash a paper check.

The IRS does not ask for bank account or similar information, except when taxpayers indicate on their tax return that they are opting for the direct electronic deposit of their refund. The IRS does not contact taxpayers to verify the information.

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INCOME TAX PREPARATION



As the annual April 15th tax deadline approaches, our wonderful AARP tax volunteers are booked solid! If you still require assistance with preparing your taxes and you were not able to secure an appointment here at the Senior Center, you can contact the following resources for assistance.

AARP Tax-Aide Program 888-227-7669
www.aarp.org/money/taxaide

Contact AARP directly to locate sites outside the Brookline area that offer free tax preparation assistance. In-home assistance *may* be available to certain homebound individuals who are unable to travel to an identified site.

Community Tax Aid of Boston 617-373-5165
www.ctaboston.org

Provides free tax preparation assistance to low-income individuals who meet income-eligibility guidelines. These services are provided in conjunction with Northeastern University's College of Business Administration.

H&R BLOCK 617-738-0209
247 Harvard Street, Brookline, MA
Offers tax preparation services for a fee. This Brookline location is a seasonal office that is only open during tax season.

H&R BLOCK CUSTOMER SUPPORT LINE 800-472-5625
Contact this number to locate other local H&R Block offices that are open year-round.

COMPUTER SOFTWARE
There are now income tax preparation programs for use on your home computer that allow you to fill out your income tax forms without *any* outside assistance. Programs such as **TURBOTAX** and **TAX CUT** are updated each year to reflect current tax law changes and are often the same programs that tax preparers themselves use when completing your returns.

OTHER HELPFUL NUMBERS: FEDERAL

tax information line 800-829-1040

STATE tax information line 800-392-6089

2008 STIMULUS PACKAGE INFORMATION

Seniors who wish to receive the one-time \$300 stimulus payment **must** file a 2007 federal tax return **even if you normally do not file taxes**. Your 2007 tax return must show at least \$3000 in *qualifying* income, which includes Social Security, Veterans, and Railroad Workers benefits.

Stimulus payments are **not taxable** in the coming year and payments **will not** affect your eligibility for other federal benefit programs such as food stamps and SSI (i.e., stimulus payments are not considered *income*). Stimulus payments **will**, however, **be counted** as an asset *after 60 days*.

If you are **only** filing your 2007 taxes **to receive a stimulus payment**, you must file by October 15, 2008. The IRS will begin disbursing stimulus payments on May 2008.

Please note that the IRS Form 1040A is available at the Senior Center for your convenience. A sample of a completed form and a copy of the actual form can also be observed and downloaded from the IRS web site at www.irs.gov. **Social Security Beneficiaries:** If you have discarded FORM SSA-1099 (the form that shows your annual Social Security earnings) you **do not** need to request a replacement form. Simply estimate your 2007 earnings by multiplying one month's Social Security benefit by 12.

Send completed forms to: Department of the Treasury, Internal Revenue Service, Andover, MA 05501-0015.

We will have free assistance available after April 15. Please call 617-730-2777, and we will get back to you about details.

SING OUT!

The Senior Center Chorus always welcomes new members to add to its already enthusiastic roster of singers. So come one and all, stalwarts and newcomers, on **Fridays, April 4, 11, 18, and 25 at 10:30 AM** at the Senior Center. No auditions, no previous experience, just lots of enjoyment singing together under the direction of Chorus Leader Zohra Shaw.

Call 617-730-2770 for more detailed information.

MODERN BEADING WORKSHOP

This workshop on stringing and restringing beads, choosing and combining interesting combinations, and various techniques of beading will be held on **Wednesday, April 16 at 10:00 AM** with Marge Harvey leading the workshop.

EASY TRAVEL

Go on an exciting adventure without moving from the Senior Center. This month's travel adventure is a cherry-blossom tour of Japan on **Thursday, April 3 at 1:30 PM** with Alice Fastov.

SENIOR VETERANS TALK

At Goddard House on Wednesday, April 16, at 3 PM hear Paul Keough from the Veterans' Administration talk about veterans' benefits for the assisted-living and/or home-bound senior.

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GIVING

The Brookline Senior Center gratefully accepts donations to its nonprofit arm. These donations are completely tax deductible to the giver. Donations are put into use to keep the van running as well as to fund furnishings, improvements, and innovative programs for our Senior Center. We welcome your gifts in honor of special occasions; as thanks for services you have received; or to recognize friends, family, or staff.

*Thank you,
Elizabeth (Betsy) Pollock
President, Brookline Senior Center Board*



BOOK DISCUSSION GROUP

On **Monday, April 28**, The group will meet at **2:00 PM** at Temple Emeth. The book being discussed at this meeting is *The Short Life and Long Times of Mrs. Beeton* by Kathryn Hughes.

We always welcome newcomers to the group and, of course, continue to cherish our regular members.

TOWN ELECTIONS INFORMATION

Be sure to be at the Senior Center on **Thursday, April 24 at 2:00 PM** when the League of Women Voters and the Council on Aging co-sponsor a Candidates' Afternoon for all the candidates for Brookline Town Offices. Meet the candidates and learn about them and their qualifications for the offices they seek. And you can ask them those really tough questions about their goals and vision for the office they seek and for Brookline in general, too.

We want to thank the many donors who in the month of March who generously donated to the Senior Center;

Our thanks go out to Jean Baker, William Bonomi, the Brookline Booksmith (Dana Brigham), Sarah Ehrlich, Dina Oliva, and Rose Sullivan for their gifts to the Annual Appeal.

And there were many honoria in April as well. Thanks go to all of them.

- **In honor of the Tax Preparation program** from Charles and Rose Bell, Joseph Curry, and Kathleen Murphy
- **In honor of John Knudson of the Tax Preparation Program** from Arlene Strowman
- **In honor of Ruthann Dobek** from Dotty Bell, Betty Dulman, and Sonia and William Wong
- **In honor of Ruthann Dobek and supporting the Van Fund** from Rhoda Rotman, Rosalie Bloom and Rae Zuckerman, and Dorothy Wolfson
- **In appreciation of his kindness of Ron Gallegher and supporting the Van Fund** from an anonymous donor
- **In honor of Rachel Seminatore** from Donna and Marty Kalikow

Thanks also to Laurie Lasky for her gift **in memory of Reda Riskin** and Nellie Slater for her gift **in memory of Lola Buchbinder**.



SPRING TEA DANCE

Another sign of the arrival of Spring is the Winkler Band's Spring Tea Dance. Get out your dancing togs and polish up your dancing shoes, and come to the tea dance on **Wednesday, April 30** starting at **2:00 PM**.

This program is co-sponsored by the Brookline Health Care Center and Center Communities of Brookline.

Springwell Nutrition Program

APRIL 2008

617-730-2770

MONDAY	TUESDAY	WEDNESDAY
	<p>1) Fish Florentine Corn/Sweet Potatoes Whole Wheat Bread</p> <p style="text-align: center;">OR</p> <p>Peppercorn Turkey on Multigrain Bread Lite Mayo/Cucumber & Tomato Salad Multigrain Bread</p> <p style="text-align: center;">Pineapples</p>	<p>2) Chicken Noodle Soup/Crackers ***Chicken Kielbasa/Onions & Peppers Roasted Potatoes/Stewed Tomatoes & Zucchini Mustard/Sub Roll</p> <p style="text-align: center;">OR</p> <p>Tuna Salad over Mixed Greens Carrot Pineapple Salad Oatmeal Bread</p> <p style="text-align: center;">Chocolate Pudding/Topping</p>
<p>7) Beef Barley Soup/Crackers Meatloaf/Mushroom Gravy <i>Whipped Potatoes</i> Diced Beets/Multigrain Bread</p> <p style="text-align: center;">OR</p> <p>***Ham & Muenster Cheese on Rye Bread Mustard/Lettuce & Tomato Potato Salad</p> <p style="text-align: center;">Fresh Fruit</p>	<p>8) <u>SPRING SPECIAL</u> Stuffed Chicken Breast Baked Potato & Sour Cream Celery & Carrots Amandine Whole Wheat Roll</p> <p style="text-align: center;">Cheesecake Cup w/Strawberry Topping</p>	<p>9) <u>VOLUNTEER APPRECIATION LUNCH</u></p> <p style="text-align: center;">No Springwell Lunch today.</p>
<p>14) Orange Almond Chicken O'Brien Potatoes/Broccoli Multigrain Bread</p> <p style="text-align: center;">OR</p> <p>Sliced Roast Beef & Muenster Cheese on Rye Bread/Lite Mayo Lettuce & Tomato/English Pea Salad Snickerdoodle Cookie</p>	<p>15) <u>BIRTHDAY LUNCH</u> Corn Chowder/Crackers BBQ Pork Rib Cheddar Mashed Potatoes Mixed Vegetables/Apple Cinnamon Muffin</p> <p style="text-align: center;">OR</p> <p>Turkey Salad on a Lettuce Leaf Cole Slaw/Three Bean Salad Whole Wheat Bread</p> <p style="text-align: center;">Pineapple</p>	<p>16) Chicken Noodle Soup/Crackers Vegetable Cheese Quiche Oven Roasted Potatoes Whole Wheat Bread</p> <p style="text-align: center;">OR</p> <p>Tuna Salad on a Lettuce Leaf Tomato Red Pepper Salad German Potato Salad/Rye Bread</p> <p style="text-align: center;">Fresh Fruit</p>
<p>21) PATRIOT'S DAY</p>  <p style="text-align: center;">CLOSED</p>	<p>22) 23) Clam Chowder/Crackers Pier 17 Fish/Lemon Wedge Red Bliss Potatoes Zucchini/Multigrain Bread</p> <p style="text-align: center;">OR</p> <p>Chicken Patty on a Hamburger Roll Lite Mayo/Lettuce Leaf Cole Slaw/Three Bean Salad</p> <p style="text-align: center;">Mandarin Oranges</p>	<p>23) Beef Noodle Soup/Crackers Stuffed Pepper/Tomato Sauce <i>Tossed Garden Salad/Lite Italian Dressing</i></p> <p>Green Peas/Rye Bread</p> <p style="text-align: center;">OR</p> <p>Roast Beef & American Cheese on Multigrain Bread/ Lite Mayo Salad/Lettuce Leaf Carrot Raisin Salad/Potato Salad</p> <p style="text-align: center;">Fresh Fruit</p>
<p>28) Italian Wedding Soup/Crackers Stuffed Shells/Meatball/Tomato Sauce Tossed Garden Salad Lite Italian Dressing Dinner Roll</p> <p style="text-align: center;">OR</p> <p>Seafood Salad on Multigrain Bread Cole Slaw Orzo Vegetable Salad</p> <p style="text-align: center;">Peaches</p>	<p>29) ***Reduced Sodium Hot Dog Hot Dog Roll/Baked Beans/Cole Slaw Ketchup/Mustard/Relish</p> <p style="text-align: center;">OR</p> <p>Roast Beef & Swiss Cheese on Rye Bread Lite Mayo/Carrot Pineapple Salad Macaroni Salad</p> <p style="text-align: center;">Ambrosia/Topping</p>	<p>30) Split Pea Soup/Crackers Pot Roast/Gravy Boiled Parsley Potatoes Carrots & Cauliflower/Rye Bread</p> <p style="text-align: center;">OR</p> <p>California Chicken Salad on a Lettuce Leaf Tomato & Broccoli Salad Potato Salad/Oatmeal Bread</p> <p style="text-align: center;">Ice Cream Cup</p>

LUNCHEON SPECIALS FOR APRIL

THURSDAY	FRIDAY
<p>3) Chicken and Broccoli Penne Casserole Carrots Oatmeal Bread</p> <p style="text-align: center;">OR</p> <p>Roast Beef & Swiss Cheese on Rye Bread Lite Mayo/Cole Slaw Beet Salad</p> <p style="text-align: center;">Fresh Fruit</p>	<p>4) Cream of Mushroom Soup/Crackers Swedish Meatballs/Brown Gravy Buttered Noodles Peas & Carrots/Rye Bread</p> <p style="text-align: center;">OR</p> <p>Breaded Chicken Patty on a Hamburger Roll Lite Mayo/Lettuce & Tomato Potato Salad</p> <p style="text-align: center;">Mandarin Oranges</p>
<p>10) Cream of Pumpkin Soup/Crackers Roast Pork/Brown Gravy Red Bliss Potatoes Spinach/Orange Cranberry Muffin</p> <p style="text-align: center;">OR</p> <p>Seafood Salad on Whole Wheat Bread Lettuce & Tomato Slices Italian Pasta Salad</p> <p style="text-align: center;">Applesauce</p>	<p>11) Florentine Soup w/Crackers Macaroni & Cheese Stewed Tomatoes Whole Wheat Bread</p> <p style="text-align: center;">OR</p> <p>Chicken Salad on Oatmeal Bread Lettuce & Tomato Rice, Tomato, Black Olive Salad</p> <p style="text-align: center;">Mixed Fruit Cocktail</p>
<p>17) Vegetable Soup/Crackers American Chop Suey Spring Blend Vegetables Italian Bread</p> <p style="text-align: center;">OR</p> <p>California Chicken Salad Lettuce & Tomato Pasta Vegetable Salad/White Bread</p> <p style="text-align: center;">Butterscotch Pudding/Topping</p>	<p>18) Baked Fish w/Cheese Sauce <i>Green & Wax Bean Blend</i> Sweet Potatoes/Oatmeal Bread</p> <p style="text-align: center;">OR</p> <p>Chef Salad w/ham, hard boiled egg, cheese strips, vegetables/Italian Dressing Macaroni Salad/Whole Wheat Roll</p> <p style="text-align: center;">Peaches</p>
<p>24) Minestrone Soup/Crackers Chicken w/Creamy Italian Sauce Buttered Parsley Noodles Spinach/Whole Wheat Bread</p> <p style="text-align: center;">OR</p> <p>Egg Salad on Oatmeal Bread Tri-Color Pasta Salad Roman Blend Salad</p> <p style="text-align: center;">Oatmeal Raisin Cookie</p>	<p>25) Hearty Beef Stew w/vegetables Tossed Garden Salad/Lite Dressing Biscuit</p> <p style="text-align: center;">OR</p> <p>Sliced Turkey & Swiss Cheese on Rye Bread Lite Mayo/Lettuce & Tomato English Pea Salad</p> <p style="text-align: center;">Vanilla Pudding/Topping</p>
<p>Lunch is served Monday through Friday at 12:30 PM.</p> <div style="text-align: center;">  </div>	<p>All meals include 8 oz. of 1% milk and margarine.</p> <p>Low sugar desserts are available, and need to be ordered with the site manager</p> <p>***Higher Sodium Content</p> <p>Menu subject to change. \$1.75 donation</p>

Please remember that reservations for **ALL** Springwell lunches must be made by 11:00 AM on the **weekday preceding the day on which you want to have lunch**. This applies to both regular and special Springwell luncheons.

Don't miss **Springwell's Spring Special on Tuesday, April 8**, featuring stuffed chicken breast with a baked potato topped off by a cheese-cake cup with strawberry topping.

The annual **Volunteer Appreciation Luncheon** will take place on **Wednesday, April 9**. We hope to see all our wonderful volunteers there. Please RSVP by April 4.

And don't forget the **Birthday Luncheon on Tuesday, April 15**. Please tell us when you call to make the reservation if you have, or someone you are making reservations for has, an April birthday.

The **Out-to-Lunch** group will meet on **Tuesday, April 29**, at Chef Chow's House at 230 Harvard Street.

Events Calendar

MONDAY	TUESDAY	WEDNESDAY
	1 10:30 am Brookline Bees, Quilters 1:00 pm Bingo 1:30 pm Movie Lovers' Film Series "Michael Clayton"	2 9 am-12 noon BLAB lawyer 10 am-12 noon SHINE counselor 12:30 pm Bridge 1 pm Brookline Music School Concert - JUSTIN MEYERS' jazz trio
7) 9 am Podiatry Clinic by appt. 10 am "Blue in Brookline" group pre-registration required. 10 am Grandparent Connection 12:30 pm Chinese programs 1-2 pm Blood pressure screening 1 pm Mah jongg 1-2 pm Line Dancing 2-4 pm Open computer lab	8 10:30 am Brookline Bees, Quilters 12 noon Springwell Lunch Special 12:45 pm French Conversation grp. 1:00 pm Bingo 1:30 pm Movie Lovers' Film Series "Volver"	9 10 am-12 noon SHINE counselor 12:30 pm Bridge 12:30 pm COA luncheon and meeting honoring our VOLUNTEERS
14 10 am Grandparent Connection 10 am. "Blue in Brookline" group pre-registration required. 12:30 pm Chinese programs 1 pm Mah jongg 1-2 pm Line Dancing 2-4 pm Open computer lab	15 10:30 am Brookline Bees, Quilters 12 noon March Birthday lunch 1:00 pm Bingo 1:30 pm Movie Lovers' Film Series "Enchanted"	16 HEALTH CARE DECISIONS DAY 9:30 am Retired Men's Club 10 am-12 noon SHINE counselor 12:30 pm Bridge 1 pm Low Vision Group 10 am Beading Workshop
21 Senior Center is closed. Rogerson Adult Day Health Center is closed PATRIOTS' DAY HOLIDAY	22 10:30 am Brookline Bees, Quilters 12:45 pm French Conversation grp. 1:00 pm Bingo 1:30 pm Movie Lovers' Film Series "American Gangster"	23 9:30 am Retired Men's Club 10 am-12 noon SHINE counselor 12:30 pm Bridge
28 10 am. Grandparent Connection 10 am S. Jamieson Bank of Canton speaks on "Reverse Mortgages" 10 am. "Blue in Brookline" group 12:30 pm Chinese programs 1 pm Mah jongg 1--2 pm Line Dancing 2-4 pm Open computer lab	29 10:30 am Brookline Bees - Quilters 11 am Fall Prevention Program Noon - "Let's go out to Lunch" group meets at Chef Chow's House Rest. 1:00 pm Bingo 1:30 pm Movie Lovers' Film Series "Black Book"	30 9:30 am Retired Men's Club 10 am-12 noon SHINE counselor 12:30 pm Bridge 1-2 pm Eileen Currier, St. E's Nurse Practitioner 2-4 pm TEA DANCE with the WINIKERS

ONGOING SENIOR CENTER EVENTS

THURSDAY	FRIDAY
<p>3</p> <p>10 am-12 noon SHINE counselor</p> <p>10:30 am Knit and Crochet</p> <p>1 pm Knit and Crochet</p> <p>1:30 pm Russian Tea Room</p> <p>1:30 pm "Easy Travel" - Japan</p>	<p>4</p> <p>9 am Bridge</p> <p>9:30 am Solemates Walking Group</p> <p>10 am Project Volunteer Group</p> <p>10:30 am Current Events</p> <p>10:30 am Senior Chorus</p> <p>11:15 am Brookline Reads discussion of "The Blindside"</p>
<p>10</p> <p>10 am Van to Coolidge Corner Lib.</p> <p>10:30 am Guided tour of "Not-Books' exhibit at CC library</p> <p>10 am-12 noon SHINE counselor</p> <p>10:30 am Knit and Crochet</p> <p>No afternoon Knit and crochet</p> <p>1:30 pm Russian Tea Room</p>	<p>11</p> <p>9 am Bridge</p> <p>9:30 am Solemates Walking Group</p> <p>10 am Project Volunteer Group</p> <p>10 am "WHAT IS YOUR CARBON FOOTPRINT?" with Pat Maloney</p> <p>10:30 am Senior Chorus</p> <p>Alzheimer Support Grp, call for time</p>
<p>17</p> <p>9-10:30 am Blood pressure screen</p> <p>10 am-12 noon SHINE counselor</p> <p>10:30 am Knit and Crochet</p> <p>1 pm Knit and Crochet</p> <p>2:15 pm Golden Age Club mtg.</p>	<p>18</p> <p>9 am Bridge</p> <p>9:30 am Solemates Walking Group</p> <p>10 am No Project Volunteer Group</p> <p>10:30 am Senior Chorus</p>
<p>24</p> <p>10 am-12 noon SHINE counselor</p> <p>10:30 am & 1 pm Knit and Crochet</p> <p>1:30 pm Russian Tea Room</p> <p>2 pm League of Women Voters ELECTION DISCUSSION</p> <p>1:30 pm Russian Tea Room</p> <p>Evening Alzheimers Group - call for time</p>	<p>25</p> <p>9 am Bridge</p> <p>9:30 am Solemates Walking Group</p> <p>10 am Project Volunteer Group</p> <p>10:30 am Current Events</p> <p>10:30 am Senior Chorus</p>
<p>BETS discount taxi coupons can be purchased at the Senior Center or through the mail. For more information or to apply for the program please call (617)730-2740</p>	<p>To reserve a lunch please call 6177-730-2770 by 11 am, a day in advance</p>

MONDAY

12:30 PM—Chinese programs

1:00 PM—Mah jongg

12 NOON-4 PM—BETS

1-2 PM—Line dancing
\$2.00/session

1:00 PM—Scrabble

2-4 PM—Computer lab open

TUESDAY

10:30 AM—Brookline Bees, Quilters

12 NOON -4 PM—BETS

1:00 PM—Bingo

1:30 PM—Movies

WEDNESDAY

9:30 AM—Retired Men's Club

12 NOON-4 PM—BETS

12:30 PM—Bridge

THURSDAY

10:30 AM—Knit and Crochet

1:30 PM—Knit and Crochet

1:30 PM—Russian Tea Room

FRIDAY

10:00 AM—Solemates, Walking Group

10:30 AM—Current Events Discussion Group

Senior Chorus on vacation

MOVIE LOVERS SERIES FOR APRIL

Every **Tuesday** in April, indeed almost every Tuesday in the year, the place to go at **1:30 PM** is the Senior Center to see a great movie.

SENIOR CINEMA—COOLIDGE CORNER BRANCH LIBRARY

Thursday afternoons there are movies. Refreshments are served at 1:00 PM, and the films are shown at 1:30 PM.

- April 3 To Kill a Mockingbird (1962)
- April 10 Take Me Out to the Ball Game (1949)
- April 17 What's Eating Gilbert Grape (1993)
- April 24 That Midnight Kiss (1949)

SOLEMATES—SAVE THE DATE!

Solemates, the Senior Center's intrepid walking group, is planning a special event for Friday, June 20. The group is joining in the Keep Moving Jan Marble Memorial Walk at Castle Island. This walk is supported by the Massachusetts Department of Public Health, the Massachusetts Executive Office of Elder Affairs, the Massachusetts Councils on Aging and Senior Center Directors, and Blue Cross Blue Shield of Massachusetts. Keep your eye on the May and June Senior Center Calendars and on the Tab for more information about this statewide event.

SAVE THE DATE—BIKE RIDE AND FITNESS FAIR

On Sunday, May 18, the Town will celebrate fitness with a community bike ride along Beacon Street to be followed by a Fitness Fair at Amory Park. The half-hour bike parade will be led by the Brookline Bikes and the Brookline Police Department. The Fitness Fair will include fitness demonstrations, Frisbee golf, tennis and soccer clinics, yoga, and pilates, plus giveaways and healthy food samples. Mark your calendars. Don't miss this townwide event.

16



April 1 Michael Clayton 120 min
Dramatic thriller about a burned-out lawyer.



April 8 Volver 121 min
Fantasy about a woman who revisits her hometown—spectrally—to resolve problems she could resolve in life.



April 15 Enchanted 90 min
A princess whose life in a cartoon kingdom is wonderful is exiled by the queen to real-world New York City.



April 22 American Gangster 158 min
Tense crime thriller about Harlem drug lord Frank Lucas.



April 29 Black Book 146 min
Story about a Jewish woman trying to escape from the Nazis.

COUNCIL ON AGING

On **Wednesday, April 9**, our annual Volunteer Appreciation luncheon, hosted by Vivian Freeman, our volunteer coordinator, combines with the meeting of the Council on Aging. The luncheon will start at 12:30 PM with some presentations, including the 2008 Volunteer of the Year award. The business meeting of the COA will follow the presentations at **1:30 PM**.

OLD CELL PHONE UPDATE

We have to date collected \$303.00 for the old cell phones you have donated. Thank you all for your response. Keep them out of landfills by bringing them to us at the Senior Center!

NATIONAL HEALTH-CARE DECISIONS DAY

Do you know what health care treatments you would and would not want if you could not speak for yourself? Do other people know what your wishes are? In recognition of **National Healthcare Decisions Day**, the Brookline Council on Aging will host an information and resource table on advance directives at the Senior Center on **Wednesday, April 16, from 12:00 NOON to 5:00 PM**. The event is part of a larger national effort to promote talking with family, friends, and health-care providers about your health-care wishes as well as executing written advance directives, such as health care proxy forms, in accordance with Massachusetts state laws. This event is open to the public and all ages are encouraged to attend. For more information about National Health-care Decision Day, please visit:

www.nationalhealthcaredecisionday.org.

Comfort Care (CC)/Do Not Resuscitate (DNR) Form

This is a legally recognized, statewide form that verifies an individual's decision to not be resuscitated. Your physician can provide you with more information regarding resuscitation methods.

You and your physician, authorized nurse practitioner, or physician's assistant must complete the CC/DNR form jointly.

The completed form **MUST** be posted on either your refrigerator or on your bedside table. In an emergency, ambulance drivers must see the actual form in order to legally respect your wishes. You can also wear the designated detachable section of the form as a hospital-like ID bracelet.

You no longer have to produce the original copy of the completed form; photocopies are legally acceptable.

The form is also revocable at any time by you or your health-care agent.

Health Care Proxy

This is a *legal* document that allows you to appoint an agent to make or communicate medical decisions on your behalf, in the event that you are unable to do so. Your agent can be *anyone* you trust, *except* an employee of a health care or long-term care facility in which you are a patient or resident.

Remember that your agent may be very emotional at the time that major medical decisions need to be made and it is important to choose someone who will vocalize *your* health care wishes rather than their own. This is especially important with regard to life sustaining treatments such as artificial respiration (ventilators) and feeding tubes.

Your agent only becomes active once a doctor has determined that you are unable to make decisions on your own behalf.

You can obtain a health-care proxy form from your physician or hospital. Forms are also available at the Brookline Council on Aging.

Living Wills

Living wills are not legally recognized in Massachusetts, however you can make your specific wishes known by discussing them with your health care agent and your physician.



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VOLUNTEER APPRECIATION LUNCHEON

Attention all Senior Center volunteers! The annual Volunteer Appreciation Luncheon will be held this year on **Wednesday, April 9, at 12:30 PM**. Mark your calendars so you don't miss this date as we value all the work you do for the Senior Center throughout the year so much that we really want you all to come to this once-a-year festivity honoring you. Please RSVP by April 4 by calling 617-277-2777. We can't wait to see you all at the luncheon.

THE GRANDPARENT CONNECTION



This new Senior Center discussion group, The Grandparent Connection, is very exciting. It will begin April 7, with additional sessions on April 14 and 28 and May 5 and 12.

All of you who registered for the group by the March 31 deadline for registration, should bring all the photos and experiences you want to share with the group.

Be prepared to discuss the joys and challenges facing families in the twenty-first century. Everything about the grand-parenting experience is open to discussion. Is your grand-parenting experience what you expected? Or not? Are your grandchildren adopted, gay, in blended families, living with you, a different race, a different religion. Have they started communicating with you through e-mail or even videos? We want to talk about it all—it's a new age!

The group will be led by Joyce Golden, LICSW, a professional social worker in private practice and a grandparent to boot (one absolutely adorable granddaughter).

This is an experience not to be missed for grandparents and even great aunts, and surrogate grandparents of all sorts..

SPOTLIGHT ON BETS

When you are applying for certification or recertification, you will need to bring with you proof of Brookline residence and income (a copy of your 2007 tax return, a letter from Social Security, information regarding savings or pension, or proof of Medicaid, food stamps, SSI, fuel assistance, veterans' aid, or income certification from the Brookline Housing Authority, Center Communities, or Section 8).

Every year, after the income tax deadline has passed (i.e., after April 15), everyone who wants to join the BETS program must provide 2007 tax information and those wanting to continue participating in it but who need to be recertified must provide 2007 tax information (not 2006 information).



Once you are certified, you can arrange a cab ride by calling a Brookline-licensed cab company. The companies are:

Red Cab (617-734-5000)

Bay State Taxi (617-566-5000)

Brookline Towne Taxi (617-232-2800)

Hazira Cab Company (617-522-3434)

Hello Taxi Transportation (617-783-8294)

You can use the tickets for both social and medical purposes, both one-way and round-trip. Rides are NOT limited to just within Brookline town limits. The tickets are valid, however, only when you use Brookline-licensed cab companies.

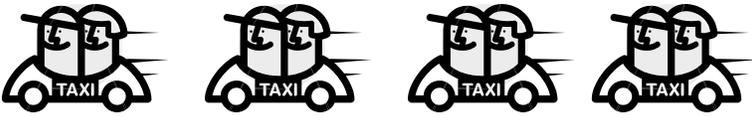
IT'S THE LAW!!

All Brookline cabs are required BY LAW to accept BETS tickets. If you have any trouble using them, please report it immediately to 617-277-2777. (It would be a good idea to get the driver's name and/or the cab's license number if possible.) Don't let the driver intimidate you.

SENIOR SERVICES

The Brookline Senior Center and the Council on Aging are amazing organizations, offering a vast array of programs and activities.

BETS is a cab discount program that allows income-eligible Brookline residents over 60 to buy up to 5 coupon books a month. Each coupon is worth \$10 in cab rides for just \$5. Bets coordinator Alicia Ebrat is at the Senior Center **Monday through Wednesday from 12:00 NOON to 4:00 PM** to take applications for, and sell, BETS coupon books. If you want to apply or be recertified for BETS, please bring your latest income tax returns when you meet with Alicia. (Remember that all riders must be recertified every year in order to be able to buy BETS coupon books.)



For more information, call Alicia at 617-730-2740.

BLAB The Brookline Legal Assistance Bureau (BLAB) at the Senior Center from **9:00 AM to 12:00 NOON on Wednesday, March 5**, this month, is staffed by volunteer local attorneys who offer individuals legal expertise on matters of law as well as information and referrals. This service is offered free of charge, and no appointment is needed.

FILE OF LIFE provides individuals with emergency medical ID cards to be used both at home and away from home. For more information, call 617-730-2777.

ROGER R. LIPSON

ATTORNEY-AT-LAW

7 HARVARD STREET | BROOKLINE MA 02445-7379

Tel. 617-566-2300

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E-mail albertaroger@aol.com

HELP finds trained, dependable workers to assist individual seniors with such tasks as meal preparation, errands, cleaning, and shopping—for an affordable rate. All workers are trained and screened by the HELP staff at the Senior Center. To get HELP, call 617-730-2777, and ask for the HELP extension.

JOBS The Job Opportunities for Seniors (JOBS) program is an employment service designed and sponsored by the Brookline Council on Aging the goal of which is to match Brookline's capable, older workers with local employers seeking either part-time or full-time staff for office, academic, sales, food services, and a variety of other fields.

NEEDS helps seniors stretch food dollars with such aids as food stamps. For more information, please leave a message for Riva Berkovitz at 617-730-2777.

SHINE counselors Deborah Brass and Sonny Saslaw are at the Senior Center on **Wednesday** and **Thursday** mornings to help individuals explore their health-insurance options. For an appointment, please call 617-730-2777.

SOCIAL SECURITY Contact Station. Social security will no longer have a representative at the Senior Center. If you need assistance, please call the Boston office at 617-565-8903 or Social Security's main number at 1-800-772-1213.

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ALZHEIMER'S CAREGIVERS SUPPORT GROUPS

Community members who care for loved ones with Alzheimer's Disease and other dementias meet on the second Friday of each month to gain support and information. The two groups are open to members of the community and town employees free of charge.

There is a **Daytime Caregivers Group** that will meet on **Friday, April 11**. Call December Heffernan at 617-730-2753 for information for this group. And there is also an **Evening Caregivers Group** that will meet on **Thursday, April 24**, contact Susan Andriole at 617-730-2754 for more information about this group.

ARE YOU A BIG-FOOT?

Join representatives from the Brookline Department of Health for a special event during National Public Health Week. Calculate your *environmental footprint* at the Senior Center on **Friday, April 11, from 10:00 to 11:00 AM!** By answering questions about how we eat, travel, and even dress, we can measure how our lifestyles affect the environment. Join us for a short film and discussion on what *global warming* and *climate change* mean and how certain aspects of our lifestyles impact the earth. What are we doing right, and what can we do better? Find out how our choices affect climate change and what you can do to adjust your footprint size.

MONEY MATTERS TALK

This month's talk on money and financial concerns of seniors, sponsored by the Bank of Canton, will be about reverse mortgages. This presentation will be made by Sheelah Jamieson, Loan Officer at the Bank of Canton, and will take place at the Senior Center on **Monday, April 29, from 10:00 to 11:30 AM**.

NATIONAL PUBLIC HEALTH WEEK EVENTS

The Brookline Department of Public Health will celebrate National Public Health Week 2008 April 5 to 14 by again offering to Brookline residents a week of public health talks, interactive programs, and other events. Since 1995, when President Clinton proclaimed the first full week of April as National Public Health Week, Brookline has hosted activities to highlight the role of public health in the town. Throughout Massachusetts and the United States, communities will honor public health professionals, applauding the role public health plays in promoting health and quality of life for all Americans.

Saturday, April 5 *Rabies Clinic*
Brookline Health Dept. 9:00 AM to 12:00 NOON
Bring your dog or cat to be vaccinated. All pets must be brought on a leash or in a cage by a person at least 14 years old. Fee: \$10.

Monday, April 7 *TRANSitioning to better health*
Main Library 6:30 to 8:00 PM
Learn how to cook healthier.

Tuesday, April 8 *Strokes and Sneezes*
Main Library 12:00 NOON to 1:00 PM
Useful tools to prevent significant public health issues.

Tuesday, April 8 *Pandemic Flu Planning*
O'Shea House 1:30 PM
Session hosted by the Brookline Public Health Nurse. Open to the public. Snacks and prizes. This event repeats on Friday, April 11.

FRENCH CONVERSATION

In April, once more you will be able to say, "Ici on parle française!" about the Senior Center on the second and fourth Tuesday of every month. Yes, indeed, the French conversation group will resume its regular meetings—led by Agnes Serenyi **Tuesday, April 8, from 12:45 to 1:45 PM**.

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THE SIMPLE JOYS OF ONLINE ACCESS

I recently asked my 73-year-old mother, of all the technological advances that she's witnessed, what was her favorite. "The desktop computer," she said without any hesitation, "and the Web."

No matter what the state of your physical health or of New England weather, computer access provides many opportunities for enriching your life. Puzzles and word games help keep your mind active and agile. Through the multimedia environment of music, video, photographs, and written word, you can travel to far-off places—places you may never have had the time or opportunity to travel to in person. Web access to newspapers keeps you abreast of current events locally, regionally, nationally, and internationally without having to pay for a subscription. And, unlike broadcast television, you are not restrained by an imposed schedule.

Opportunities for continuing education abound, limited only by one's interests and imagination. For instance, one of my mother's life-long passions is cooking. With access to the web, she now possesses the world's largest cookbook. She can search out recipes for anything from avocados to zucchinis. She's also been able to indulge another hobby—needlework. Through store websites, she can order needlework supplies that are not easily available in her area. (Please note: Anyone making purchases over the web should do so only through safe and secure sites.)

Web access also enhances communication. E-mail provides a direct and inexpensive way to stay in contact with loved ones. Friends and families can share photographs and videos with you, keeping you in the loop of their daily activities, no matter how far away they may be. You will be surprised at how easy it is to click on a photo attachment and enjoy a picture of your grandchild or other loved one.

Online communities such as SeniorNet (www.seniornet.org) provide opportunities reminiscent of long-ago pen pals to make new connections and friendships and/or to renew old ones.

Of course, just as in the physical community, you must consider your safety. Precautions such as choosing an unidentifiable online screen name rather than your entire full name, never offering personal or financial information to other members, and being vague about your address are commonsense ways to protect yourself from scams and other crimes.

If you decide you'd like to meet someone from your online community in person, take it slowly. Meet only during the day in a public place and make sure someone else knows where and when you're going to meet this new person and individual's name and phone number. Better yet, bring a friend or two with you. While this advice may seem overly cautious, it does not matter whether you're 20, 40, 60, or 80 years old, safety first is the wisest course!

Want to learn more? The Computer Lab at the Brookline Senior Center is a great place to start. Co-sponsored by the Council on Aging, Brookline Adult and Community Education offers several classes including Computer Basics for Seniors, Advanced Computer Basics for Seniors, Introduction to the Internet for Seniors, Top 10 Websites for Seniors, E-mail Workshop for Seniors, and Microsoft Word for Seniors.

*by Victoria Ellsworth,
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