TOWN OF BROOKLINE SENIOR NEWS AND EVENTS

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**
617 730 2777	617 730 2778
Senior Center	**Van**
617 730 2770	617 730 2750

www.brooklinema.gov

HIGHLIGHTS

Join the new **Parkinson Support Group**—see p. 5

Read about **Secondhand Smoke and Dementia** on p. 6

Attend the **3 Rs (Recession, Retirement, Resilience** group—see p. 8

Learn at the **Planning Ahead Workshop**—see p. 13

Participate in the latest **Modern Dance Workshop**—see p. 22

Enjoy both the **Amy Bowles Concert** and the **Russian Tea Room Concert**—see p. 23

APRIL 2009

VIVA VOLUNTEERS

Do you know that about half of the US population volunteers time to help others every year? Volunteers 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, they help just about everyone.

We love our volunteers here at the Brookline Senior Center because they 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 our volunteers? They are often us. We seniors help do all those things that make 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.

April 19 to 25 is **Volunteer Appreciation Week**. And so on **Wednesday, April 22,** we want to invite our volunteers to a special Volunteer Appreciation Luncheon at the Senior Center **at 12:30 pm** sponsored by the Bay State Federal Charitable Foundation to celebrate and give proverbial and real cheers to them and to the activities and programs they help make possible. VOLUNTEERS, please RSVP by **April 16**!

Our volunteers number over 315 and 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 they range in age from 9 to 90 plus!

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Town of Brookline Senior News and Events
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APRIL HOLIDAYS

Listen, my children and you shall hear
Of the midnight ride of Paul Revere.
On the eighteenth of April in '75…

Henry Wadsworth Longfellow

Well, it's that time of year again. Only the 18th of April has become one of those Monday holidays so it is on **Monday, April 20**, that the Senior Center and the Rogerson Adult Day Health Program will be closed for Patriot's Day. Visit the Old North Church, Lexington, and Concord—scenes that are part of the historic ride and the battle that followed it. Or watch the 113th running of the Boston Marathon.

COUNCIL ON AGING

This month our annual Volunteer Appreciation Luncheon (see p. 1), hosted by our Volunteer Coordinator, Vivian Freeman, will combine with the meeting of the Council on Aging (COA) board on **Wednesday, April 22**. The luncheon will start at **12:30 pm** and will include several presentations and the naming of the recipient of the Volunteer of the Year Award.

The COA business meeting will follow the presentation, starting at 1:30 pm.

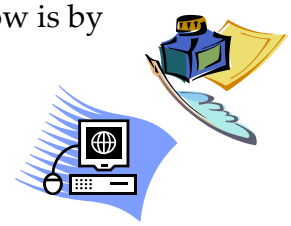
NOMINATIONS FOR VOLUNTEER OF THE YEAR

Now is the time for making your voices heard on the subject of who should be the Volunteer of the Year. Send nominations to Vivian Freeman, Brookline Senior Center, 93 Winchester Street, Brookline, MA 02446. Or call Vivian at 617-277-2743, or just drop by Vivian's office at the Senior Center when you are there.

POETRY WORKSHOP

In celebration of National Poetry Month, members of Brookline Senior Center's Poetry Workshop will read their works at Brookline Booksmith at 279 Harvard Street on Wednesday, April 22, at 7:00 pm.

The workshop at the Center is taught by Anna Higgins and has been a very popular workshop. The poem below is by Polly Shakespeare, a nonagenarian member of the workshop.



Behinds

Behind?
I've always had a
behind.
Looked behind
Surprised to find
No behind.

My behind has gone
The way all behinds
go.
As if a soccer ball
Had sprung a leak.

Mary Sage [Polly] Shakespeare
2008

TELLING YOUR STORIES —SAVE THE DATE—

Brookline Adult & Community Education (BA&CE) has sponsored a senior course in autobiographical writing, *Telling Your Story*, for 24 years. On **Wednesday, May 20, at 10:15 am** at the Senior Center, members of the class will tell their stories—funny, thoughtful, touching, and wise.

Don't miss this annual event! Join this group to rediscover and reaffirm the richness of the resources older writers offer to us all.

Regular, monthly health-centered programs at the Senior Center include:

Ask a Nurse St. Elizabeth's Medical Center's Nurse Practitioner Eileen Currier's visit to the Senior Center will be **on Wednesday, April 29, from 1:00 to 2:00 pm**.

Podiatry Clinic Routine foot care with Dr. John McLaughlin is available by appointment on **Monday, April 6, from 9:00 am to 12:00 noon**. There will be no podiatry clinic on Monday, April 20 as it is Patriots Day and the Senior Center is closed. Sessions, which last 15 minutes each, cost $25. Appointments are required. Make an appointment by calling 617-730-2777.

Low Vision Group This peer-led support group for individuals with limited eyesight will hold its regular monthly meeting at the Senior Center on **Wednesday, April 15, at 1:00 pm.**

Blood Pressure Screenings

The Brookline Health Care Center will provide a blood pressure screening **at the Senior Center** on **Monday, April 6, from 1:00 to 2:00 pm**. The nurse who will preside at this session is bilingual. (She speaks English and Chinese.)

Come in on **Thursday, April 16, from 9:00 to 10:30 am to the Senior Center** for blood pressure screening with a nurse from the Brookline Health Department.

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

The Health Page is sponsored by Beth Israel Deaconess Medical Center

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Official hospital of the Boston Red Sox

BLOOD PRESSURE SCREENINGS

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

- Wednesday, April 8, at Sussman House, 50 Pleasant Street, from 1:00 to 2:00 pm
- Wednesday, April 8, at Temple Emeth, 194 Grove Street in South Brookline (use the Puddingstone Road entrance), from 3:00 to 4:00 pm
- Thursday, April 16, at the Senior Center from 9:00 to 10:30 am
- Wednesday, April 22, at O'Shea House, 61 Park Street, from 1:00 to 2:00 pm

HAVE YOU BEEN PAYING FULL PRICE FOR YOUR DRUGS?

Do you have no prescription drug coverage?
You may want to consider enrolling in a Medicare Prescription Drug Plan. You can join a plan now, **only** if you qualify for a Medicare Special Enrollment Period. If not, you must wait until the next Medicare Open Enrollment Period, November 15 through December 31. **A SHINE Counselor can help determine if you qualify.**

Do you have a Medicare prescription drug plan with an annual deductible?
Each year the Deductible Period begins anew on January 1. This year you must spend up to $295 on your drugs before your plan's benefits will start. After that you will only have co-payments, until you reach the Gap or Donut Hole. **A SHINE Counselor can explain how your plan works.**

Do you have a Medicare prescription drug plan and Prescription Advantage?
Prescription Advantage has changed this year. For most members, assistance with co-payments does not begin until the Gap or Donut Hole. So if your plan has an Annual Deductible, Prescription Advantage will **not** help during the Deductible Period. You will spend up to $295 on your drugs before your plan's benefits begin and then you will pay your plan's co-payments until you reach the Donut Hole. Prescription Advantage members have a special opportunity to change plans, so you might be able to change to a cheaper plan. **A SHINE Counselor can try to help you find a cheaper plan.**

Should you have paid full price for your drugs?
Maybe it was in error. At the beginning of each year, a number of changes happen, and in the process, mistakes can occur. You should make certain that you have paid the correct amount for your drugs. **A SHINE Counselor can help you find and correct errors.**

The SHINE Program provides free, confidential counseling on all aspects of health insurance to anyone on Medicare. Call the Senior Center and ask for an appointment with one of our certified SHINE counselors. You can also reach a SHINE counselor by telephone. Call 1-800-243-4636, then press or say 3. Once you get the SHINE answering machine, leave your name and number. A SHINE counselor will call you back as soon as possible.

Article courtesy of SHINE

The ***Brookline Aging Collaborative*** consists of the Brookline Council on Aging (COA), Goddard House in Brookline, Center Communities of Brookline, and the Rogerson Adult Day Health Program.

PARKINSON SUPPORT GROUP

The American Parkinson Disease Association (APDA) Information and Referral Center and Massachusetts Chapter are pleased to announce a new Parkinson Support Group that will meet at the Senior Center on the first Friday of every month from 1:00 to 2:30 pm. This program is sponsored by the Brookline Aging Collaborative. We are actively recruiting members for this support group.

Please come to the first informational meeting on **Friday, April 3, from 1:00 to 2:30 pm at the Senior Center**. All are welcome to attend. For more information, contact the COA at 617-730-2777 or the APDA Information and Referral Center at 617-683-8466.

SECONDHAND SMOKE AND DEMENTIA CONNECTED

Here is yet another compelling reason to avoid secondhand smoke wherever you can. In addition to adding to your risk of cancer, this smoke also adds to your chance of adding dementia to your health risks.

According to *Health Day* reporter Stephen Reinberg, a recent study published in the February 13, 2009, issue of the *British Medical Journal* (BMJ) suggests strongly that "people exposed to secondhand smoke may have as much as a 44% **increased** risk of developing dementia." Previous research had already established the link between secondhand smoke and risk of dementia. This new study is much more extensive than previous studies and therefore reconfirms and emphasizes this relationship.

For more information, access the *Health Day* article at www.healthday.com and search by keyword: secondhand smoke. You can also go to the full BMJ research article at BMJ.com and click on Past Weeks to find the February 13, 2009, research paper by Llewellyn, David J., et al., "Exposure to secondhand smoke and cognitive impairment in non-smokers: national cross sectional study with cotinine measurement."

JENNIFER A. LYNCH AWARD

At the 3rd Annual Forum of the Jennifer A. Lynch Committee Against Domestic Violence on March 5, the Brookline Council on Aging (COA) was honored by a Certificate of Appreciation in recognition of our valuable contributions toward domestic violence prevention. Sue Welpton, our Supervisor of Services and our liaison with the Committee, accepted the award for the COA . This was most appropriate as Sue has long been very active in efforts to prevent domestic violence and has indeed led the COA efforts in this area for many years.

ALZHEIMER'S CAREGIVERS SUPPORT GROUPS

Are you caring for a relative or friend with Alzheimer's and looking for ways to connect with other care givers? Both sessions of this group will meet in April to help caregivers cope with the stresses and demands of helping their Alzheimer-stricken family members and friends. These groups are available at no charge to all Brookline residents and town employees.

The **Daytime** group will meet **Friday, April 3**. Call group leader December Heffernan at 617-730-2753 to attend and/or for further information.

The **Evening** group will meet **Thursday, April 30**. Call Susan Andriole at 617-730-2754 to attend and/or for further information.

THANKFUL TO BE HOME WITH THOSE YOU LOVE

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SENIOR SERVICES

The Brookline Senior Center and the Council on Aging (COA) offer a wide variety of programs and activities to help the Brookline senior community in everyday ways. Among the services offered:

BETS, the cab discount program that allows income-eligible Brookline residents over 60 to buy up to five (5) coupon books a month at a 50% discount so that $25.00 a month yields $50.00 worth of cab rides as each coupon book has 10 coupons each worth $1.00 and and a book costs $5.00.

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

If you want to apply or be recertified for the BETS program, 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.)

This cab service is available for use in all cabs of all companies that are based in Brookline. **It's the law:** If a cab driver from such a company gives you trouble about using the coupons, please report the incident to the COA at 617-730-2777.

Also note that the coupons cannot be used for tipping. If you want to tip a driver for good service, please do it in cash.

BLAB The Brookline Legal Assistance Bureau (BLAB), will be at the Senior Center from **9:00 am to 12:00 noon** on **Wednesday, April 1.** BLAB 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.

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FILE OF LIFE provides individuals with emergency medical ID cards to be used both at home and away from home. This is a very important program. It should be part of your emergency preparedness program. For more information specifically on the File of Life, call 617-730-2777 and leave your name and address. Someone at the Senior Center will call you back promptly.

HELP finds trained, dependable workers to 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.

JOBS The Job Opportunities for Brookline Seniors (JOBS) program is an employment service designed and sponsored by the Brookline COA. Its goal is to match Brookline's capable, older workers with local employers who are seeking either part-time or full-time staff.

NEEDS helps seniors stretch food dollars with such aids as food stamps. For more information, leave a message for Riva Berkovitz at 617-730-2777, and she will get back to you.

SHINE counselors Deborah Brass, Sonny Saslaw, and Sonia Wong are at the Senior Center on **Monday through Thursday mornings** to help individuals explore their health-insurance options. For an appointment with a SHINE counselor, call 617-730-2777.

A **SOCIAL SECURITY** Contact Station is no longer available at the Senior Center. If you need assistance, please call the Boston Social Security office at 617-565-8903 or their main number at 1-800-772-1213.

LOOKING INWARD, GAZING OUTWARD

This group is aimed at reducing stress while exploring life's meaning. The group will meet two more **Mondays**: **April 6** to explore spirituality and review life accomplishments and memories, and **Monday, April 13** to explore spirituality further.

No prior experience is necessary to attend sessions, and attendance at all sessions is not required. There is no fee for participation. This program meets at the Senior Center, **from 1:00 to 2:30 pm**, For more information, contact Amanda Perry at 617-730-2772.

WALKING IS WONDERFUL

In spring, even a senior's fancy may, like a young person's fancy, turn to thoughts of love, but it often turns to thoughts of fitness as well. Walking is one of the best exercises there is…and it is also a pleasant way to explore the burgeoning spring around you.

Solemates, the Senior Center's walking group, meets **every Friday at 9:30 am** at the Senior Center, and is a very pleasant way of exercising and exploring with your peers. For more information, call 617-730-2777 and leave a message for Mildred Seigel, the group leader.

If you feel that the group is more than you can handle (for instance if you are disabled or just frail) but would like to walk with a buddy, contact ***Match-Up Interfaith Volunteers*** at 617-482-1510 and ask for Walking Buddies, which is one of their Strong for Life programs. They will be able to provide a trained companion volunteer to walk with you—to the corner store or pharmacy, to a cafe for a treat, around the neighborhood, or up and down the corridor in your residence.

RECESSION, RETIREMENT, RESILIENCE

In these trying economic days, there are 3 new Rs emerging: recession, retirement, resilience. We invite you to join us at the Senior Center for a 5-week support and informational group for those who are approaching retirement or are newly retired. The group will meet from **7:00 to 8:30 pm on 5 Wednesdays, April 29 through May 27**. The group will focus on strategies and suggestions for surviving in, and thriving during, these difficult economic times. Topics of interest are:

- Working in retirement
- Looking for work in 2009
- Office challenges for the mature worker
- Medicare: Planning for retirement (featuring Susan Flanagan of BlueCrossBlueShield of Massachusetts)
- Recession survival strategies
- Well being and being well as you retire
- Living your dreams

This group is free of charge, but space is limited so registration is required. Call Deidre Waxman at 617-730-2767 or e-mail her at deidre_waxman@town.brookline.ma.us for more information or to reserve a space. This program is sponsored by the Brookline Senior Center.

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Center Communities of Brookline
Hebrew SeniorLife

Hebrew SeniorLife is a teaching affiliate of Harvard Medical School

Main Office: 100 Centre Street, Brookline, MA 02446

CALLING ALL ARTISTS

Be ye professional or be ye amateur, you are all invited to compete in the **13th Annual Senior Citizens Artistic Interpretation of the State House Holiday Card Contest**. The contest is open to all Massachusetts citizens over the age of 62. And the theme for this year's contest is: *Celebrating the December Holiday at the State House*.

According to William Galvin, Secretary of the Commonwealth, "The artwork will be exhibited at the Commonwealth Museum" at a date yet to be determined. "Professional artists will judge the entries. [And] this year two winning cards will be chosen to be reproduced and sold at the State House Gift Cart with the artist's name printed on the card. ***The Office of the Secretary of the Commonwealth will retain ownership rights to the artwork only as a card***."

"All media of art is acceptable (oil, watercolor, ink, pastels, etc.). The **state house** must be the focal point of the artwork with consideration of the season."

Art must be a minimum size of 5" x 7" and a maximum of 18" x 24," and it must be matted and framed. If an artist cannot mat and frame, the Office of the Secretary of the Commonwealth will provide matting using basic materials. Print name, address, and telephone number as well as medium used on the back of the artwork that you.

Entries must be mailed or delivered to the attention of Dolores McCray, Commonwealth Museum at Columbia Point, 220 Morrissey Blvd., Boston, MA 02125. Deadline submission is July 1, 2009. (This means that if you are mailing the entry, you must mail it in time for it to be at the Museum by July 1). In order for artwork to be displayed on the Office of the Secretary's web site, the entry must be accompanied by a signed authorization form, which you can get by contacting The Commonwealth of Massachusetts Office of the Secretary of the Commonwealth.

AT THE GALLERY

Photograph by Mimi Katz

Come to the
Brookline Senior Center
to see

Images of Brookline Past & Present

a group show featuring
paintings, photographs, fabric,
and other media

Monday, March 30
to
Friday, May 29

Hours: 8:30 am to 5:00 pm
Monday through Friday

MOVIE LOVERS SERIES FOR APRIL

Tuesday afternoon at 1:30 is movie day at the Senior Center. Come relax and enjoy a good movie.

April 7 109 minutes 1938
Alexander's Ragtime Band
This musical tale set in San Francisco showcases such Irving Berlin hits as "A Pretty Girl Is Like a Melody," "Blue Skies" and "Pack Up Your Sins and Go to the Devil." Despite his wealthy family's displeasure, concert violinist Roger Grant (Tyrone Power) joins a band with composer Charlie Dwyer (Don Ameche) and singer Stella Kirby (Alice Faye). Together, the band will experience success, heartbreak and misfortune during its lengthy tenure.

April 14 96 minutes 2007
Son of Rambow
Forbidden to watch TV or go to the movies by his ultrareligious parents, young Will (Bill Milner) gets a hold of a camera, and his mind blossoms in this nostalgic comedy from the team behind *The Hitchhiker's Guide to the Galaxy*. Set in 1980s Britain, the film tells the tale of the friendship that blossoms between Will and class bully Lee (Will Poulter) when the latter recruits Will to help him make a home movie inspired by *Rambo: First Blood*.

April 21 111 minutes 2007
Starting Out in the Evening
Aiming to revive the faded career of ailing author Leonard Schiller (Frank Langella), enterprising graduate student Heather Wolfe (Lauren Ambrose) makes his novels the topic of her master's thesis. While Heather raises Leonard's hopes of a literary comeback, his middle-aged daughter (Lili Taylor) remains dubious. First-time director Andrew Wagner's screen adaptation is based on a book by Brian Morton.

April 28 87 minutes 1936
Stowaway
Shirley Temple stars in this musical as an orphan who changes the life of a playboy. When young Barbara "Ching-Ching" (Temple), the former ward of Chinese missionaries, gets lost in Shanghai, she meets Tommy Randall (Robert Young), an American ladies' man who helps her. Later, Ching-Ching stows away aboard a US-bound ship, where she orchestrates a high-seas romance between irresponsible Tommy and fellow passenger Susan Parker (Alice Faye).

SENIOR MOVIES AROUND TOWN

There are many organizations around town that have film programs for seniors. Among them:

Senior Cinema (at the **Coolidge Corner branch of Brookline Public Library**) has movies every Thursday afternoon. Call 617-730-2380 for more information.

Senior Matinees at the Coolidge Corner Theatre on Wednesdays ($3.00 for admission to any show before 4:00 pm). Co-sponsored by the Senior Services of JF&CS and the CJP Senior Direct program. For more information, call 617-734-2500.

Coolidge Corner Theatre also has two special series: *Divas in the Dark* (films *about* opera) and *Europe's Grand Operas*. Again call 617-734-2500 for more information.

Goddard House in Brookline also offers many free movies each month. For more information and to make reservations, call 617-731-8500.

EQUIPMENT LOAN FUND

If you have a gently used cane, walker, shower bench, commode, bed board, or grabber that you no longer need, consider donating the equipment to the new Council on Aging Equipment Loan Fund (ELF). In the one short month of ELF's existence, it has already gathered from generous donors a small supply of gently used walkers, crutches, commodes, and shower benches that are now available for lending. If you want to borrow one of these items, or if you have something you would like to donate, please contact December Heffernan at 617-730-2753. The ELF program can accept canes, walkers, shower benches, commodes, bed boards, grabbers, and crutches, as well as wheelchairs.

Because of space limitations and other guidelines, we will not be able to accept all items. Please contact December Heffernan at 617-730-2753 if you have something to contribute. Do not simply drop off items.

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HEALTH PLAN OPTIONS FOR RETIREMENT —SAVE THE DATE—

What happens to my health insurance if I retire younger than 65? What if I work past 65? What about coverage for my spouse? These are common questions raised about health insurance coverage after retirement by people who are contemplating retirement.

On **Wednesday, May 13th at 7:00 pm,** the Senior Center will host a seminar—***Health Plan Options for People Thinking About Retirement***. Offered by Blue Cross Blue Shield of Massacusetts, the presentation is intended for those considering retirement. It includes an explanation of COBRA as well as the Direct- Pay health options available once a person does have Medicare. A questions-and-answer period will follow the presentation. All are welcome regardless of your insurance coverage. The program is free but preregistration is highly recommended. To obtain further information about, and to register for, this seminar, call 617-730-2770.

ARTHRITIS EXERCISE CLASS

Ilse Leeser, PhD, RN, will once again preside over this popular class at the Senior Center. The program, developed by the Arthritis Foundation, consists of a series of gentle exercises designed specifically for those diagnosed with arthritis. Classes will meet on **Thursday mornings at 10:30 am**, beginning **April 23** and will run through **June 11**.

Preregistration and authorization from a health-care provider are required, so call ahead to get the proper form and sign up. Space is limited so call 617-730-2770 as soon as possible to reserve a spot.

April 22 is Earth Day
Hug a tree! Protect a flower!

April 24 is Arbor Day!
Plant a tree!

PLANNING AHEAD WORKSHOP

Don't let someone else make important decisions for you. Join the Brookline Senior Center for the ***Planning Ahead Workshop Series: A Practical Approach to Tough Decisions***. This three part series will focus on the importance of understanding and completing advance directives, hospice and end-of-life care, and pre-need funeral planning. Attend one or all three sessions, depending on your interests.

The first workshop on **Wednesday, April 15**, **at 1:00 pm** is on the ***Legal Aspects of End-of-Life Care*** with a special focus on Advance Directives. An attorney from the firm of Wade & Horowitz, LLC, will lead the discussion and be available to answer questions about advance directives such as living wills and the law. Health-care proxies and Do Not Resuscitate (DNR) forms will also be available at this time.

The second workshop, on ***Hospice Care*** will take place on **Monday, April 27, at 1:00 pm**. Gail Gazelle, MD, FACP, FAAHPM, Assistant Clinical Professor of Medicine at Harvard Medical School, will discuss *everything you need to know about hospice care*.

Finally on **Wednesday, April 29**, **at 12:30 pm** ***Pre-need Funeral Planning*** will be addressed by Professor Tim Krukowski, Director, Funeral Service and Funeral Home Management Programs, Coordinator, Bereavement Services Programs, New England Institute at Mount Ida College.

Be sure to mark you calendars for these very important workshops! Please contact Emma Banks (617-730-2772) or Julie Washburn (617-730-2760) for more information.

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CALLING OLD CELL PHONES AND IPODS

Have you been retired in favor of a newer, younger version? Do you think you can still be useful to the community but don't know where to go? Well, indeed the Senior Center can put you back to work and, at the same time, get some money to use to support their programs. Just get someone to bring you in to Susan Andriole, and you can begin life anew.

HEALTHY SLEEP

Dr. Lawrence Epstein, Medical Director of the sleep Health Centers at Brigham and Women's Hospital will discuss his 6-step plan to improve sleet on Tuesday, April 7, at 6:30 pm at the Brookline Health Department, Denny Room. For more information, contact Lynne Karsten at 617-730-2336 or e-mail her at lkarsten@brook linema.gov.

BLACK BEAN-SMOTHERED SWEET POTATO

This Jewish Family and Children's Service (JF&CS) recipe for April is a deliciously satisfying recipe that provides a quick and easy meal requiring less time in the kitchen and thereby allowing more time for outdoor Spring activities. It offers plenty of Vitamin A—great for vision at any age. The beans provide protein, and the tomatoes supply Vitamin C and potassium. Eating the skin of the sweet potato adds fiber, an important component of a healthy diet. Include as a side a nonstarchy vegetable, like broccoli or salad, to make this a nutritionally balanced meal for $1.69 per serving!

Ingredients

2 medium sweet potatoes
1 15-oz can of black beans, rinsed in a colander
1 medium tomato, diced, or a 14½-oz can of low-sodium, diced tomato
2 tsps olive or canola oil
½ tsp ground cumin
½ tsp ground coriander
¼ tsp salt
1 Tbsp reduced-fat sour cream (optional)
2 Tbsps chopped fresh cilantro (optional)

Yield: 2 servings
Total Time: 20 minutes
Ease of Preparation: Easy

Kitchen Equipment

Knife	Small saucepan
Cutting board	Microwave-safe or baking dish
Fork and spoon	
Can opener	Measuring spoons

Preparation Instructions

1. Prick washed sweet potatoes with a fork in several places. Either microwave on high for 12 to 15 minutes until tender all the way to the center, or place them in a baking dish and bake at 425°F until they are tender all the way to the center, about 45 min to 1 hr.
2. Meanwhile, combine beans, tomatoes, oil, cumin, coriander, and salt, and heat in a small saucepan over medium heat. Stir occasionally until the mixture is warm. **Or** microwave the mixture in a microwave-safe bowl on high for about 2 to 3 minutes until mixture is cooked through.
3. Once the sweet potatoes have cooled enough to touch, cut each lengthwise and open the potato by pressing the slash you have cut with a spoon thus making a well in the center.
4. Spoon the bean mixture into the well. If desired, top each with a dollop of sour cream and a sprinkle of cilantro.

Nutrition Analysis

Per serving: 280 calories; 5g fat (0g saturated fat, 0g trans fat); 0mg cholesterol; 56g carbohydrate (15g fiber); 12g protein; 468mg sodium; 541 mg potassium.

% Daily Values: vitamin A 450%; vitamin C 60%; calcium 15%; iron 25%

Carrots aren't the only vegetable that helps your eyesight: Many children are instructed to eat carrots to help their eyesight. However, as we age, carrots can help many of us decrease our risk of vision problems and age-related macular degeneration (AMD). Risk of vision problems and AMD increases with age and more than 8 million Americans have difficulty seeing. There is promising research that suggests certain vitamins and minerals found in nutrient-rich foods can help prevent, delay, or decrease the intensity of vision problems. Diets rich in carrots, low-fat milk, citrus, kiwi, papaya, tomatoes, peas, red grapes, squash, broccoli, vegetable oils, nuts, avocados, dark leafy greens, eggs, and fish can help protect your eyes. Other lifestyle habits that can help protect your eyes include wearing sunglasses outdoors, maintaining a healthy weight, and quitting smoking.

by JF&CS. Recipe & nutritional information adapted from www.eatingwell.com & www.eatright.org.

COMPUTER NEWS

The Council on Aging (COA) is pleased to announce that Bob Roll, who has been a volunteer teacher at the Computer Lab since its inception, has volunteered to be the official Computer Lab Manager. If you have questions or need to contact him about the Computer Lab, call 617-730-2762 and leave a message for him. He will get back to you.

Brookline Adult and Community Education (BA&CE) and the COA are sponsoring computer classes at the Senior Center this spring. The classes that started in March are now under way, but there are sessions of two courses that start later in the spring—one in April and one in May (see below). To register, access wwwbrook lineadulted.org on the web, or call 617-730-2700. Each class is limited to 6 participants so register as soon as possible. The fee for each 4-week session is $67.00

Computer Basics for Seniors
Bob Roll, Instructor Course code: **C116**
9:30 to 11:30 am
Section 02—4 Thursdays beginning April 30

Advanced Computer Basics/Seniors
Bob Roll, Instructor Course Code: **C157**
9:30 to 11:30 an
Section 02—4 Fridays beginning May 1

SPRINGWELL NUTRITION PROGRAM—DO YOU KNOW?

Springwell serves a hot nutritious lunch daily at the Senior Center. It costs Springwell $8.14 to provide each meal. And the federal government provides less than half of the cost needed to produce and deliver these meals, so Springwell depends on your contributions to make this program possible. A donation of only $1.75 is suggested for each meal you eat . And if you have some spare change to add to this amount, it will be gratefully appreciated. In these times of economic crisis, Springwell depends on your donations now more than ever to help continue this invaluable service to you.

JUMP START YOUR DAY WITH BREAKFAST

Plan on attending the Springwell Information Table presentation, *Jump Start Your Day with Breakfast,* on **Tuesday, April 28 at 11:00 am** at the Senior Center. Nancy Keith, RD, will do the presentation at which there will be some generic products to be taste-tested.

CANASTA ANYONE?

There are a group of Canasta fans who play on the 2nd floor balcony every Tuesday from 12:30 to 3:30 pm. They welcome all interested players to come and join in.

ARMCHAIR LITERARY TRAVEL

Periodically, serious readers desire to turn or return to the perennial classics and/or favorites that they have either wanted to read or re-read. This term BA&CE is offering Brookline's ongoing and dedicated community of readers study and discuss of three seemingly unrelated works that have survived the test of time, each for different reasons. The selections reflect narratives, characters, and themes that portray lives that are diverse, multifaceted, and complex.

The works will be *Lolita* by Vladimer Nabokov, *The Seagull* by Anton Chehkov, and *Death Comes for the Archbishop* by Willa Cather. Please read the first 50 pages of *Lolita* for the first class. All titles are available at the Brookline Booksmith.

The class is Course Code **HU48**, and it will meet for **7 Wednesdays from 1:00 to 3:00 pm** at the Senior Center **beginning April 22** . Cost: $110.00 (but the senior discount does apply if you are eligible). For more information, phone BA&CE at 617-730-2700. To register, phone the same number or register online at www.brook lineadulted.org.

Springwell Nutrition Program APRIL 2009

617-730-2770

MONDAY	TUESDAY	WEDNESDAY
All meals include 8 oz. of 1% milk and margarine. **Low sugar desserts are available, and need to be ordered with the site manager** *****Higher Sodium Content** **Menu subject to change. $1.75 donation.** **For meal reservations on Mondays, please call the previous Friday by 11:00 am.** **If you must cancel your lunch reservation, please call 617-730-2770.**		1) American Chop Suey Grated Parmesan Cheese Tossed Garden Salad w/Lite Dressing Italian Bread **OR** Egg Salad on Whole Wheat Bread Lettuce Leaf Cucumber Tomato Salad / Three bean Salad **Pears**
6) Stuffed Shells w/Alfredo Sauce Meatball / Tossed Garden Salad w/Lite Italian Dressing / Spinach Oatmeal Bread **OR** Sliced Turkey & American Cheese on White Bread / Lite Mayo / Lettuce Leaf Carrot Pineapple Salad / German Potato Salad **Fresh Fruit**	7) **Spring Special** **<u>Corn Chowder / Crackers</u>** Greek Chicken Lemon Rice Toasted Eggplant Medley Dinner Roll **Pineapple Upside Down Cake**	8) Hawaiian Roast Pork Red Bliss Potatoes Cauliflower Rye Bread **OR** Chicken Salad on Whole Wheat Lettuce Leaf Potato Salad / Riviera blend Salad **Frosted Sprinkle Cake**
13) Beef Stew Spinach Mandarin Salad w/Lite Dressing Whole Wheat Bread **OR** ***Ham & American Cheese on Rye Bread Mustard / Tomato Green Pepper Salad Lo Mein Salad **Carnival Cookie**	14) ***Reduced Sodium Hot Dog Baked Beans Ketchup/Mustard/Relish Hot Dog Roll **OR** California Chicken Salad on Lettuce Leaf Roman Blend Salad / German Potato Salad Wheat Bread **Pineapple**	15) **<u>Kale Pasta Soup / Crackers</u>** Roast Turkey w/Gravy Cranberry Sauce Peas Whipped Potatoes Rye Bread **OR** Seafood Salad on Lettuce Leaf Carrot Raisin Salad / Pasta Vegetable Salad Hot Dog Roll **Fresh Fruit**
20) **Patriot's Day Holiday** **No Meal Service**	21) **<u>Birthday Lunch</u>** **<u>Vegetable Soup / Crackers</u>** Crab Stuffed Fish w/Au Gratin Sauce Butternut Squash Spinach Whole Wheat Roll **OR** Egg Salad on Oatmeal Bread Lettuce Leaf / Tri Color Pasta Salad Cauliflower Salad **Vanilla Pudding/Topping**	**22) Volunteer Appreciation Luncheon** *4H Logo for Volunteer Appreciation Week 2009.* **<u>No Springwell lunch today.</u>**
27) **<u>Minestrone Soup / Crackers</u>** Meatloaf w/Mushroom Gravy Whipped Potatoes, Beets Oatmeal Bread **OR** Egg Salad on Oatmeal Bread / Lettuce Leaf Tossed Salad w/Lite Dressing Balsamic Vinaigrette Pasta **Pears**	28) BBQ Chicken Green Beans Sweet Potatoes Apple Cinnamon Muffin **OR** Chef Salad w/Italian Dressing Lo Mein Dressing Whole Wheat Roll **Chocolate Chip Cookie**	29) **<u>Italian Garden Vegetable Soup</u>** Baked Ziti Tossed Garden Salad w/Lite Dressing Italian Bread **OR** Chicken Salad Spinach Mandarin Orange Salad w/ Lite Dressing Pasta Salad, White Bread **Peaches**

THURSDAY	FRIDAY
2) **Minestrone Soup / Crackers** Chicken Marsala O'Brien Potatoes / Brussels Sprouts Oatmeal Bread **OR** Peppercorn Turkey & Mozzarella Cheese on Rye Bread / Lite Mayo / German Potato Salad Tomato Red Pepper Salad **Lemon Cake/Topping**	3) Vegetable Cheese Quiche Carrots / Roasted Potatoes Wheat Bread **OR** Seafood Salad on Lettuce Leaf Tossed Salad w/Lite Dressing Macaroni Salad **Pineapple**
9) **Florentine Soup / Crackers** Salisbury Steak w/Roasted Onion Gravy Whipped Potatoes / Beets Oatmeal Bread **OR** Tuna Salad Wheat Bread / Lettuce Leaf Pasta Vegetable Salad Summer Squash Salad **Mandarin Oranges**	10) **Vegetable Barley Soup / Crackers** Salmon Boat with Dill Sauce Green and Wax Beans Lyonnaise Potatoes Multigrain Bread **OR** Egg Salad on Lettuce Leaf English Pea Salad Tossed Salad w/Lite Thousand Island **Bread pudding/Topping**
16) **Tomato Soup / Crackers** Breaded Fish & Cheese Sandwich w/Tartar Sauce Chuckwagon Corn Green beans Hamburger Roll **OR** Roast Beef & American Cheese on Oatmeal Bread / Lettuce Leaf / Lite May Rice, Tomato, Olive Salad / Cole Slaw **Mandarin Oranges**	17) **Vegetable Chicken Noodle Soup/ Crackers** Chicken paprika Buttered Noodles Broccoli Whole Wheat Bread **OR** Turkey Salad on Lettuce Leaf Beet Salad / Potato Salad Rye Bread **Butterscotch Pudding/Topping**
23) Baked Crumb Topped Macaroni & Cheese Zucchini & Tomatoes Oatmeal Bread **OR** Seafood Salad on Multigrain / Lettuce Leaf Spinach Mandarins Orange Salad Orzo Vegetable Salad **Pears**	24) **Minestrone Soup / Crackers** Stuffed Pepper Carrots White Rice Rye Bread **OR** Tuna Salad on Whole Wheat. Lettuce Leaf Lite mayo Summer Squash Salad / English Pea Salad **Peaches**
30) Pot Roast w/Gravy Red Bliss Potatoes Spring Vegetables Rye Bread **OR** Turkey Salad on Multigrain / Lettuce & Tomato Carrot Pineapple Salad / Potato Salad **Pistachio Pudding/Topping**	

LUNCHEON SPECIALS FOR APRIL

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.** For reservations for **Monday lunches**, please call the **previous Friday**. This applies to both regular and special lunches unless otherwise listed below. Call 617-730-2770 for reservations.

On **Tuesday April 7**, come to the Springwell Spring Special, featuring Greek chicken with lemon rice, and pineapple upside-down cake. A movie classic, *Alexander's Ragtime Band*, will provide entertainment after lunch.

On **Tuesday, April 21**, we will celebrate April birthdays. If you, or a friend who is coming to the luncheon, is celebrating a birthday in April, please tell us when you make your reservation for lunch.

Volunteers, don't forget the **Volunteer Appreciation Luncheon** on **Wednesday, April 22, at 12:30 pm**. RSVP to your invitation by Thursday, April 16.

The **Let's Go Out to Lunch group** will meet at Chef Chang's House, 1006 Beacon Street, on T**uesday, April 28 at 12:00 noon.**

Chef Chang's House was one of the contributors to the SOS Restaurant Event in March.

Brookline Senior Center
93 Winchester Street
617-730-2770

APRIL 2009

EVENTS CALENDAR

MONDAY	TUESDAY	WEDNESDAY
To reserve a lunch please call 617-730-2770 by 11 am, a day in advance	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	1 9am - BLAB lawyer 9:30 am Retired Men's Club 12:30 pm Bridge 1 p.m Amy Bowles, Jazz pianist in concert from B.M.S. 2-4 pm Open computer lab
6) 9 am Podiatry Clinic by appt. 11:30-noon Dance performance 1- 2 pm Blood Pressure Screening 1 pm Gazing Inward, Looking Out.. 1 pm Mah jongg 1--2 pm Line Dancing 2-4 pm Open computer lab 2:30 pmCantonese Conversation .	7 10:30amBrookline Bees-Quilters Noon - Springwell Spring Lunch 1 pm Bingo 1:30 pm Movie Lovers' Film Series "Alexander's Ragtime Band"	8 9:30 am Retired Men's Club 12:30 pm Bridge 2-4 pm Open computer lab HAPPY PASSOVER!
13 10:30 am Poetry Workshop-filled 12:30 pm Chinese programs 1 pm Gazing Inward, Looking Out.. 1 pm Mah jongg 1--2 pm Line Dancing 2 pm Modern Beading Workshop 2-4 pm Open computer lab 2:30 pm Cantonese Conversation .	14 10:30amBrookline Bees-Quilters 12:30 pm French Conversation grp. 1:00 pm Bingo 1:30 pm Movie Lovers' Film Series "Son of Rambow"	15 9:30 am Retired Men's Club 12:30 pm Bridge 1 pmPlanning Ahead Series: Legal Aspects of End-of-Life Care 1 pmLow Vision Group 2-4 pm Open computer lab
20 Patriots' Day Senior Center is closed Rogerson Adult Day Health Program is closed.	21 10:30amBrookline Bees-Quilters Noon - April Birthday lunch 1:00 pm Bingo 1:30 pm Movie Lovers' Film Series "Starting Out in the Evening"	22 9:30 am Retired Men's Club 12:30 Volunteer lunch followed by COA meeting 12:30 pm Bridge 2-4 pm Open computer lab
27 10:30 am Poetry Workshop-filled 12:30 pm Chinese programs 1 pm Mah jongg 1 pm Planning Ahead Series: Hospice Care 1--2 pm Line Dancing 2-4 pm Open computer lab	28 10:30amBrookline Bees-Quilters 11am.Nancy Keith, RD Springwell on "Jump Start Your Day with Breakfast 12:30 pm French Conversation grp. 1:00 pm Bingo 1:30 pm Movie Lovers' Film Series "Stowaway"	29 9:30 am Retired Men's Club 12:30 pm Bridge 12:30 pm Planning Ahead Series: Pre-need Funeral Planning 1 pm Eileen Currier, St.E's N.P. 2-4 pm Open computer lab 7-8:30 pm "Three R's" Group

THURSDAY	FRIDAY
2 2)9:30 am Drawing for Pleasure pre-registration required 10:30 am Knit and Crochet 1:30 p.m." Easy Travel" learn about "The Jewish People:A Story of Survival" 1:30 pm Russian Tea Room	3 9 am Bridge 9:30 am Solemates Walking Group 10 am Project Volunteer Group 10:30 am Current Events 10:30 am Senior Chorus 1 pm Parkinson Support Group Afternoon Alzheimer Support Group
9 10:30 am Knit and Crochet 1:30 pm Russian Tea Room	10 9 am Bridge 10 am Solemates Walking Group 10 am Project Volunteer Group 10:30 am Current Events 10:30 am Senior Chorus G0OD FRIDAY
16 9-10:30 am Blood pressure screen 10:30 am Knit and Crochet 1:30 pm Russian Tea Room 1:30 pm Active Adults meeting	17 9 amBridge 10 am Solemates Walking Group 10 a.m Project Volunteer Group 10:30 am Current Events 10:30 am Senior Chorus
23 10:30 am Arthritis Exercise class Pre-registration required 10:30 am Knit and Crochet 12 - 1 Modern Dance Workshop 2pm Russian Tea Room concert T. Shrago, and O. Kachinova Evening Alzheimers support group	24 9 amBridge 10 am Solemates Walking Group 10 a.m Project Volunteer Group 10:30 am Current Events 10:30 am Senior Chorus 1-2 pmModern Dance workshop
30 10:30 am Knit and Crochet 1:30 pm Russian Tea Room 2-4 pm CANDIDATES' AFTERNOON Evening Alzheimers support group	SHINE counselors are available to answer your individual health insurance questions. Please call 617-730-2777 for an appointment.

ONGOING SENIOR CENTER EVENTS

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—Russian Tea Room

FRIDAY

9:30 am—Solemates, Walking Group
10:30 am—Current Events Discussion Group
10:30 am—Senior Chorus

Photos by Jewel Chin

SOS RESTAURANT EVENT REPRISE

This March event was a huge success in spite of semi-miserable weather that evening. Lots of people, acres of good food, and easy listening to the Blues Cabaret—what more could one want?

And we thank everyone who contributed time and energy to making this event memorable.

We especially want to thank the many restaurants and other businesses that contributed so generously: Anna's Taqueria, b.good, Busy Bee, Chef Chang's House, Comella, Dok Bua, Family Restaurant, The Fire Place, JoJo Taipei, One Stop Market, Party Favors, Pizza Stop, and When Pigs Fly. Be sure to thank them for their generosity to this event when you visit these establishments.

The SOS event collected 250 lbs of food and $325.00 for the Brookline Food Pantry!!!

Photos by Judith Gimple

Donors for the raffle items were very generous, and we want to thank them, too. Best Cellers gave two bottles of wine. Vine Ripe contributed three gift certificates (2 for $10.00 each, and 1 for $25.00). And the Senior Center contributed a narrow serving dish, a box of Danish cookies, and a tote bag.

THANK YOU FOR GIVING

We also want to thank all the generous people who contributed to the COA/Senior Center in March. In these difficult economic times, we are especially grateful to these donors as their money is even more needed than in other times to keep the Senior Center and its programs going strong.

To Pearl Lampert and Diana Kaplan for their gifts in honor of Peter Rosenbaum for Tax Return Preparation

To Kathryn Kilpatrick for her gift supporting the senior van in honor of Peter Rosenbaum

To anonymous for the gift in honor of Tax Return Preparation

To Sally Levine for her gift supporting the senior van in honor of Cippy Macdougall, Charlotte Millman, and Dotty Bell

To Aben Sqyfera for his gift in honor of John Knutson for Tax Return Preparation

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To Claire Lurie for her gift in honor of Anita Lurie

To Kim Michelson for her gift in honor of Edith Sperber

To Emilie Drooker for her gift in honor of Sue Katz (Senior Stretch Instructor)

To Alan and Cecily Morse for their gift in honor of Agnes Rogers

To Dorothy Wolfson for her gift in memory of Milton Feinson

To Myrna Balk for her gift in memory of Ruth Abrams and Charlotte Sokoloff

To Marilyn Hershfield for her gift in memory of Mildred Axelrod

To Annual Appeal donors Frances Addelson, Robert Basile, Dorothy Bell, Deborah and Alvin Brass, Leo Gerechter, Sondra Gotkin, Betty and Walter Guralnick, Virginia Jason, Ken and Elayne Kadis, Ellie and Sumner Kaplan, Alan and Emma Kranz, Louise Lonabocker, Rosalind Mainelli, Lea Mannion, Jessie Mermell, Nancy Nitikman, Harold and Karen Petersen, `Hilde Rotenberg, Natalie Rothstein, Richard Rubino, Robert and Edith Sperber, Aimee and Eric Sprung, Rose Sullivan, Robert and Virginia Usen, Waneta Louise West, and J. Yu.

To Van Fund Donors Audrey Coulter, Rebecca Blunk and Marie Hershman, Edna Kelleher, V. Celia Lascarides, Zina Pelzman, and Doreen Vittori.

Brookline Council on Aging/Senior Center
93 Winchester St. • Brookline, MA 02446

Did You Know?

In 2009, taxpayers aged 70½ and older, who are required by law to make withdrawals from their IRAs can donate up to $100,000 a year from such accounts directly to charities like the Brookline COA/Senior Center!!

Consult your Financial advisor.

Help the Senior Center Thrive!

It's Tax Free!

CALLING MUSICIANS —SAVE THE DATE—

We are calling musicians to join a swing band now forming at the Senior Center. Any instrument is welcome, and all levels of skill at playing an instrument is OK , but previous band or ensemble experience is preferred.

Come to the organizational meeting on **Monday, May 18.** And in June regular sessions will be on Monday afternoons from **2:30 to 4:30 pm**. For more information, call Charlotte at 617-730-2769.

MODERN DANCE WORKSHOP

Back by popular demand—another workshop of modern dance and dance movement led by Brookline High School's dance instructor, Lynn Modell. There will be two sessions—**Thursday, April 23, from 12:00 noon to 1:00 pm and Friday, April 24, from 1:00 to 2:00 pm**—at the Senior Center.

There will be a fee of only $2.00 per session. For more information and other details and to reserve a place in the class, call the Senior Center at 617-730-2777.

NEEDED: A FEW GOOD ELDERS

The Careers in Aging (CIA) 2009 program needs you to work on projects with Brookline High School students in July. Projects will include:

- Photography and scrapbooking
- Oral history interviews
- Reminiscence projects
- An intergenerational book club
- Crafts and games projects
- Roundtable discussion of current and controversial topics

This program has been ongoing for many summers and has provided all participants—both students and seniors with rewarding and enlightening insight into each others' worlds. If you have questions or want to participate, call Deidre Waxman at 617-730-2767.

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COMING IN APRIL: THE SENIOR SCENE

A new Brookline Access Television show will air in April—The Senior Scene—produced and hosted by Betty Joel. It will air on both Comcast channel 28 and RCN channel 15. According to Ms. Joel, the show was born out of conversations between her and our executive director, Ruthann Dobek.

During these discussions it became apparent to both that "not enough is known about what seniors are doing, saying and creating" in the wider Brookline community. Therefore, the initial focus of the program will be "on the exciting programs and people at the Senior Center, but [it] will also include the issues and events that affect the lives of seniors.

Did you know, for example that you can visit exotic faraway places without leaving the Senior Center (Easy Travel)? That you can hone your conversational Spanish with a Spanish-speaking senior (Spanish Immersion)? That you can enjoy beautiful art work by local seniors (The Gallery at the Senior Center)?

And you don' t have to be only a spectator? You can volunteer to participate in the production of the show, too. If you are interested in more information about the show or about volunteering to work on the show, call 617-730-2777 and leave a message for Betty Joel. We will make sure the message gets to her.

AMY BOWLES CONCERT

Save **Wednesday, April 1, at 1:00 pm** for a concert at the Senior Center presented by the Brookline Music School featuring jazz pianist Amy Bowles, a fabulous performer. Don't miss her concert. And the concert is free. We want to thank the Brookline Music School for providing these concerts throughout the year.

RUSSIAN TEA ROOM CONCERT

On **Thursday, April 23, at 2:00 pm** the Russian Tea Room is presenting a concert in honor of the season. Called *Joy of Spring*, the concert will feature Tanya Shrago and Ola Kachenova playing works by Albeniz, Bartok, Granados, Kreisler, Sibelius, Shostakovich, and Tchaikovsky. The concert is free of charge, and everyone is invited to attend.

EASY TRAVEL

This month Easy Travel is going on a different kind of trip. On **Thursday, April 2, a 1:30 pm** (just in time for Passover), travel in another dimension with the PBS 90-minute documentary, *The Jewish People: A Story of Survival*.

FRENCH CONVERSATION

Continue to hone your French conversational skills with Agnes Serenyi on **Tuesdays, April 14 and 28, at 12:30 pm** at the Senior Center.

MODERN BEADING WORKSHOP

Learn modern beading techniques using thin soft-flex and crimps at the Senior Center on **Monday, April 13, at 2:00 pm** with Marge Harvey instructing.

Combine old beads into interesting new designs. Just bring beads, crimps, and 1 yard of thin soft-flex. These materials are available at the Pear Tree Shop and at other area craft shops.

No registration is required for this course.

ELECTION FOR TOWN OFFICES

This election is on Tuesday, May 5, and includes voting for selectmen, school committee and town meeting members. Learn about the issues that are driving this election, and meet the candidates on **Thursday, April 30, from 2:00 to 4:00 pm** at **Candidates' Afternoon** at the Senior Center.

Restoring your life one step at a time.

Brookline Health Care Center's Stroke Recovery Program is designed to maximize the rehabilitation potential of individuals recovering from a stroke. The program is an interdisciplinary approach with a focus on returning home. Patients will receive comprehensive Nursing and Therapy services to improve their cognitive, physical, communication and emotional strength.

Our program features

- Medical Management
- Physical, Occupational & Speech Therapy
- Skilled Nursing Services
- Intravenous Therapy
- Wound Management
- Specialized Equipment: Lite Gait Ambulation System
- Discharge Teaching

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FROM THE DIRECTOR

I want to thank personally all the volunteers who are necessary to our organization. I hope to see you all at our annual luncheon on April 22.

This year we number 240 volunteers (of which 36 are new volunteers who have joined us since July 2008) and 75 high school students. The time you have all donated is the equivalent of 18 full-time workers. You keep us an active, vital, and caring community!

When assistance is needed
We know you'll be there
To lend others a hand
And show how much you care.

You are an excellent volunteer
And put your heart into all you do.
Thanks for contributing to our success.
We are glad we can count on you.

—Ruthann Dobek, Director

DTV UPDATE

As we mentioned in the March issue of the *Senior Center News and Events*, the date for the changeover from analog to digital broadcasting has been moved to June 12. This gives those of you who are not yet ready some additional time to prepare for the changeover. Those of you who do not have cable reception need to buy a converter box. At press time the Senior Center had some converter boxes on hand, and if the boxes are all gone, coupons to aid in buying the conversion boxes. If you need a coupon, call the Senior Center at 617-730-2777, and request one.

For more information, call Stephen Bressler, the Brookline Ombudsman for Cable Television, at 617-730-2330 (TTY 617-730-2327) or e-mail him at steve_bressler@town.brookline.ma.us.

GOODBYE TO OUR INTERNS

You may have noticed 4 bright, committed young social work students who have been doing a field placement at the Senior Center as part of their Master of Social Work (MSW) and who have been busily helping out for the past 8 months. They will, unfortunately, be leaving us at the end of April, and we will miss them and the energy and creativity they brought with them.

Amanda Perry, and Emma Banks came to us from Boston College, and Rebecca Porter and Kalina Black, from Boston University. Among the many projects they have been involved with are:

- The Fuel Assistance Program (Amanda, Emma, and Rebecca)
- Looking Inward, Gazing Outward (Amanda)
- The Planning Ahead Workshop (Emma)
- Project Volunteer (Rebecca)
- The Golden Anniversary Celebration (Kalina)

Good bye and good luck in your careers.

CONTINUING TO DRIVE PAST 55

Those of you who don't want to quit driving need not feel guilty about that decision, but this excellent 6-hour course offered by Brookline Adult and Community Education (BA&CE) should be appealing. It will meet on three consecutive **Thursdays**, beginning **April 2. from 10:00 to 11:20** am at the Senior Center. Of course, you all realize that 3 1-hour and 20-minute sessions leaves 2 extra hours . These 2 hours will be devoted to 2 individual 1-hour road lessons that will be arranged at your convenience.

Join us in this new and exciting course that will help you continue driving with independence in your golden years.

The course costs $100.00, and checks should be made out to the Pleasant Auto School. It is course code **N055.** See the BA&CE catalogue for more information.

DRAWING FOR PLEASURE

An 8-session course in learning to draw begins **Thursday, April 2, from 9:30 to 11:30 am**. Instructors are Louise Weinberg for figure drawing and Elizabeth Taylor for still life.

This course is based on the premise that learning to see differently is what enables one to learn to draw. A few spaces are available for the new semester. You may choose to draw from still life or from live models. (There is a model fee). Interested students should have some drawing experience. Call 617-730-2770 to register. This program is supported in part by a grant from the Brookline Commission for the Arts, a local agency which is supported by the Massachusetts Cultural Council a state agency.

HEALTHY AGING THROUGH LIFESTYLE

Save some time for this special event offered by Brookline Adult and Community Education, (BA&CE) being offered Thursday, April 30, from 7:00 to 8:30 pm at Brookline High School at 115 Greenough Street.

If you are eating a healthy diet, does it make sense to take vitamins, minerals, or other dietary supplements? How do you choose what to take, or which supplements might provide the most benefits for you? These and other questions will be discussed by Dr. Donald B. Levy, MD, the Medical Director of the Osher Clinical Center for Complementary and Integrative Medical Therapies at the Brigham and Women's Hospital who is interested in the use of nutrition and dietary herbs and supplements in medicine, the management of cardiac risks to prevent heart disease, and the integration of scientific advances in modern medicine with age-old principles and therapies.

This course is co-sponsored by The Brookline Aging Collaborative. It is Course Code **X216** and is offered free, but pre-registration is recommended. You can register by calling 617-730-2700 or online at www.brooklineadulted.org.

WORKSHOPS IN RESPONSE TO THE ECONOMIC CRISIS

The Jewish Family & Children's Service (JF&CS), in their Center for Family Assistance's ongoing effort to serve the community, is offering a series of free workshops to help people during this economic crisis. Workshops will include such topics as:

- Avoiding foreclosure
- Bankruptcy
- Benefits and resources in Massachusetts
- Credit debt consolidation
- How to budget effectively during tough times
- Tools for successful employment
- Planned retirement
- Family life during tough times
- Stress reduction

The first workshop—*The Impact of the Economy on Your Finances: What to Do Now?*—given by Eric Thorton, CFM, CRPC, will be held on Wednesday, April 1, from 6:00 to 8:00 pm at JF&CS Headquarters at 1430 Main Street in Waltham. Bring your financial questions and receive guidance on available options.

For more information, contact Satya Montgomery of JF&CS at 781-647-5327 or online by e-mail at smontgomery@jfcsboston.org.

BOOK PICK-UP AVAILABLE

Did you know that the Friends of the Brookline Library will pick up books for anyone in Brookline who requests the service. All you need do is e-mail them at bookpickup@aol.com. They are usually very prompt. Donating books to the library's ongoing and annual book sale enables the purchase of new books that the library needs in these times of fiscal constraint to the library's budget.

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GODDARD HOUSE IN BROOKLINE
The Recipe for Living

For a taste of Goddard House in Brookline call Emily Judd at 617.731.8500 x105 or take a tour at www.goddardhouse.org

THE ASSISTANCE YOU NEED TO STAY INDEPENDENT

While all Goddard House events are free of charge, donations to support the Goddard House Music Therapy Fund are always welcome!

Refreshments are served at most events. Goddard House in Brookline is located at 165 Chestnut Street. There is ample parking on site. Please RSVP to 617-731-8500. Directions are available at Goddard House's web site: www.goddardhouse.org.

EVENTS IN APRIL AT GODDARD HOUSE

On Thursday, April 16, at 7:00 pm, enjoy **Victor Goldberg** in Concert! Hailed for his extraordinary, imaginative, and original interpretations, the Russian-born Israeli pianist, continues to fascinate a wide range of audiences around the globe with his extensive repertoire of classical masterpieces, and rarely performed piano works.

The Jerusalem Post has called Mr. Goldberg an "Israeli piano prodigy…who will bring honor not only to his own country but also to the world of music." The concert will include works by Debussy, Haydn, Shostakovich, Tchaikovsky and Scriabin,

Seating is limited, so RSVP early to insure admittance to the event! This program is presented by Pro Musicis.

On Monday, April 27, at 3:30pm **Sylvia Berry**, pianist, will perform a varietal program of classical music from such composers as Mozart, Beethoven and Bach. Ms. Berry, is an expert on historic keyboard instruments and has performed in many chamber ensembles with emphasis on Viennese music of the late 18th and early 19th centuries.

BOOK DISCUSSION GROUP

Join the fun on **Monday, April 27**, as the book discussion group meets at the Putterham branch of the Brookline Public Library at **2:00 pm**.

The book to be discussed this month, a mystery/espionage novel, is *Native Speaker* by Chang-Rae Lee, in which Henry Park, a Korean-American private spy, is challenged by a new assignment to investigate a rising politician, but the secrets he uncovers threaten his cultural identity and his relationship with his wife.

MODERN DANCE CONCERT

The Brookline High School Choreography class under the direction of Lynn Modell with give a performance at the Senior Center on **Monday, April 6, from 11:30 am to 12:00 noon**.
This dance concert is a don't miss! It might well inspire you to pursue the workshop that Ms Modell is leading in April. See p. 22 for details on that.

BEWARE!

William P. O'Donnell, Assistant Recorder of the Land Court of Norfolk County, wants to warn people that there are companies trying to take advantage of seniors and other residents by offering to sell a blank Declaration of Homestead form for $15.00. Please be aware that these forms are available at **no charge** by simply calling The Norfolk County Registry of Deeds customer service department at 781-461-6101 or accessing the Registry online at www.norfolkdeeds.org.

In addition, Mr O'Donnell wants to warn consumers that there are also companies who are charging excessive fee the secure certified copies of deeds to your property. Copies of your property deeds are also available directly from the Norfolk County Registry of Deeds for a very nominal fee.

TAX WORKOFF PARTICIPANTS

Two of the 20 participants in the Tax Workoff program have completed the required 100 hours of service to the Town of Brookline. These two volunteers will receive $750.00 off of their property tax bill as well as our sincere appreciation for their hard work at the Brookline Senior Center. We look forward to many more graduates of the program in the coming months.

The Tax Workoff program is off to a very successful start in it's first year of operation. We are pleased to offer this program that benefits both town and residents. Town departments and sponsors of the effort have been very pleased with the quality and commitment of the volunteers, and the participants themselves are engaged in work they find meaningful and are, by all accounts, delighted to be part of a program where they can both give and receive help.

A REAL SENIOR PROM

For real! It's for seniors. The Boston University Community Service Center's Joining Hands Program presents its annual Senior Prom on Thursday, April 16 from 6:00 to 8:00 pm at the George Sherman Union Back Court at 775 Commonwealth Avenue. Space is limited, so you must RSVP. For more information, directions, or special needs arrangements, and/or to register, contact Noah M. Wager at 617-353-4710 or e-mail joinhand@bu.edu.

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INCOME TAX PREPARATION

The deadline for filing your income tax is April 15, so if you need help, you will find resources limited. The program available is fully scheduled by now so only if there are cancellations will there be more appointments available with the **AARP Tax Aide Program at the Senior Center (617-730-2777)**. And be warned, there is a waiting list already so that there is little chance that you will be able to get an appointment at this late date.

Other options for are also likely to be pretty booked up too, but you can try them.

- AARP Tax-Aide Program (888-227-7669 or access them of the web at www.aarp.org/money/taxaide. This is the AARP parent site, which supplies the tax aide program at the Senior Center. They will most likely have no appointments available anywhere else, but you can always try on the off chance they have a cancellation somewhere.
- **Community Tax Aid of Boston** 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. Check their web site at www.ctaboston.org for more information.

H&R Block, 247 Harvard Street, Brookline (**617-738-0209** 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**

TAX WORKOFF JOBS

As spring approaches there will be several more work opportunities for Tax Workoff volunteers in Brookline's great outdoors. Any person enrolled in the program who wishes to increase their hours doing outdoor work either for Veterans Service or the Department of Parks and Open Spaces, can call Deidre Waxman at 617-730-2767 for detailed information.

TAX CIRCUIT BREAKER

When you are doing your taxes or having your interview with the preparer who is doing your taxes, be sure to have him or her check to see if you are eligible for a credit from the Commonwealth ***circuit breaker***. For 2008 taxes if the assessed value of your house is under $793,000 and your property taxes plus 50 percent of your water and sewer bills exceeded 10% of your total income, you will be eligible for a credit of the over-10% amount up to a maximum of $930.00.

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APRIL EVENTS AT THE BROOKLINE ARTS CENTER

The Brookline Arts Center at 86 Monmouth Street would like to invite you to its April events and exhibits. For more information, call The Brookline Arts Center at 617-566-5715, or access them online at www.brooklineartscenter.com.

On Saturday, April 4, from 7:00 to 10:00 pm, there will be a community Art Party at which you can get a preview of Brookline Open Studios and its artists.

On Wednesday, April 8, from 6:30 to 9:30 pm, a 9-session a Calligraphy and Illumination class with Sue Funk will begin. Tuition for this class is $257, and there is an additional materials fee of $35. Advance registration is required. Call 617-566-5715 for more information or to register.

From Thursday, April 16 to Friday, May 22, visit B.D. Colen's photographic exhibit entitled *Fluff: the Mayor of Monmouth Street*, featuring Monmouth Street's venerable Fluff, the cat. There will be a reception from 6:00 to 8:00 pm on opening day, April 16.

OUR CONTRIBUTORS

Many people and organizations have contributed to this April issue of the *Senior Center News and Events*. We want to thank them all: the very late Henry Wadsworth Longfellow for a quote on p. 3, Mary Sage (Polly) Shakespeare for her poem on p. 3, SHINE for the article on p. 5, the *British Medical Journal* and Stephen Reinberg of *Health Day* for information used in the article on p. 6, the office of the Secretary of the Commonwealth of Massachusetts for information used on p. 10, Mimi Katz for the photograph on p. 10; the JF&CS and www.eatright.org for the recipe and nutritional tips on p. 14, 4H for use of their Volunteers Inspire by Example logo on p. 16, Jewel Chin and Judith Gimple for photographs on p. 20, Betty Joel for information used in the article on p. 23, and William P. O'Donnell for info for the article on p. 28.

OUR ADVERTISERS

While the ads placed in this newsletter are not a recommendation from the Brookline Council on Aging or the Brookline Senior Center, we do want to thank all of the advertisers in the newsletter for helping to support the *Senior Center News and Events* so that we can continue our service to Brookline's senior community.

HANDICAPPED ACCESS

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

FROM THE EDITOR

We would love be able to show more of the creativity of our readers in the *Senior News and Events*. However, we can only print in black and white so we would love to have you submit pen and ink drawings. We would also like to have your poetry and prose (poems should be no more than 14 lines and prose should be 500 words or less). Call 617-730-2790 if you would like to submit something for consideration.

WOULD YOU LIKE TO RECEIVE THE TOWN OF BROOKLINE SENIOR NEWS AND EVENTS EVERY MONTH?

A yearly donation of $10.00 is requested to have this calendar mailed to your home monthly. To subscribe, please fill in the following form and return it and a check for $10.00 to:

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Brookline, MA 02446

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DON'T LET YOUR SUBSCRIPTION RUN OUT In order to make certain that you have current information on happenings at the Senior Center, in Brookline, and in the metro area, please check the date that is printed next to your name on the address label on the back of this page. If that date is 30 days or less away, use the form above to renew.

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