# TOWN OF BROOKLINE
# SENIOR NEWS AND EVENTS

Council on Aging

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

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## HIGHLIGHTS

Learn about The Health-Care Fix and the Coming Generational Storm on April 6 (p. 10).

Join Minutes in Motion for Seniors and get fit on April 6 (p. 13)

Listen to Karine Bagdasarian at the piano at the Brookline Music School Concert on April 7 (p. 12)

Get involved in planning at Aging at Home, Part II, on April 12 (p.23)

Find out about the Holocaust Tracing Service on April 28 (p. 15)

## VOLUNTEER OF THE YEAR

We want to hear from you! Please call our Volunteer Coordinator, Vivian, at 617-730-2743 with your nominees for Volunteer of the Year!

## APRIL 2010

### VOLUNTEERS, YOU ROCK!*

The spirit of volunteering is growing and spreading throughout the world. Almost half of the US population volunteer 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, they help just about everyone!

The Brookline Senior Center is especially grateful to its large group of volunteers because they perform services vital to the functioning of the Senior Center—from grocery shopping for elders (SHOP) and friendly visitors through program staffing to administrative work to help the Senior Center run smoothly and efficiently. They sit on the Council on Aging (COA) Board of Directors and and advocate for, and help make policy for, the COA/ Senior Center. They also suggest and facilitate many of our programs. In essence, they keep the Center humming.

And who are our volunteers? They are often us. It is we seniors who help do all those things that make the Brookline senior community vibrant and productive, not to mention happy and busy. And there are many others, too, who are not seniors but who nonetheless volunteer their time and skills. We thank you all profusely.

To give you a sense of the commitment of our volunteers, they 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!

April 18 to 24 is National Volunteer Appreciation Week, but we are so anxious to honor our volunteers that we are inviting them to a special luncheon on **Wednesday, April 14 at 12:30 pm**. Invitations have been sent. If you plan to attend, please RSVP by April 8.

**Volunteers, you're great and do a terrific job.*

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We wish you all a very good Passover and a happy Easter!


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

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## A VOLUNTEER'S STORY: MY DEAR FRIEND MYRTLE

It was 1997 when I first met Myrtle. After I came to the United States, I wanted to experience something American. Volunteering was, to me, very American. This led me to the Friendly Visitor program at the Brookline Council on Aging (COA).

Even though Vivian Freeman, the Volunteer Coordinator at the COA, gave me detailed instruction about the Friendly Visitor program, I still remember how nervous I was when I knocked on the door at Myrtle's apartment on the first visit. She was quiet and shy, but had a peculiar sense of humor. She was keen about her situation and very wise. I saw her every Wednesday afternoon. I started doing some errands, such as grocery shopping or picking up her medicine from the drugstore. She had requests for everything she needed done, such as opening her window about two inches (not one inch or wide open) when I left. Eventually, I pushed her in her wheelchair to the doctor's office or a park. Since she was from Canada, she always loved the cold fresh air. We went out frequently and just sat outside and talked. She was living alone far away from her family. As my families are living abroad, I understood how hard that could be. She and I built our friendship slowly and steadily.

As the time passed by, I have become a mother of twins and therefore became very busy. After an unfortunate fall, she moved to a nursing home in the neighborhood. I kept seeing her but not as frequently. I sometimes wondered what I could do for her when her health was on the decline.

In her last days, she seemed to be sad, but she always asked about my children. She was very happy when I brought my children to see her. She still watched news program on TV and her comments on politics were truly worth listening to.

My friendly visits lasted for 11 years. I brought her a small box of chocolates (a favorite sweet) on her birthday. That was the last time I saw her. I started seeing her as a volunteer. But I believe the friendship between Myrtle and me-was genuine. She has a special place in my heart and I still miss her and her gentle smile greatly.

## COUNCIL ON AGING MEETING

This month our annual Volunteer Appreciation Luncheon (see p. 1), which is hosted by our Volunteer Coordinator, Vivian Freeman, will combine with the meeting of the COA board on **Wednesday, April 14**. 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. This annual event is by invitation. Please RSVP to the invitation as quickly as you can after you receive it in the mail, by April 8 at the latest.

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

## HOLIDAYS IN APRIL

It's officially Spring, and with Spring, comes Patriot's Day—the Commonwealth's tribute to the battles of Lexington and Concord in 1775.

We celebrate with the Boston Marathon, a Red Sox game (often the first home game of the season), reenactments of the events leading up to the battles and of the battles themselves, and a day off for many working people in the Commonwealth. The Senior Center and both the Rogerson Adult Health Program and the Rogerson Fitness Center are officially closed for Patriot's Day, **Monday, April 19**.

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

**Ask a Nurse** St. Elizabeth's Medical Center's Nurse Practitioner Eileen Currier will not be at the Senior Center to consult with individuals in April. However, she will be here on Wednesday, May 26.

**Podiatry Clinic** Routine foot care with Dr. John McLaughlin is available by appointment on **Monday, April 5, from 9:00 am to 12:00 noon**. Sessions, which last 15 minutes each, cost $25. Appointments are required. Make an appointment by calling 617-730-2777.Dr. Mclaughlin will not be here on April 19 as the Senior Center is closed on that day for Patriot's Day.

**Low Vision Group** This peer-led support group for individuals with limited eyesight will meet on **Wednesday, April 21, at 1:00 pm**.

**Blood Pressure Screenings**
The Brookline Health Care Center will provide a blood pressure screening **at the Senior Center** in March**.** The nurse who presides at this session is bilingual. (She speaks English and Chinese.) At press time, the date and time had not been formalized so please call Charlotte at 617-730-2769 for schedule.

There will be blood pressure screenings **at the Senior Center** with a nurse from the Brookline Health Department on **Thursday, April 15, from 9:00 to 10:30 am**.

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

*The Health Page is sponsored by Beth Israel Deaconess Medical Center*

*Affiliated with* Joslin Clinic

*A research partner of* NCI CCC 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

There will be blood pressure screenings with a Brookline Health Department Nurse on Thursday, April 15, at the Senior Center from 9:00 to 10:30. Other screenings will take place:

- Wednesday, April 7, at the Brookline Health Department, 11 Pierce Street, from 2:00 to 3:00 pm.
- Wednesday, April 14, at Sussman House, 50 Pleasant Street, from 1:00 to 2:00 pm.
- Wednesday, April 28, at O'Shea House, 61 Park Street, from 1:00 to 2:00 pm.

## PARKINSON DISEASE SUPPORT GROUP

The Parkinson Disease (PD) Support Group will meet on **Friday, April 2, at 1:00 pm** at the Senior Center. At this session, Vlad Lyczmanenko, President of the Massachusetts PD Association, will talk about local resources, services, and programs that are available. For more information, contact the Information & Referral Center at the Boston University Medical campus at 617-638-8466.

This group is cosponsored by The Brookline Aging Collaborative and the American Parkinson Disease Association (APDA).

## CHANGES HELP MANY SAVE ON MEDICARE DRUG COSTS

Changes in the law make it easier to qualify for ***Extra Help***, the federal program that helps pay for the costs of the Medicare Part D prescription drug plans for people with limited income and assets. Effective January 2010, more people can get this help because some things no longer count as income and assets. For example, ***your life insurance policy is no longer counted*** as an asset.

You may now be eligible for this program even if you applied before and were denied. But if you were denied before and now qualify under the new rules, you must apply again to Social Security.

If you are an individual with income below $16,476 and assets below $12,510 or a married couple living together with income below $22,092 and assets below $25,010, you may be eligible for Extra Help.

For more information about Extra Help with Medicare drug plan costs, visit www.socialsecurity.gov or call Social Security at 1-800-772-1213.

If you do not qualify for this help, there is a state program, ***Prescription Advantage***, which helps to lower your drug costs. This program allows a higher income level and has no asset limit. You can reach Prescription Advantage at 1-800-AGE-INFO (1-800-243-4636), then press or say 2.

For help applying for either of these programs, call the Senior Center and ask for a SHINE appointment. Trained SHINE volunteers offer free, confidential counseling on all aspects of health insurance to anyone on Medicare.

You can also reach a SHINE counselor by calling 1-800-AGE-INFO (1-800-243-4636) and pressing or saying 3. Once you get the SHINE answering machine, leave your name and number. A volunteer will call you back as soon as possible.

*Thanks to SHINE for this article.*

## LIVING WITH PARKINSON'S DISEASE (PD)

Come to a free seminar to learn about strategies that can be used to make life with PD better on Sunday, April 25, from 10:00 am to 12:30 pm at Jewish Family & Children's Services headquarters at 1430 Main Street in Waltham. Breakfast will be served. The speakers will be Joseph H. Friedman, MD, and David Rintell, EdD. To register and for more information, call 617-614-2213 or e-mail parkinsons@jfcsbos ton.org.

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

## ALZHEIMER'S CAREGIVERS SUPPORT GROUP

Treating this disease's tragic symptoms is a heartbreaking task for caregivers. This support group's goal is to help caregivers cope with the stresses and demands of helping their Alzheimer-stricken family members and friends.

In April, the group will have two sessions, which are given at no charge and open to all caregivers.

The **Afternoon** group will meet **Friday, April 9.** Call group leader Elaine Yanowitz at 617-730-2751 to register to attend and/or for further information.

The **Evening** group will meet **Thursday, April 29.** Call 617-730-2754 to register to attend and/or for further information.

## VETERANS DIAL-A-LAWYER PROGRAM

On Thursday, April 29, between 5:30 and 7:30 pm, the Massachusetts Bar Association (MBA) will hold its Veterans Dial-A-Lawyer Program. To obtain free legal advice by phone, call 617-338-0610.

Twice a year (April and October) the MBA offers a Dial-a-Lawyer Program specific to the needs of veterans. From 5:30 to 7:30 pm, volunteer attorneys offer veterans and families of veterans ***free*** legal advice and information for veterans experiencing legal problems such as access to benefits, family-related issues, employment concerns, and landlord/tenant matters.

If you are unable to contact this program in April and October, this program is offered monthly to the general public. On the first Wednesday of every month from 5:30 to 7:30 pm, volunteer attorneys are available to answer legal questions for FREE. To use Dial-A-Lawyer, call 617-338-0610.

*This program is being offered as a public service of the Massachusetts Bar Association with the financial support of the Massachusetts Bar Foundation. The MBA acknowledges its partnership with the Massachusetts Department of Veterans' Services and thanks them for their important role in the success of this program.*

## *NSTAR* ARREARAGE FORGIVENESS PROGRAM

NSTAR is pleased to offer a new Arrearage Forgiveness Program for qualified customers. This program was designed to assist customers with managing their past-due gas and/or electric bills. NSTAR will forgive past-due balances over a period of time if customers pay a budgeted bill each month on time.

Here's how the program works. Applicants must:

- Have an active utility account
- Be customers of record
- Be on NSTAR's discount rate

And:

- The account must have outstanding NSTAR arrears with a minimum of $300 and 60 days past due.
- The monthly payment amount will be estimated based on past usage and bill amounts.

In the event customers apply, and qualify, for fuel assistance, NSTAR will reduce the monthly budget by the amount of benefits received.

Every month that NSTAR receives a payment by the due date, NSTAR will forgive a portion of the past due balance. NSTAR will continue to do this until the arrears are paid.

***How to enroll.*** Customers can sign up for the program by calling one of our highly trained call-center representatives. The contact number is 1-866-315-2496. Our representatives will explain the program in detail, making sure customers fully understand the program before enrollment.

For additional information, please call 781-441-3183 and ask for Kathy Orrick.

## ABOUT THE 2010 CENSUS

April 1 is Census Day. You should have received the Census Form in the mail around the middle of March as forms were sent out or delivered in person at that time to more than 130 million addresses throughout the United States .

You should fill out and return the form as soon as you can or by April 1 at the latest. Responses to the census form should include everyone living at your address.

Do not be afraid of replying to the questions. By law, the Census Bureau cannot share an individual's personal information with anyone, including other federal agencies and law enforcement entities.

Addresses that have not responded will be visited in person by a census worker beginning in late April. This process will continue through July.

The Better Business Bureau (BBB) advises people to be cooperative but cautious so as not to become a victim of fraud or identity theft. Do not give your Social Security number, credit card, or banking information to anyone, even if they claim they need it for the US Census. And Census workers will not solicit donations. Also note that the Census Bureau has decided ***not to work*** with ACORN on gathering information.

Remember that, no matter what is asked, you really only need to tell how many people live at your address. While the Census Bureau might ask for basic financial information, such as salary range, you don't have to answer anything about your financial situation. Eventually, Census workers may contact you by telephone, mail, or in person at your home, but the Census Bureau will not contact you by e-mail.

***How do you tell the difference between a US Census worker and a con artist?*** Census workers can be identified by a census badge, a handheld device, a Census Bureau canvas bag, and a confidentiality notice. Ask to see identification and the badge before you answer any questions. And never invite anyone you don't know into your home.

*Thanks to the Census Bureau and the Better Business Bureau for the information in this article. To learn more, visit 2010census.gov (for general information) and www.bbb.org (for advice on avoiding identity theft and fraud.*

### WHY IS THE CENSUS IMPORTANT?

The 2010 Census will be a snapshot of our nation's population—capturing our changing and diverse America in a fleeting moment in time. But this historic event will do more than tell us who we are as a nation today. It will affect your community's, your country's, and your future.

The Census Bureau will provide apportionment counts to the President, which include the total population counts that determines the number of Representatives each state will have in Congress. Failure to be counted limits your voice in the House of Representatives.

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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 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 2008 income tax returns when you meet with Alicia. Bring your 2009 return if you have already filed it. (Remember that all riders must be recertified every year in order to be able to buy BETS coupon books.)

BETS service is available for use in all cabs of all companies that are based in Brook-line. **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 7**, and on Wednesday, May 5. 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.

**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 phone number. Someone at the Senior Center will call you back as soon as possible.

**HELP** finds trained, dependable workers to house-assist individual seniors with such tasks as meal preparation, errands, house cleaning, and shopping—for an affordable rate. All workers are trained and screened by the HELP staff. To get HELP, call 617-730-2752.

**JOBS** Job Opportunities for Brookline Seniors (JOBS) 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 (now known as the SNAP program). If you need assistance at any time during the process, call on Sonia Wong at the Senior Center. Leave a message for her at 617-730-2777 and, and she will get back to you promptly.

**SHINE** counselors Debra Brass, Sonia Wong, and Ed Levin 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.

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

## ATTENTION *SNAP* APPLICANTS

Claiming monthly medical expenses on your SNAP application can mean the difference between eligibility and ineligibility. For current SNAP recipients, notifying your caseworker of previously unclaimed monthly medical expenses may increase your food stamp benefits. A minimum $90.00 deduction is available for elders and disabled individuals whose monthly medical expenses are over $35.00. In many instances, the deduction may be higher.

Some examples of expenses frequently unclaimed by seniors and disabled applicants are:

- The monthly cost of supplemental health insurance (such as BlueCross BlueShield) in addition to Medicare costs.
- Reasonable expenses for over-the-counter medicines and supplies can be self-declared and do not require physician documentation.
- Unpaid medical expenses may be claimed as long as insurance does not cover the expense.
- A deduction of $0.55/mile for transportation to and from medical appointments as well as transportation to pick up prescriptions.

Even if you have been denied SNAP benefits in the past, a review of your medical expenses may provide you with enough deductions to be eligible.

For more information about what can be deducted as medical expense and how these expenses may affect your SNAP eligibility or benefit amount, call the Senior Center at 617-730-2777 and a qualified advocate will assist you in obtaining this benefit. Additional assistance can be had by calling The FoodSource Hotline at 1-800-645-8333 (TTY: 1-800-377-1292).

To better serve elders and disabled callers, the hotline hours have been extended. It is now available Monday to Friday from 8:00 am to 7:00 pm and Saturday from 10:00 am to 2:00 pm.

*Thanks to Project Bread for information used here.*

## ENVISION YOUR FUTURE IN YOUR CURRENT HOME

Learn the upside of downsizing on Tuesday, April 27 from 6:30 to 8:30 pm at the main branch of the Brookline Public Library. This event is free, but registration is required. The Council on Aging is cosponsoring this event.

Are you feeling weighed down by a lot of possessions? You are not alone. Whether you are contemplating a move or just wishing to simplify your surroundings, this program will leave you feeling energized and well-equipped to get started. Learn how to get rid of stuff, preserve memories, and even make money in the process. Karen Zweig, founder of *The Move Maven*, will share tips, offer strategies to overcome procrastination, and provide checklists and resources to help make the changes you want in life.

Karen Zweig founded The Move Maven after serving for five years on the management team at an assisted living community where she helped countless residents adjust to a new lifestyle. She has more than 20 years of managerial and organizational experience in the fields of social services, education, public health, and law. She and her family have lived in Brookline since 1988. For more information and to register, call 781-693-5013 or visit futurehome @fcsboston.org.

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## THE HEALTH-CARE FIX AND THE COMING GENERATIONAL STORM

Health insurance, critical to the peace of mind of most Americans, has become increasingly complex. The shocking statistic is that 47 million Americans have no health insurance. Health care reform and the state of the economy are relevant to senior citizens and all Americans today. Don't miss this one-evening special offered by Brookline Adult & Community Education (BA&CE) **on Tuesday, April 6, from 7:00 to 8:30 pm at Brookline High School**. This program will be lead by Dr. Laurence J. Kotlikoff, professor of economics at Boston University.

Dr. Kotlikoff will discuss how to fix the US health care system. He will talk about the financial and tax systems, and the retirement system, based on his books *Jimmy Stewart is Dead, The Healthcare Fix*, and *The Coming Generational Storm*. Kotlikoff, one of the world's most respected economists, will address in humorous, simple, and serious terms, the effect of Baby Boomers' aging, as well as the current direction of economic policy on the economy and the welfare of younger generations. Books will be available for purchase and signing after the talk.

Dr. Kotlikoff has served as a consultant to the International Monetary Fund, the World Bank, the Harvard Institute for International Development, the Organization for Economic Cooperation and Development, the Swedish Ministry of Finance, the Norwegian Ministry of Finance, the Bank of Italy, the Bank of Japan, the Bank of England, the governments of Russia, Ukraine, Bolivia, and Bulgaria, the Treasury of New Zealand, the Office of Management and Budget, the US Department of Education, the US Department of Labor, the Joint Committee on Taxation, The Commonwealth of Massachusetts, The American Council of Life Insurance, Merrill Lynch, Fidelity Investments, AT&T, AON, Amgen, Teva, and other major corporations.

This evening event is free, but as space is limited, preregistration is requested. To register or for more information, call BA&CE at 617-730-2700 or visit their web site: www.brookline adulted.org.

This event is cosponsored by The Brookline Aging Collaborative.


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Center Communities of Brookline
Hebrew SeniorLife

## BROOKLINE ADULT & COMMUNITY EDUCATION (BA&CE)

April brings with it some special treats that are given at the Senior Centerfrom BA&CE for seniors—lectures, events, and some special classes. For more information and to register, call BA&CE at 617-730-2700 or access them online at www.brooklineadulted.org:

**Continuing to Drive Past 55**
3 Thursdays, from 10:00 to 11:20 am. Begins April 1. Fee: $100 (payable to Pleasant Auto). Course code: **N055**

**Nia for Seniors: Health Through Movement**
Instructor: Mary Stevenson. 6 Tuesdays, from 8:30 to 9:30 am. Begins April 6. Fee: $48. Course Code: **D130**

**Introduction to the Internet for Seniors**
Instructor: Mimi Katz. Cosponsored by the COA. 4 Wednesdays, from 9:30 to 11:30 am. Begins April 21. Fee $70. Course code: **C103**

**Introduction to Computer Basics for Seniors**
Instructor: Bob Roll. Cosponsored by the Council on Aging (COA). 4 Thursdays, from 9:30 to 11:30 am. Begins April 22. Fee $70. Course code: **C116**

**Intermediate Computer Basics for Seniors**
Instructor: Bob Roll. Cosponsored by the COA. 4 Fridays, from 9:30 to 11:30 am. Begins April 23. Fee: $70. Course code: **C157**

**Memories of a Lifetime: Creating a Computer Slideshow**
Instructor: Phyllis Mays. Cosponsored by the COA. 4 Mondays, 9:30 to 11:30 am. Begins April 26. Fee: $70. Course code: **C189**

And SAVE THE DATE for some more BA&CE treats in May:

**Reading and Presentation of Autobiographical Materials**
Wednesday, May 19, from 10:15 to 11:45 am
No fee, no registration necessary. Refreshments and socializing will follow the presentation. Course code: none.

**A Taste of Greece: Food, History, and Culture**
Tuesday, May 25, from 12:00 noon to 2:30 pm (lunch from 12:00 noon to 1:00 pm, program follows). Fee: $7 includes lunch. Course Code: **X232**

## BROOKLINE RECREATION—IT'S WHAT WE DO!

Don't forget that there is an excursion planned for April. On Sunday, April 11, experience and enjoy a performance of *Opus* by Michael Hollinger at the New Repertory Theatre. According to the New York Post, "…you'll never quite listen to a chamber music group the same way again."

The cost of $35 per person for this event includes tickets/entry and transportation to and from the event. For more information and to register, call 617-730-2069 or access the Recreation web site at www.brooklinerec.com.

## SENIOR PROM

The Boston University Community Service Center's Joining Hands program presents its annual Senior Prom on Tuesday, April 13, from 6:00 to 8:00 pm at the George Sherman Union Back Court. To RSVP and for more information, contact Katie Faris at 617-353-4719 or visit joinhand@bu.edu.

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

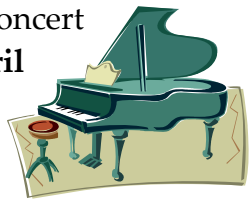
Do you know someone who does?

**If so, please call us!**

**1-800-243-4636**

(1-800-AGE-INFO)

## BROOKLINE MUSIC SCHOOL CONCERT SERIES



The Brookline Music School's concert for April is on **Wednesday, April 7, at 1:00 pm** at the Senior Center. Featured will be pianist Karine Bagdasarian

Ms. Bagdasarian holds BM and MM degrees from Yerevan's Tchaikovsky Music School and Komitas Conservatory. She also has Postgraduate and Artist Diplomas from the St. Petersburg Conservatory in Russia. Until 1995, she was an Associate Professor of Piano Performance Faculty at Yerevan State Conservatory. Ms. Bagdasarian has participated in numerous festivals and has given frequent live performances on National TV in Armenia. In 2006, she was initiated into Phi Beta Delta Honor Society. Her most recent performances included solo recitals in Finland, Austria, Colorado, California, and Illinois.

This series is cosponsored by the Brookline Music School and the Brookline Senior Center. The last concert of the season will be on Wednesday, May 5, and will feature the Yoko Miwa Jazz Trio so SAVE THE DATE.

## A CAPPELLA CONCERT

Come to 100 Centre Street on **Sunday, April 11, at 4:00 pm f**or a free concert cosponsored by the Brookline Senior Center and Centre Communities of Brookline-Hebrew Senior Life. This concert will feature the Brookline High School boys' a capella group (the Testostatones) and girls' group (Perfect Pitch).


ROGER R. LIPSON
ATTORNEY-AT-LAW

7 HARVARD STREET | BROOKLINE MA 02445-7379
Tel. 617-566-2300


## POPULAR CULTURE AND AGING GROUP

On **Wednesday, April 21 from 1:30 to 2:30 pm** at the Senior Center, student intern Jamie Donchin will lead an informative and discussion-based group on popular culture and its effects on aging. Topics will include:

- The media bias against aging through pro-youth media outlets
- The neglect of the large senior demographic by the media market
- Stereotypes, jokes, and the general negativity about the thought of growing old

Media clips and articles will be incorporated in order to help group members share their personal encounters, attempt to answer societal questions that may be raised, and discuss whether change should or could be made. Call Jamie at 617-730-2772 if you are interested.

## AT THE GALLERY

*You are cordially invited to see an exhibit of*

*Photographs by*

*Josephine Shields*

Through
Friday, May 28
From 8:30 am to 5:00 pm
Monday through Friday

## EASY TRAVEL

Easy Travel is on Spring break in April and May. Look for the summer schedule in the June *Senior News and Events*.

## SENIOR CENTER SWING BAND

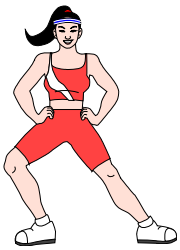
Swing and sway with James Demicco at the Senior Center. If you enjoy playing popular music from the 20s, 30s, 40s, and 50s and can read music or play by ear, this is the group for you. Previous band experience is helpful but not necessary. You bring the instrument. We will supply the sheet music.

At press time, we had not firmed up the meeting dates for April. Please call Charlotte at 617-730-2769 for schedule.

## BOWLING

Bowling is an activity that is year-round. The Senior Center bowlers meet at 9:30 am on Wednesday mornings at 20th Century Bowling Alley (affectionately known as Ron's) at 1231 Hyde Park Avenue next to the Hyde Park police station. The cost is $6.50 for three strings and shoe rental. The group is generally back at the Senior Center by 12:00 noon. If you need a ride, call 617-730-2777, and leave your name and telephone number for Nancy Johnson. She will get back to you.

## MODERN MOVEMENT AND DANCE WORKSHOP



Limber up and get in shape for Spring with Lynn Modell, Brookline High School dance instructor, who will provide another workshop at the Senior Center on **Tuesday, April 20, from 10:00 to 11:30 am**. The cost for this session is $2.00.

## MINUTES IN MOTION FOR SENIORS

*Minutes in Motion (MIM) for Seniors*, a six-week fitness initiative, begins on **Tuesday, April 6**. Plan to attend the kick-off program on that date at **10:00 am** at the Senior Center and learn about this new program, the goal of which is to help make Brookline a healthier community by making exercise a part of everyday life. Ted Aransky, CPT, MEd, Corporate Director of Fitness at Hebrew SeniorLife, will review the benefits of exercise, and Mary Stephenson, NIA instructor, will lead the group in a few minutes of non-strenuous movement.

At this meeting *MIM for Seniors,* participants will learn about the journal records they will keep. *MIM for Seniors* is noncompetitive. The goal is for everyone to move a little more, and as we heard at the Olympics, for people to do their *personal best.* At the end of the initiative, records will be compiled and participants will be invited to a Breakfast Banquet on Friday morning, May 21, featuring Dr. Vikas Saini, Director of the Lown Cardiovascular Research Foundation, as guest speaker. There will be prizes and giveaways for everyone. But the most important prizes are the benefits to health that will be achieved. For more information, call Charlotte at 617-730-2769.

*MIM for Seniors* is sponsored by The Brookline Aging Collaborative, Brookline Public Health Department, and Brookline Adult & Community Education.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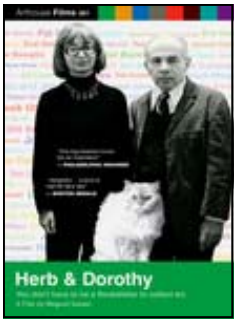
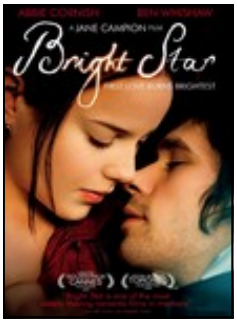
## MOVIE LOVERS SERIES FOR APRIL

Enjoy a film every Tuesday afternoon at 1:30 pm at the Senior Center. These movies are free and a great way to spend an afternoon. If you come for lunch (see pp. 16-17), stay for a movie.




**April 6**
**Herb and Dorothy** (2008) 87 minutes
Chronicling the story of unlikely art collectors Herb Vogel and Dorothy Vogel, filmmaker Megumi Sasaki demonstrates that it's not necessary to be wealthy in order to build a significant collection in this fascinating documentary. A postal clerk and a librarian, the Vogels share a passion for art that they pursued over decades, becoming two of the most important collectors of minimalist and conceptual art with more than 4000 pieces.

**April 13**
**Carlos Saura's Flamenco Trilogy: Carmen** (1983) 102 minutes
Renowned Spanish filmmaker Carlos Saura teams with legendary choreographer-dancer Antonio Gades to explore the glamour, poetry, and fire of flamenco dancing in this second film of his passionate trilogy. A choreographer (Gades) becomes insanely jealous after he gets romantically involved with the star (Laura del Sol) of his current production, Bizet's opera "Carmen." As rehearsals progress, so does the intensity of their affair.




**April 20**
**Bright Star** (2009) 119 minutes
Critically acclaimed Australian filmmaker Jane Campion helms this drama detailing the passionate three-year romance between 19th-century Romantic poet John Keats (Ben Whishaw)--who died tragically at age 25--and his great love and muse, Fanny Brawne (Abbie Cornish). Much of the story was inspired by Keats's poetry and the actual love letters the pair exchanged. Thomas Sangster, Paul Schneider, and Kerry Fox costar.

There will be **no movie on Tuesday, April 27**, as there will be a Candidates' Afternoon at the Senior Center at 2:00 pm on that day. See the announcement of this event on p. 15.

## AFTERNOON OF DANCE

On **Thursday, April 29**, at the Senior Center **from 3:00 to 4:30 pm,** come and watch a performance by Lynn Modell and her Brookline High School Students and Ariella Amshalom's advanced students from the Cambridge School of Classical Ballet. This free performance will undoubtedly be a delight to see and, all in all, a memorable afternoon.

## WGBH TOUR

This tour was so popular that we are planning another one. At press time, we are awaiting conformation from WGBH of a tour on the morning of April 27 with lunch out to follow it. If it is confirmed, there will be van service from and back to the Senior Center, and we will get the group back in time for the Candidates' Afternoon event (see p. 15). Call Charlotte at 617-730-2769 for more information.

## JOB SEARCHING ONLINE FOR SENIORS

The rules of job searching have dramatically changed over the past few years with the advent of the internet. So the Council on Aging's JOBS program is presenting a two-session practical workshop—***Job Searching Online for Seniors: Interneting Your Way to a New Job*** at the Senior Center on **Thursdays, April 22 and 29, from 2:00 to 4:00 pm**.

This workshop, facilitated by Joel Skolnick—MBA, CPA, and a recent retiree from his business who is now actively seeking a job in today's workplace via the internet—will offer a hands-on introduction to many of the resources and tools that are available on the internet and that need to be used to land a job in today's workplace. Attend these workshops and become familiar with:

- • Accessing company web sites for job lists
- • CraigsList.com
- • CareerBuilder.com
- • HotJobs.com
- • Jobster.com
- • Monster.com
- • LinkedIn.com

If you are seeking more information or want to register for this workshop, call Deidre Waxman at 617-730-2767 or e-mail her at Deidre_Waxman@town.brookline.ma.us.

## CANDIDATES' AFTERNOON

On **Tuesday, April 27, at 2:00 pm**, the League of Women Voters and the Senior Center are cosponsoring a Candidate's afternoon at the Senior Center. This is your chance to meet and question the candidates for the town election that will be held in May in conjunction with the Town Meeting. It is these elected officials (including Town Meeting Members) who set the policy that governs the running of the town, so knowing them and their goals is very important.

## HOLOCAUST TRACING SERVICE

The American Red Cross (ARC) is redoubling its efforts to find answers for survivors who lost loved ones during the World War II era. As time runs out for aging survivors, the ARC Holocaust Tracing Service offers to search for family members and document the fates of loved ones through service that:

- Are comprehensive, confidential, and free of charge
- Access resources and archives throughout the world, including the complete holdings of the International Tracing Service in Bad Arolsen, Germany
- Are compassionate and personal.

The ARC has operated this specialized tracing service for 18 years and has found more than 1500 survivors alive.

Others access this service for documentation of forced/slave labor or proof of internment. Susan Berger and Naomi Leavitt, representatives from the Massachusetts Bay Area chapter will be available at the Senior Center on **Wednesday, April 28, at 1:00 pm** to assist individuals who are interested in initiating a tracing request. In addition, survivors or their family members can contact the ARC of Cambridge, Massachusetts, at 617-274-5200 or on the web at www.redcross.org.

## WEB SITE WINS AWARD

We have received a message from our Town Web Developer, Ben Vivante, telling us that "Brooklinema.gov won the prestigious 2010 e-Government Award with Distinction from the Massachusetts Campaign for Open Government."

The Senior Center is proudly part of that web site. Check it out. On the Council on Aging page in the Departments section, you will find all sorts of goodies, including the Elder Resource Guide and present and past issues of the *Senior News and Events*.

# Springwell Nutrition Program APRIL 2010

**617-730-2770**

| MONDAY | TUESDAY | WEDNESDAY |
|---|---|---|
| All meals include 8 oz. of 1% milk and margarine.<br>**Low sugar desserts are available, and need to be ordered with the site manager**<br>*****Higher Sodium Content**<br>**Menu subject to change. $1.75 donation**<br>**Meals are served at 12:00 noon unless otherwise noted.**<br>**For meal reservations on Mondays, please call the previous Friday by 11:00 am.**<br>**For meal reservations on Tuesdays through Fridays, call the previous day by 11:00 am.** | | |
| 5) **Minestrone Soup/Crackers**<br>Baked Chicken w/Gravy, Broccoli, Sweet Potato, Dinner Roll<br>**OR**<br>Egg Salad on Lettuce Leaf, Beet Salad, Cole Slaw, Rye Bread<br>**Cherry Turnover** | 6)<br>Baked Macaroni & Cheese, Spinach & Mushrooms, Multigrain Bread<br>**OR**<br>Grilled Chicken Caesar Salad, Croutons, Parmesan Cheese, Lite Creamy Ital. Dressing, Ger, Potato Salad, Half Pita Pocket<br>**Fresh Fruit** | 7) **Vegetable Barley Soup/Crackers**<br>Meatloaf w/Mushroom Gravy, Mashed Potatoes, Green Beans, Oatnut Bread<br>**OR**<br>Honey Turkey & Provolone on Hamburg Roll, Lettuce leaf, Lite Mayo, Tomato Red Pepper Salad, Pasta w/ Cheese<br>**Applesauce** |
| 12)<br>Beef Stew, Garden Salad, Oatnut Bread<br>**OR**<br>Chicken Patty on Hamburger Roll, Lettuce Leaf, Lite Mayo, Pasta Salad w/Cheese, Purple Cabbage Cole Slaw<br>**Fresh Fruit** | 13) **Spring Special**<br><br>**Tomato Florentine Soup**<br>**Chicken Pasta Primavera**<br>**Caesar Salad**<br>**Soft Garlic Bread Sticks**<br>**Angel Food Cake Topped with Mixed Berries & Whipped Topping** | **Volunteer Appreciation Luncheon**<br> <br>**No Springwell lunch today.** |
| 19)<br>**PATRIOT'S DAY HOLIDAY**<br> <br>**NO MEAL SERVICE** | 20) **Birthday Lunch Special**<br>**Broccoli Cheese Soup/Crackers**<br>Pot Roast w/Gravy, Whipped Potatoes, Beets, Multigrain Bread<br>**OR**<br>Turkey & American Cheese on White Bread, Lite Mayo, Spinach Mandarin Orange Salad w/Lite Dressing, Pesto Pasta Salad<br>**Chef's Choice of Dessert** | 21)<br>***Reduced Sodium Hot Dog, Hot Dog Bun, Ketchup / Mustard / Relish, Baked Beans, Cole Slaw<br>**OR**<br>Roast Beef & Swiss on Wheat Bread, Lite mayo, Lettuce Leaf, Beet Salad, German Potato Salad<br>**Pears** |
| 26)<br>Ham and Pasta Bake, Carrots, Rye Bread<br>**OR**<br>Smoked Turkey & Swiss on White Bread, Lettuce Leaf, Mustard Packet, German Potato Salad, Cucumber Tomato Salad<br>**Butterscotch Pudding/Topping** | 27) **Potato Chowder/Crackers**<br>Chicken Cacciatore, Wax & Green Beans, White Rice, Whole Wheat Roll<br>**OR**<br>Egg Salad on Oatnut Bread, Lettuce Leaf, Pasta Salad w/Cheese, Cole Slaw<br>**Pineapples** | 28) **Minestrone Soup/Crackers**<br>Vegetable Cheese Quiche, Sweet Potatoes, Brussels Sprouts, Muffin<br>**OR**<br>Turkey Salad on Wheat Bread, Lettuce Leaf, Corn Salad, Three Bean Salad<br>**Fresh Fruit** |

| THURSDAY | FRIDAY |
|---|---|
| 1) **Chicken Noodle Soup/Crackers**<br>Lemon Dijon Chicken, Mixed Vegetable, O'Brien Potatoes, Rye Bread<br>**OR**<br>Sliced Turkey & American Cheese on Multigrain Bread, Lite Mayo, Lettuce Leaf, Corn Salad, Roman Blend Salad<br>**Peaches** | 2) **Mixed Bean Soup/Crackers**<br>Mediterranean Fish w/ Greek Sauce, Brussels Sprouts, Brown Rice, Whole Wheat Bread<br>**OR**<br>Tuna Salad on Oatnut Bread, Lettuce Leaf, Potato Salad, Riviera Salad<br>**Vanilla Pudding/Topping** |
| 8) **Corn Chowder/Crackers**<br>Salmon Boat w/Lemon Sauce, Zucchini Red Bliss Potatoes, Wheat Bread<br>**OR**<br>Roast Beef & American Cheese on Multigrain Bread, Lettuce Leaf, Lite Mayo, Greek Pasta Salad, Spinach Mandarin Salad<br>**Pineapples** | 9)<br>Apple Glazed Roast Pork, Collard Greens & Onions, Scalloped Potatoes, Cranberry Orange Muffin<br>**OR**<br>***Seafood Salad on Hot Dog Roll, Lettuce Leaf, Three Bean Salad, Carrot Pineapple Salad<br>**Chocolate Pudding/Topping** |
| 15)<br>BBQ Pulled Pork Sandwich, Mashed Potatoes, Corn , Bulkie Roll<br>**OR**<br>Turkey Salad on Lettuce Leaf, German Potato Salad, Cauliflower Carrot Salad, Rye Bread<br>**Pears** | 16) **Cream of Butternut Squash Soup**<br>Stuffed Pepper w/Tomato Sauce, Three Bean Medley, Spinach, Wheat Bread<br>**OR**<br>Tuna Salad on Oatnut Bread, Lettuce Leaf, Greek Pasta Salad, Tossed Garden Salad w/Lite French Dressing<br>**Peaches** |
| 22) **Minestrone Soup/Crackers**<br>Baked Ziti, Meatball w/Tomato Sauce Parmesan Cheese, Broccoli Cauliflower Mix, Italian Bread<br>**OR**<br>Chicken Salad on Hamburger Roll, Lettuce Leaf, English Pea Salad, Riviera Blend Salad<br>**Ice Cream Cup** | 23) **Lentil Soup / Crackers**<br>Florentine Baked Haddock, Brown Rice, Mixed Vegetables, Rye Bread<br>**OR**<br>Egg Salad on Oatnut Bread, Lettuce Leaf, Mixed Vegetable Salad, Three Bean Salad<br>**Fresh Fruit** |
| 29)<br>Grilled Hamburger, Cheese / Lettuce / Tomato, Ketchup, Cole Slaw, Bag of Chips<br>**OR**<br>Breaded Chicken Patty on Hamburger Roll. Lite Mayo, Lettuce Leaf, Potato Salad, Roman Blend Salad<br>**Peaches** | 30) **Tomato Florentine Soup/ Crackers**<br>Roast Turkey w/Gravy, Butternut Squash, Spring Blend Vegetables, Cranberry Sauce, Multigrain Bread<br>**OR**<br>Roast Beef & Swiss on Oatnut Bread, Mayo Packet, Lettuce Leaf, Balsamic Vinaigrette Pasta Salad, Carrot Pineapple Salad<br>**Apple Turnover** |

## 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**. Call 617-730-2770 for reservations.

On **Tuesday, April 13**, **Springwell** presents its **Spring Special**—featuring Chicken Pasta Primavera, and Angel Food Cake with Berries and Whipped Topping. Stay for the movie—a special treat—see p. 14.

On **Wednesday, April 14**, is our annual **Volunteer Appreciation Luncheon**, so volunteers should note it especially in their calendars and RSVP to their invitations by Thursday, April 8.

**Tuesday, April 20**, is the **April Birthday Lunch**. If you have an April birthday, let us know when you make reservations.

And on **Tuesday, April 27,** the **Let's Go Out to Lunch** group will meet **at 12:00 noon** at Dante's Pizza at 1398 Beacon Street.

Brookline Senior Center
93 Winchester Street
617-730-2770

# APRIL 2010

# EVENTS CALENDAR

| MONDAY | TUESDAY | WEDNESDAY |
|---|---|---|
| ***To reserve a lunch please call 617-730-2770 by 11 am, a day in advance*** | For information about BETS discounted taxi tickets, please call 617-730-2740, Mon-Wed,<br><br>12 noon-4 pm | SHINE counselors are available to answer your individual health insurance questions. Please call<br><br>617-730-2777 for an appointment. |
| 5<br>9 am Podiatry Clinic<br>10:30 am Poetry Wrkshp<br>12:30 pm Chinese programs<br>1 pm Mah Jongg/Scrabble<br>1-2 pm Line Dancing<br>2-4 pm Open computer lab | 6<br>10 am Minutes in Motion for Srs. Kick-off event<br>10:15 am Brookline Bees-Quilters<br>11 am-3:30 pm Food distribution<br>1:00 pm Bingo<br>1:30 pm Movie Lovers Film Series "Herb and Dorothy" | 7<br>9 am BLAB lawyer<br>9:30 am Retired Men's Club<br>12:30 pm Bridge<br>1 pm Brookline Music School Karine Bagdasarian, piano<br>2-4 pm Open computer lab |
| 12<br>10:30 am Poetry Wrkshp<br>12:30 pm Chinese programs<br>1 pm Mah Jongg/Scrabble<br>1-2 pm Line Dancing<br>2-4 pm Open computer lab<br><br>7 pm Aging at Home meeting | 13<br>10:15 am Brookline Bees-Quilters<br>11 am-3:30 pm Food distribution<br>12 noon - Springwell Spring Lunch<br>12:30 pm French Conversation grp.<br>1:00 pm Bingo<br>1:30 pm Movie Lovers Film Series "Saura's Flamenco: Carmen" | 14<br>9:30 am Retired Men's Club<br>12:30 COA Volunteer Lunch & mtg.<br>12:30 pm Bridge<br>2-4 pm Open computer lab |
| 19<br><br>Patriots' Day Holiday<br><br>Senior Center is closed.<br>Rogerson Community Adult Day Health is closed. | 20<br>10-11:30 am Dance and Movement Workshop with Lynn Modell<br>11 am-3:30 pm Food distribution<br>12 noon April Birthday Lunch<br>1:00 pm Bingo<br>1:30 pm Movie Lovers Film Series "Bright Star" | 21<br>9:30 am Retired Men's Club<br>12:30 pm Bridge<br>1 pm Low Vision Group<br>1 pm Modern Beading workshop<br>1:30 pm Discussion of Aging and Popular Culture<br>2-4 pm Open computer lab |
| 26<br><br>10:30 am Poetry Workshop-filled<br>12:30 pm Chinese programs<br><br>1 pm Mah Jongg/Scrabble<br>1--2 pm Line Dancing<br>2-4 pm Open computer lab | 27<br>10:15 am Brookline Bees-Quilters<br>11 am-3:30 pm Food distribution<br>12 noon "Let's Go Out to Lunch" grp<br><br>meets at Dante Pizza on Beacon St<br>12:30 pm French Conversation grp.<br>1:00 pm Bingo<br>1:30 pm No Movie Lovers Film<br>2 pm CANDIDATES' AFTERNOON | 28<br>9:30 am Retired Men's Club<br>12:30 pm Bridge<br>1 pm Presentaton by ARC<br><br>Holocaust Tracing Service<br><br>2-4 pm Open computer lab |

| THURSDAY | FRIDAY |
|---|---|
| 1<br>10:30 am Knit and Crochet<br>1:30 pm Russian Tea Room<br>1:30 pm Knit and Crochet<br>1:30 pm Easy Travel on vacation | 2<br>9 am Bridge<br>9:30 am Solemates Walking Group<br>10 a.m Project Volunteer Group<br>10:30 am Current Events<br>10:30 am Senior Chorus<br>1 -2:30 Parkinson's Support Group |
| 8<br>10:30 am Knit and Crochet<br>1:30 pm Russian Tea Room<br>1:30 pm Knit and Crochet<br>2 pm Bus Route #66 discussion | 9<br>9 am Bridge<br>9:30 am Solemates Walking Group<br>10 am Project Volunteer Group<br>10:30 am Current Events<br>10:30 am Senior Chorus<br>Alzheimers' Support grp. Call for time |
| 15<br>9 am Blood Pressure Screening<br>10:30 am Knit and Crochet<br>1:30 pm Knit and Crochet<br>1:30 pm Russian Tea Room | 16<br>9 am Bridge<br>9:30 am Solemates Walking Group<br>10 am Project Volunteer Group<br>10:30 am Current Events<br>10:30 am Senior Chorus |
| 22<br>10:30 am Knit and Crochet<br>1:30 pm Knit and Crochet<br>1:30 pm Russian Tea Room<br>2-4 pm "Jobs Online: workshop | 23<br>9 am Bridge<br>9:30 am Solemates Walking Group<br>10 a.m Project Volunteer Group<br>10:30 am Current Events<br>10:30 am Senior Chorus |
| 29<br>10:30 am Knit and Crochet<br>1:30 pm Knit and Crochet<br>1:30 pm Russian Tea Room<br>2-4 pm Jobs Online Workshop<br>3 -4:30 pm Dance recital<br>Evening Alzheimers grp. Call for time.<br>BAOS Salon | 30<br>9 am Bridge<br>9:30 am Solemates Walking Group<br>10 a.m Project Volunteer Group<br>10:30 am Current Events<br>10:30 am Senior Chorus |

# ONGOING SENIOR CENTER EVENTS

**MONDAY**

12:30 pm—Chinese programs
12 noon-4 pm—BETS
1-2 pm—Line dancing $2.00/session
1:00 pm—Mah Jongg
1:00 pm—Scrabble
2-4 pm—Computer lab open

**TUESDAY**

10:15 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

2-4 pm Computer Lab open

**THURSDAY**

10:30 am—Knit and Crochet
1:30 pm—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

# 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**

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- Skilled Nursing Services
- Intravenous Therapy
- Wound Management
- Specialized Equipment: Lite Gait Ambulation System
- Discharge Teaching

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Brookline
Health Care Center

HealthBridge
MANAGEMENT
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## BUS 66, WHERE ARE YOU?

Bus 66 is one of the most used lines of the MBTA. Changes are being proposed that will impact all of us! Come to the public meeting to hear what stops are being condensed, where benches and shelters are being suggested, and more on **Thursday, April 8, at 2:00 pm** at the Senior Center. This is your chance to have your voice heard by the MBTA officials.

## ENGLISH CONVERSATION —NEW PROGRAM—

Rosalind Mainelli is offering an hour of English conversation for people wishing to feel more comfortable with their English language skills. The only requirement is basic reading ability in English. This six-session program will be on **Fridays from April 9 through May 14 from 10:30 to 11:30 am**. These sessions are free but group size is limited so preregistration is required.

## FRENCH CONVERSATION

And to brush up your French conversation, meet with Agnes Serenyi and her group on **Tuesday, April 13 and 27 at 12:30 pm** at the Senior Center.

## CELL PHONES, IPODS, GLASSES

The Senior Center is seeking donations of used cell phones and iPods to pass along to an organization that rehabilitates them for nonprofit use. The Senior Center then receives funds in exchange that help to support our services, equipment, and programs.

The Senior Center also accepts donations of eyeglasses for the Lions Eyeglass Recycling Program. A donation box for eyeglasses is located in the lobby of the Senior Center.

## MODERN BEADING WORKSHOP

This beading workshop for beginners and experienced beaders alike will meet in April at the Senior Center with Marge Harvey on hand to instruct and help. Learn modern techniques of beading using thin Soft Flex and crimps. Combine old beads and broken strands for new and interesting designs. Make earrings, necklaces, and bracelets for yourself and as gifts for family and friends. Bring beads, earring backs, crimps, and one yard of Soft Flex—all available at the Pear Tree Shop and other craft stores.

The workshop is free, and no registration is required. The group will meet on **Wednesday, April 21, at 1:00 pm**.

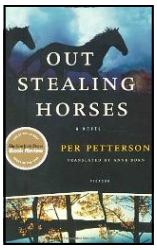
## CAREERS IN AGING

Another year has whizzed by, and once again we are looking for seniors to join in the senior Center's popular Careers in Aging (CIA) program to work with Brookline High School students in July. Projects include: photography and scrapbooking, oral history interviews, reminiscence projects, an intergenerational book club, crafts and games projects, and roundtable discussion on current and controversial topics.

This year in addition to recruiting the many talented seniors who have made this program so successful in the past, we are also seeking veterans of both sexes and of all branches of our armed forces from all foreign conflicts—World War II, Korea, Vietnam, and so forth—to help the students in the CIA program learn about, and understand, your experiences.

We are reaching out to all interested seniors early because we want to be sure we reach all of you. For more information or if you'd like to participate in the program in general, call Deidre Waxman at 617-.730-2767. For more information about the veterans portion of the program, call Julie Washburn at 617-730-2760.

## BOOK DISCUSSION GROUP




This month the group meets on Monday, April 12, at 2:00 pm at Temple Emeth in Putterham Circle and will discuss *Out Stealing Horses* by Per Petterson.

*Out Stealing Horses* is a 2003 Norwegian novel by Per Petterson, translated into English in 2005 by Anne Born, and published in the United States in 2007. This award-winning Norwegian novel concerns the meditations of Trond Sander, a man nearing 70, dwelling in self-imposed exile at the eastern edge of Norway in a primitive cabin. Trond's peaceful existence is interrupted by a meeting with his only neighbor, who seems familiar. The meeting pries loose a memory from a summer day in 1948 when Trond's friend Jon suggested they go out and steal horses. That distant summer is transformative for Trond as he reflects on the fragility of life while discovering secrets about his father's wartime activities. The past also looms in the present: Trond realizes that his neighbor, Lars, is Jon's younger brother, who "pulls aside the 50 years with a lightness that seems almost indecent." Trond becomes immersed in his memory, recalling that summer that shaped the course of his life while, in the present, Trond and Lars prepare for the winter, allowing Petterson to dabble in parallels both bold and subtle. Petterson coaxes out of Trond's reticent, deliberate narration a story as vast as the Norwegian tundra.

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## AGING AT HOME: PART II

In March, we learned about community models for Aging at Home—models such as the Beacon Hill Model—from Dr. Ann Bookman. On **Monday, April 12, at 7:00 pm** at the Senior Center, there will be a meeting for those who want to pick up the torch and do the organizing and planning in Brookline, seniors who want to involve themselves in the concept by fleshing it out and implementing a Brookline response to this exciting and growing concept—taking on the "village" concept and making it work for Brookline! If you want to work to make true independent living for seniors viable inside the greater community, come to this meeting.


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## EARTHQUAKE RELIEF

Haiti is still in desperate straits. It still needs practically everything—food, temporary and permanent housing, and medical supplies and attention of all kinds. And now Chile has had even more major earth movement, and while the country is not in as dire condition as Haiti, still there is need there too.

The best way to help is to make monetary donations to the organizations that are experienced in disaster relief. Please be as generous as you can as the need is truly awesome.

For a list of these organizations, access the Town of Brookline web page at www.brookline ma.gov. Scroll pretty far down on that page to *Haitian Earthquake Relief* toward the bottom of the page, and click on the headline for more information. If you don't have web access and want to contribute, call the American Red Cross at 800-733-2767.

Medical supplies such as bandages, surgical tape, etc. can be used in foreign countries like Haiti and Chile. You can donate through St. Mary's Church at 5 Linden Place (just off Harvard Street in Brookline Village). Drop supplies off there, or call 617-734-0444 about donating.

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## BROOKLINE PUBLIC HEALTH DOINGS

The Brookline Department of Public Health (BDPH) is celebrating National Public Health Week (April 5 to 11) this year by joining with Brookline 2010, the town's major climate change initiative, to promote the goal that residents "do at least one thing in 2010 to reduce your $CO_2$ emissions." Toward that goal the Department will focus on nutrition and physical activity, where improvements in public health can also have an impact on climate change. Highlights of the week of interest to seniors include:

- ***Health Quiz.*** Kick off National Public Health Week by taking the Public Health Quiz on the town web site www.brook linema.gov.
- ***Public Service Announcements (PSAs).*** All week long BATV, Brookline's local cable station, will run PSAs about public health and climate change.
- ***Meatless Mondays***. Beginning the first week of April, the Brookline Public Schools will join the nationwide campaign to improve nutrition by introducing Meatless Mondays in Brookline Schools, grades K to 8. Brookline seniors could set an example for the community and encourage students by trying to make Mondays meatless as well by making it a day for veggies, grains, and beans. Always remember, however, that your health comes first so don't go meatless if your doctor does not OK it.
- ***Movie.*** On Tuesday, April 6, at 7:00 pm, *Food, Inc.*, the Academy Award-nominated documentary, will be shown at Hunneman Hall at the Brookline Main Library. *Food, Inc.* focuses on the food industry and the role it plays in what we eat and how it's produced as well as the role the food industry plays in widespread obesity and an epidemic level of diabetes.
- ***Minutes in Motion for Seniors***. Kicks off Tuesday, April 6. See p. 13 for more on this program.
- ***Flu Clinic.*** On Thursday, April 8, at the BDPH offices at 11 Pierce Street, there will be a free flu clinic offering both the traditional seasonal flu shots and H1N1 shots. The Elderbus will provide transportation for seniors to and from the clinic. For more information about the clinic itself, call the BDPH at 617-730-2300. For more information about the Elderbus, call 617-730-2777.
- ***Shingles Vaccine.*** Barbara Westley, the Town's public health nurse, wants to remind individuals with limited, or no, health insurance that she still has a few doses left to give. If you want to receive one of them, call Barbara at 617-730-2320.

Brookline Adult & Community Education
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CCAB
Climate Change Action Brookline
Doing Our Part

On Monday, April 12, at its regular meeting Climate Change Action Brookline (CCAB), will feature a lecture by Dick Lawrence on "Converging Storms: Peak Oil, Climate Change, and the Global Economy" in Room 103 at Brookline Town Hall. The business meeting will be from 7:00 pm. At 7:30 pm, Mr Lawrence will speak. (All are welcome to attend.) For additional info visit www.ClimateChange ActionBrookline.org.

## FROM THE DIRECTOR

*What our volunteers do makes a difference far more than some might guess so thank you for all of your help—you bring us both hope and success!*

Spring officially begins in Brookline when the Red Sox home season opens (April 4 against the Yankees) and when we celebrate our volunteers—**Wednesday, April 14** this year (see p. 1).The theme for this year is *Volunteers Build a Better World*. Our volunteers certainly do contribute to making this a better world. We are deeply appreciative of all that they do and are delighted to honor them.

A special word of thanks goes to Bay State Charitable Foundation who generously supports the luncheon. Please join us for the celebration at **12:30 pm**. Nominations are still being sought for the Volunteer of the Year award—named after John and Molly Dolan who donated thousands of hours to making Brookline a better community.

This month will also see the kickoff of *Minutes in Motion (MIM) for Seniors*, a six-week initiative where seniors are encouraged to exercise (see p. 13). According to a review of research published in the *Archives of Internal Medicine* (January 25, 2010, vol. 170, pp. 124-125 by Doctors Williamson and Pahor, "the promotion of physical activity may be the most effective prescription that physicians can dispense for the purposes of promoting successful aging." Our kickoff event for this program will be Tuesday April 6, at 10:00 am. Please join us.

Physical activity has beneficial effects on many diseases from cancer through arthritis and diabetes to respiratory conditions. Research is now even linking exercise to helping improve cognitive functioning. I marvel, for example, at how physical activity reduces my own stress. After a bad day, nothing makes me feel better than taking my dog for a brisk walk.

So, dance, lift weights, walk, and do yoga—MOVE! We have many classes here at the Senior Center to help you all stay active. And, with the nicer weather there is no excuse as almost everyone can walk. Whether you join the Senior Center's Solemates or simply enjoy a stroll around Coolidge Corner, do not delay—start today *Ruthann Dobek, Director*

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## SENIOR CENTER FOOD DISTRIBUTION

Food distribution (produce and baked goods) takes place at the Senior Center **every Tuesday between 11:00 am and 3:30 pm**. Times are approximate: the beginning depending on when the food arrives; the end, on when the food has been distributed. Numbered tickets, which determine the order participants get to "shop," are distributed at 10:00 am. Come early for the best selection; come after 12:00 noon if you do not want to wait in line.

***Attention COA Board Members!*** If you haven't completed your Ethics Law training, you must do so by April 2. If you need help, call Ruthann at 617-730-2756.

## APRIL AT GODDARD HOUSE

On Friday, April 2, at 2:00 pm, Mae Ching and Yun Yue, both students from the Berklee College of Music, will perform a **Peking Opera**, a form of traditional Chinese theatre that combines music, vocal performance, mime, dance, and acrobatics. It has come to be regarded as one of the cultural treasures of China. Their performance will be followed by a lecture on the differences and similarities between Western and Chinese culture as expressed through operas.

Tuesday, April 13, at 7:00 pm, is Klezmer night at Goddard House. **KlezJam** is a seven-member group of enthusiastic musicians from the Greater Boston area who play Klezmer, the traditional Jewish music of Eastern Europe. Klezmer is easily identifiable by its characteristic expressive melodies, reminiscent of the human voice. Instruments played include clarinet, piano, violin, drums, tenor sax, and cornet.


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Thursday, April 22, at 7 pm. Come to Goddard House for a wonderful evening concert featuring classical pianist **Atsuko Jozaki**, who received her doctorate in music from Boston University and is on the faculty at the Brookline Music School. She is joined by cellist **Aristides Rivas** who performs and educates in the United States, Venezuela, and Spain, and with the Boston Philharmonic, the Boston Ballet, and the Far Cry Chamber Orchestra.

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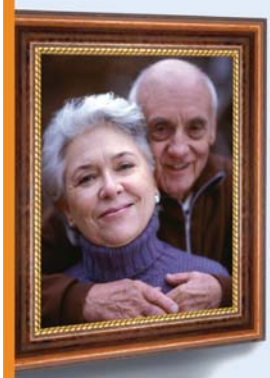

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## SPANISH IMMERSION

The Spanish Immersion program is expanding and offering Spanish classes for beginners in 2010 on Thursday afternoons from 1:00 to 2:00 pm. The first series of classes began on March 11. There is a fee of $25.00 for this 6-week course. The instructor is now-Brookline resident Lourdes Murray, originally from Columbia. She has lived in the United States for many years. For more information about, and to register for, future beginning Spanish classes, call Mercedes Briceno on Thursdays between 1 and 4 p.m. at 617-730-2644, or e-mail her at brookline.spanish.immersion@gmail.com.

Spanish conversation skills improvement by talking one-on-one with Spanish-speaking elder teachers (for a fee of $11/hour or $90/10 hour-long conversations and a registration fee of $8) is also still very much available. For more information, making matches, and to register, contact coordinator Jane Cohen at 617-953-7016.

These programs are sponsored by the Brookline Senior Center and JPC: Tree of Life/Arbol de Vida.

## INCOME TAXES: THE IDES OF APRIL ARE UPON US!

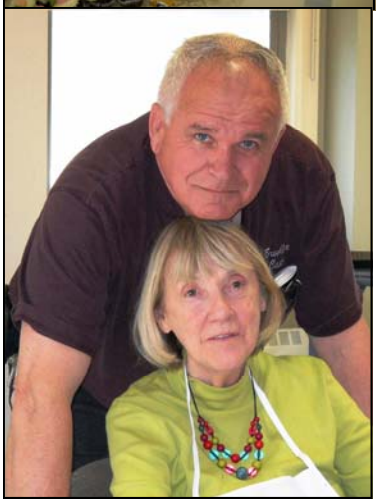
There are virtually no open appointments with our three AARP tax preparers. However, you can try calling 671-730-2777 to see if there is a cancellation.

You can also prepare and file your taxes online at TaxAct.com. Or buy software like Turbotax or Tax Cut Be sure that what you buy has been updated yearly to reflect the latest tax laws. If you are not computer-capable, I'll bet your children or grandchildren are, so try getting one of them to help. Or call H&R Block at 617-738-0209 or 800-472-5625.

And keep in mind that you can get some help with your federal income tax at 800-829-1040 (the IRS) and with your state income tax at

# SOS RESTAURANT EVENT REPRISE

The SOS (Stock Our Shelves) this year was a great success. The Blues Cabaret entertained us. About 100 people attended, and we collected over $430 (this amount is still growing) and over 250 lbs of food for the **Brookline Food Pantry.**



We want to thank the companies that provided the food, drink, and tableware that made the evening such a success: Anna's Taqueria, the Brookline Food Coop, Comella's, Dok Bua, Dorado, The Fireplace, Jo Jo Tai Pei, One Stop Market, Party Favors, Pizza Stop, the Regal Beagle, and Zaftigs.

Thanks also to Dr. Robert Guen, DMD, for a special donation of two boxes of individually sized toothpaste tubes for the Food Pantry.

And, of course, we also want to thank Vine Ripe for donating 2 gift certificates and Crew International for a marvelous hair products gift basket—both of which were raffled off to add to our monetary contribution to the Food Pantry.

Our very large thank you also goes to Nina Rose from Brookline High School; 4 students from the Boston University chapter of Sigma Kappa sorority; the 12 volunteer servers; everyone else who helped set up, serve, and clean up; and to all who donated to the SOS event.

And, most important, we want to thank the person who gave of herself and her time to produce this stellar event—our own hero

## Dotty Bell

She put the whole thing together and made it work. Her untiring efforts were amazing. But, in a larger sense, we—the staff, volunteers, and seniors who work in, use, and love the Senior Center—all of us know and appreciate Dotty as she spins her magic every day to help us and to help keep the Senior Center running smoothly.

Dotty, we love you!

## THANK YOU

We want to thank donors who gave in April:

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***In memory of*** Rita Yelgin ***from*** Marilyn Hershfield, Kathryn Kilpatrick, and Betty Latner
***In memory of*** Jane Galloway & Rita Yelgin ***from*** Lila Sesholtz
***In memory of*** Ruth Denson ***from*** Senior Stretch Class at the Brookline Senior Center

***Supporting the Greek Festival from*** V. Celia Lascarides & William Manley

A special thank you to **Dotty Bell** for donating a digital camera to the Senior Center. It is, as they say, a gift that keeps on giving as we can now record Senior Center events large and small without advance arrangement.

## IN MEMORIAM

***Ruth Denson*** read about our new the Senior Center being built and was excited about attending. She joined the day we opened our doors. A perfect lady who made friends wherever she was seated, she enjoyed coming to the Senior Center. She was especially active in Senior Stretch where her friends became like family—visiting her and helping her out when she suffered a brutal car accident. We will miss Ruth for her kind gentle ways and her ability to make friends.

*—Ruthann Dobek*

In memory of ***Ruth Denson*** :
Ruth loved the time that she spent at the Senior Center and all of her friends there. She was a role model and friend to all of us.

*—The Senior Stretch Class*

***Wilma Bolander Perkins***, mother of Ralph Perkins our building custodian and generally really helpful and caring friend to the Senior Center staff and seniors. She died on February 14. You and your son are in our thoughts and prayers

***Rita Yelgin,*** sole family survivor of the Holocaust, died recently at age 89. She was the sweetest woman I ever met. I had known her for almost three years when I moved into her building at 40 Williams Street. She had serious osteoporosis and walked very bent over, almost at right angles, but she went everywhere with her cart, greeting everyone with a big smile. I always gave her a hug when I saw her. She was at the Brookline Senior Center very often. She visited me several times in my apartment. And she enjoyed my playing Broadway show tunes on my piano. She was fluent in five languages. *—Betty Latner*

## FUEL ASSISTANCE

The Senior Center is an intake site for ABCD Fuel Assistance applications. Social work interns, Kelly Burke, Alex Davis, Liz Kalfas, and Jamie Donchin are available, by appointment only, to assist individuals with the application process. Appointments are available on Mondays from 9:00 am to 1:00 pm, Tuesdays from 1:00 to 4:00 pm, and Wednesdays from 2:00 to 4:00 pm. To make an appointment for help with your application, call 617-730-2777.

An individual does not have to be an elder to apply for fuel assistance. For more information and answers to your questions, contact one of the Senior Center's social work interns at 617-730-2772. If you get a voice-mail message, leave your name and telephone number and one of the interns will call you back.

Other intake sites that are available to Brookline residents are located at:

- • ABCD, Inc (Central Office), 178 Tremont Street 4th Floor, Boston—617-348-6000 (Chinese, Polish, Spanish, Vietnamese, Burmese, Mandarin, Taiwanese speaking intake workers are available at this site)
- • Allston/Brighton APAC, 143 Harvard Avenue, Allston—617-783-1485 (Italian, Spanish, Cambodian, and Chinese speaking intake workers are available at this site).

## OUR ADVERTISERS

While the ads placed in this newsletter do not constitute 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.

## OUR CONTRIBUTORS

Our thanks go to all the people and organizations that contributed to the April *Senior News and Events*: Yuko Sato (p. 3), SHINE (p. 5), the Massachusetts Bar Association (p. 6), the Census Bureau and the Better Business Bureau (p. 7), Project Bread (p. 9), and Publisher's Weekly (p. 21), and Dr.s Williamson and Pahor (p. 25).

**Susan Kanian-Andriole** delivered little Lily on Tuesday, March 23, a little early but safe and sound. Congratulations, Susan! This means she will be out of the office for several weeks. However, two of our social work interns, **Kelly Burke** and **Liz Kalfas** will be helping out in her absence. Susan will be overseeing the work from home, so Kelly and Liz will not be alone. If you need help, continue to call HELP at 617-730-2752.

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