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

Reconsidering Retirement on page **7**.

Tax stimulus Payment Information on page **11**.

Creature Comfort, consider having a pet, on page **15**.

Farmer's Market Coupons are available. See page **20**.

August Films for Movie Lovers, a foreign film festival, on page **25**.

GOOD NEWS FROM BEACON HILL

Thanks to our state representatives! We are most grateful to Michael Rush, Jeffrey Sanchez, Frank Smizik and Cynthia Creem for advocating so that the Council on Aging will receive a grant of $7.00 per elder. This funding is especially needed in a year with escalating costs. We appreciate their ongoing support to Brookline elders!

AUGUST 2008

COOL IT DURING THE SUMMER DOLDRUMS

This summer has been really hot, hot, hot, and August looks like it will be no exception. Why not use the Senior Center as your spa. We don't have a pool or massage facilities, but we do have a Fitness Center (run by Rogerson Communities). And we have air conditioning and lots and lots of things to do. Don't forget that we have all sorts of ongoing events, such as:

- Mondays: Scrabble and Mah Jongg at 1:00 pm and Line Dancing from 1:00 to 2:00 pm (fee: $2.00)
- Tuesdays: Brookline Bees (Quilters) at 10:30 am, Bingo at 1:00 pm, and movies at 1:30 pm
- Wednesdays: the Retired Men's Club at 9:30 am and Bridge at 12:30 pm
- Thursdays: 10:30 am and 1:00 pm Knit and Crochet
- Friday: Bridge at 9:00 am, Project Volunteer Group at 10:00 am, and Current Events Discussion Group at 10:30 am

In addition, we serve lunch every weekday (see pages 16 and 17) where you can get a healthy lunch, socialize with your peers, and sometimes even get entertainment for a very modest donation ($1.75).

And, of course, we have many, many other activities. Just browse through this issue for all the events and activities that will be available in August, and take the plunge into having a cool time at the Senior Center in August.

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

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Subscription fee: $10.00/year. See page 27 for subscription/renewal form.

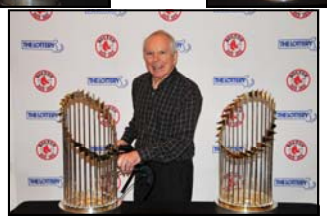
Submissions to, and comments about, the Senior Center News and Events should be made by e-mail to Judith_Gimple@town.brookline.ma.us.

HOLIDAYS

August is a multifaceted month. It is the "Dog Days," lazy days on which to sit on the beach or on a patio and read, knit, crochet, or just dream about whatever catches your fancy. On the other hand, it is a time of planning for the fall and activities—helping the grandchildren get ready for school, preparing for fall activities, preparing and repairing while the weather is still warm. One thing that August does *not* have, however, are holidays when the Senior Center is closed.

CELEBRATING REVERSING THE CURSE—REPRISE

On June 26, the two World Series trophies visited the Senior Center so that Red Sox fans of all ages could be captured in photographs with the trophies and thereby become part of Red Sox legendry. Fans flocked to the Center to become a part of history with a collectable photo.



Photos courtesy of Peter Lelievre

July BBQ & Ice Cream Social

We want to thank the Brookline Health Care Center for providing the wonderful BBQ luncheon on July 16 and the Coolidge House Nursing Home for sponsoring the Ice Cream Social on July 28. This is just the sort of support from Brookline organizations and businesses that help make the Senior Center so lively and vital.

SOLEMATES

Solemates had about a dozen participants in the Jan Marble Memorial Walk at Castle Island in June. It was a happy reaffirmation of the joys and benefits of walking.

Walking is a wonderful form of exercise so consider joining the Solemates on one (or all) of their Friday morning walks. If you want to join them, contact Mildred Siegel for more information. You can get in touch with her by calling 617 730 2777 and leaving message for her to call you back.

Photo courtesy of Ron Gallagher

HOLIDAY FAIR PLANNING

The annual Holiday Fair will be held this November at the Senior Center on Friday, November 14, and Saturday, November 15, from 10:00 am to 3:00 pm both days. Planning meetings are underway now.

- **Wednesday, August 6, at 1:00 pm** to begin solicitation of donations and publicity
- Friday, September 5, at 1:00 pm to firm up fair participants and work assignments
- Monday, October 6, at 10:30 am to hear progress reports
- Monday, November 3, at 10:30 am to finalize logistic arrangements

Everyone who has ideas about the fair, wants to participate as a craftsperson or artist, is interested in being a volunteer at the event, or is interested in being part of the planning is invited to the all meetings.

IT DOES COMPUTE!

The group of computer users that is growing the fastest is still the over-65 crowd, us, the senior citizens. We are using computers to keep in touch with our children and grandchildren, to find information on everything from health issues through restaurants to go to.

The Senior Center, having recognized this trend some time ago, has a **Computer Lab** that is open to the Brookline senior community Mondays from 2:00 to 4:00 pm, and we proudly announce that we have expanded the lab hours to include Wednesdays from 2:00 to 4:00.

If you are interested in taking computing classes or using the computer lab to enhance your computer skills, call us at 617-730-2777 for information about the classes available.

At present, in order to make the lab experience more interactive, ***we are seeking volunteers to assist in the lab*** so that we can expand the hours that the lab is open even more. If you are interested in helping people in the computer lab, call 617-730-2777 and tell us. We look forward to hearing from you.

WHERE, OH, WHERE IS THE SENIOR CENTER NEWS AND EVENTS?

You know you can subscribe to the newsletter and get it sent to your home (see page 27 for the subscription form) and that you can pick it up at the Senior Center and several other places around town. But did you know that the Senior Center News and Events is available at the Town of Brookline web site? Not only is the current issue always available, but back issues are also available at the same site. You can get there using the old web site townofbrookline mass.com or the new wet site brooklinema.gov.

And soon you will be able to get updates of the newsletter on the Town web site—events that were planned after the newsletter went to press and changes in events, times, etc. Look for more about this new feature in the September issue of the newsletter.

A WAY TO FIND YOUR MEDICARE INFORMATION

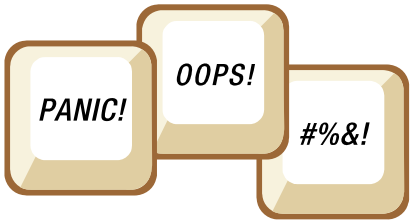
You can look at your Medicare information on www.MyMedicare.gov—for information regarding your Medicare benefits and services. It can help you track preventive services and learn about the services you may be eligible to receive. Also on this web site, you can get specific information about your Medicare claims and Medicare Summary Notices (MSN).

You can use www.MyMedicare.gov to:

- View claim status (excluding Part D claims)
- Order a duplicate Medicare Summary Notice (MSN) or a replacement Medicare card
- View eligibility, entitlement, and preventive services information
- View enrollment information including prescription drug plans
- View or modify your drug list and pharmacy information
- View address of record with Medicare and Part B deductible status
- Access online forms, publications and messages sent to you by the Centers for Medicare and Medicaid Services (CMS).

In order to use this service, you must be a registered user. It is simple to register. Go to Medicare.gov and sign up. (You will find the registration information for MyMedicare on the right-hand side of the first page.)

If you need help with any aspect of your Medicare, call the Senior Center at 617-730-2777 and ask for an appointment with a SHINE (Serving the Health Information Needs of Elders) counselor. You can also reach a SHINE counselor at 781-453-8076. If you get an answering machine at either phone number, leave your name and telephone number. A counselor will return your call as soon as possible.



LET'S TALK POLITICS—SAVE THE DATES

The Presidential election of 2008 is scheduled for November 4. It will be the 56th consecutive quadrennial election. In celebration of this historic event, Brookline Adult and Community Education (BA&CE) will present a series of informative lectures and discussions. These lectures are scheduled from 7:00 to 8:30 pm at Brookline High School, 115 Greenough Street.

Wednesday, October 1 Course X205
Democracy and the Electoral College
Jennifer C. Lucas, Assistant Professor of Politics at Saint Anselm College, will discuss the history and origins of the Electoral College and the extent to which it is related to ideas about democracy. She'll outline the basics, talk about how the system has worked historically, and explore the arguments (pro and con) for keeping the system in place.

Wednesday, October 29 Course X197
The Power of Women in Presidential Politics

William Vogele, Chair of the Division of Natural and Social Sciences at Pine Manor College, will examine the mobilization of young women and women of color in this election year and talk about how these women have distributed their support and energy. He will also explore how women have shaped presidential politics and discuss the power of women's voices and votes in the November election.

Wednesday, November 17 Course X196
2008 Election: Where Do We Go from Here?
Michael Dukakis, former Governor of Massachusetts and 1988 Democratic nominee for President (currently Distinguished Professor of Political Science at Northeastern University and Visiting Professor at the School of Public Policy at UCLA) will lead what will undoubtedly be a lively discussion on the outcome of the 2008 Presidential election and where we can expect to go from here. Hear about the campaign, the candidates, and the issues and prospects the new administration will be faced with. Share your thoughts on the election and the outcome. Ample time will be devoted to audience questions and answers.

Preregistration for these three lectures/discussions and a $5.00 fee are required.

Another lecture/discussion is part of this series, but it will be held here at the Brookline Senior Center, from **1:00 to 3:00 pm**, and although preregistration for this lecture is also required since space is limited, there is no fee.

This event is co-sponsored with the Brookline Council on Aging, Goddard House in Brookline, Center Communities of Brookline-Hebrew Senior Life, and Rogerson Brookline Adult Day Health Program.

Wednesday, October 22 Course X204
Age Well 2008! The Future of Long-Term Care and the Impact of the 2008 Election
W. Scott Plumb, Senior Vice President for the Massachusetts Extended Care Federation (and a widely sought-after presenter because of his range of expertise, great wit, and dedication on elder issues), will give a fascinating talk about the impact of the 2008 election and long-term care issues facing current elders and the soon-to-be elders, the Baby Boomers. This is the perfect opportunity to gather information about the future of long-term care, including who will pay for it, why we are currently in this dilemma, what steps we can take, and what we can expect of the new administration.

To register for any or all of these lectures/discussions, call 617-730-2700, fill out the registration form on the inside back cover of the BA&CE Fall 2008 catalog and send it in, or apply online at www.brooklineadulted.org.

Our thanks to Claudia Dell'anna and the BA&CE for the information that made this article possible.

SENIOR SERVICES

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

BETS is a cab discount program that allows income-eligible Brookline residents over 60 to buy up to five (5) coupon books a month. Each coupon is worth $10 in cab rides for just $5, and each coupon book has five (5) coupons. That's half price folks! BETS coordinator Alicia Ebrat is at the Senior Center **Monday through Wednesday from 12:00 noon to 4:00 pm** to take applications for, and sell, BETS coupon books.

If you want to apply or be recertified for BETS, please bring your latest income tax returns when you meet with Alicia. (Remember that all riders must be recertified every year in order to be able to buy BETS coupon books.)

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

BLAB The Brookline Legal Assistance Bureau (BLAB), will be at the Senior Center from **9:00 am to 12:00 noon** on **Wednesday, August 6.** 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. See page 10 for more information on emergency preparedness. For more information specifically on the File of Life, call 617-730-2777 and leave your name and address so that someone knowledgeable about the File of Life at the Senior Center can call you back.

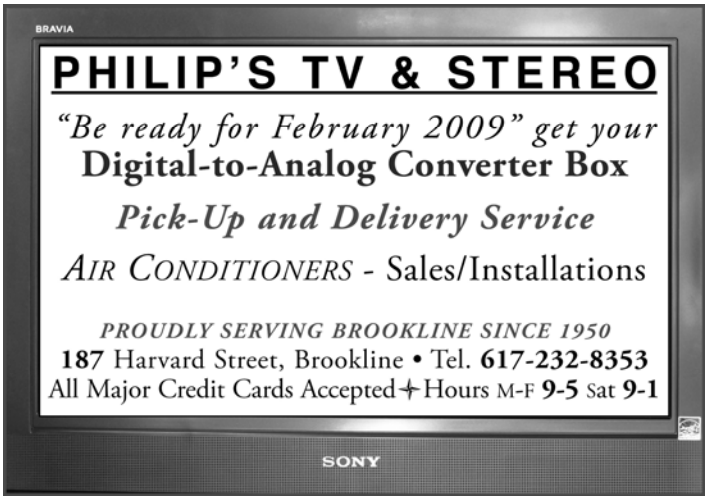
HELP finds trained, dependable workers to assist individual seniors with such tasks as meal preparation, errands, cleaning, and shopping—for an affordable rate. All workers are trained and screened by the HELP staff at the Senior Center. To get HELP, call 617-730-2777, and ask for the HELP extension.

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

NEEDS helps seniors stretch food dollars with such aids as food stamps. For more information, leave a message for Riva Berkovitz at 617-730-2777. See also page 21 for information about the new form.

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

The **SOCIAL SECURITY** Contact Station is no longer 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.



ALZHEIMER'S CAREGIVERS SUPPORT GROUPS

Are you a caregiver? Do you feel alone? Do not despair. Meet with other people who care for loved ones with Alzheimer's Disease and other dementias. There are two groups of caregivers that meet each month to gain support and information. Both groups are open to members of the Brookline community and town employees free of charge.

The **Daytime Caregivers Group** will not meet in August, but group leader December Heffernan has suggested that you call her at 617-730-2753 if you want to start attending the daytime group in the fall and for other information about this group.

The **Evening Caregivers Group** will meet in August—on **Thursday, August 28.** Contact Susan Andriole at 617-730-2754 for more information about this group.

PROJECT VOLUNTEER

This intrepid group of volunteers will continue to meet throughout the summer on **Fridays from 10:00 to 11:30 am** at the Senior Center to complete small projects for the Senior Center and other nonprofit agencies in Brookline and to have some fun socializing,

The group, under the very able leadership of Jean Doherty, forges ahead every week. For more information or to join the group, call Jean at 617-730-2777 and leave a message for her..

Anyone who would like to join in is very welcome. Come any Friday and join in the fun while helping to complete worthy projects.

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RECONSIDERING RETIREMENT

In these times of rapidly, rising prices for necessary goods, particularly food and fuel, retirees might well want to reconsider their decisions to retire and look to reentering the job market. Actually, economic hard times is only one of the elements in the decision to return to work. Certainly, the wish to continue actively using your skills to keep your intellectual juices flowing comes into the mix as does the desire to be with people and avoid isolation.

If the need for extra money is not part of your reason to return to work, you can volunteer your time. Returning to work after retirement, whether paid or volunteer, often gives you the ability to do "designer" work in terms of commitment and/or hours.

Always keep in mind that you have something very valuable to potential employers—experience. Yes, many employers have mythic aging stereotypes that hold back mature workers. You can help dispel these myths by maintaining an enthusiastic attitude and an open mind, by being flexible, and by being aware of your valuable assets and achievements and conveying them to potential employers.

Above all if you are thinking of rejoining the work force, retire the word "retirement" from your vocabulary. You aren't *retreating* or *withdrawing* from life. What you are doing in rejoining the work force should be regarded as more of a *renaissance*, a way of taking advantage of many opportunities open to you if you remain open to new possibilities.

Many thanks to Deidre Waxman, JOBS Coordinator at the Brookline Senior Center for the thoughts and concepts that inspired this article.

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

Ask a Nurse Nurse Practitioner Eileen Currier of St. Elizabeth's Medical Center will not be at the Senior Center in August. Look for the date of her next visit in the September issue or the *News and Events* newsletter.

Podiatry Clinic Routine foot care with Dr. John McLoughlin is available by appointment on **Mondays, August 4 and 18, from 9:00 am to 12 noon**. Sessions, which last 15 minutes each, cost $25. Appointments are required. To make an appointment, call 617-730-2777.

Low Vision Group This peer-led support group for individuals with limited eyesight meets this month on **Wednesday, August 20, at 1:00 pm**.

Blood Pressure Screening The Brookline Health Care Center will provide a blood pressure screening at the **Senior Center** on **Monday, August 4, from 1:00 to 2:00 pm**. The nurse from the Brookline Health Care Center is bilingual, speaking English and Chinese.

Blood pressure screenings with a Brookline Health Department Nurse will be held at the **Senior Center**, this month on **Thursday, August 21, 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

Nearly one in three American adults have high blood pressure. And since high blood pressure has no obvious signs or symptoms, blood pressure monitoring is the only way to detect it. There are monthly screenings by the Brookline Health Department around town.

- Wednesday, August 6, at the Brookline Health Department, 11 Pierce Street, from 2:00 to 3:00 pm
- Thursday, August 21, at the Senior Center from 9:00 to 10:30 am
- Wednesday, August 27, at O'Shea House, 61 Park Street, from 1:00 to 2:00 pm

ARE YOU REACHING THE DREADED "DONUT HOLE"?

Thousands of seniors in Massachusetts have already reached the gap in their prescription drug coverage (Medicare Part D), known as the "donut hole" (This gap is reached when total (retail) prescription drug costs reach $2,510. The next $3,200 in prescription drug costs are not covered by Medicare! **Tah, dah! Prescription Advantage,** the state's pharmacy assistance program, to the rescue! It can help pay for your prescription drugs and vanquish the donut hole. Consult Prescription Advantage today at 1-800-243-4636 or the SHINE Counselor at the Senior Center at 617-730-2777 to minimize the damage of the dreaded donut hole!

HOT-WEATHER HEALTH EMERGENCIES

Be on the alert for this trio of hot-weather health emergencies:

Heat cramps

- ***Description***: Painful spasms, mostly in the legs and abdomen, usually the result of heavy exertion and heavy sweating.
- ***Symptoms***: Painful spasms usually in the legs and abdominal muscles that may occur in association with strenuous activity.
- ***What to do***: Apply firm pressure to the cramping muscles or gently massage them to relieve the spasms. Replace fluids. *Consult your health-care provider*.

Heat exhaustion

- ***Description***: This typically occurs when you exercise heavily or work in a hot, humid place where body fluids are lost through heavy sweating.
- ***Symptoms***: Heavy sweating, weakness, and cold, pale, and clammy skin. Also, weak pulse and possibly fainting and vomiting.
- ***What to do*** Lie down in a cool place. Loosen clothing. Apply cool, wet cloths. Fan or move to an air-conditioned place. Give sips of water. *Consult your health-care provider*.

Heat stroke (or Sunstroke)

- ***Description***: This constitutes a medical emergency. It occurs when the body's temperature-control system, which produces sweating to cool the body, stops working.
- ***Symptoms***: High body temperature (106°F+). Also hot, dry skin; rapid, strong pulse; and possibly unconsciousness. Individual will probably not sweat.
- ***What to do***: Since heat stroke is a severe medical emergency, call 911, emergency medical services, or get the person to a hospital immediately! Move the person to a cooler environment. Try a cool bath or sponging to reduce body temperature. Use fans and/or air conditioners to cool the body. DO NOT GIVE THE PERSON ANY FLUIDS!

Information supplied by the Brookline Department of Health. Resources: Massachusetts Department of Public Health and the US Centers for Disease Control.

TEN WARNING SIGNS OF ALZHEIMER'S DISEASE

1. **Memory loss**. Forgetting recently learned information is one of the most common early signs of dementia.
2. **Difficulty performing familiar tasks**. Having difficulty planning or completing everyday tasks, such as preparing meals.
3. **Problems with language**. Forgetting simple words or substituting unusual words.
4. **Disorientation to time and place**. Becoming lost in one's own neighborhood; forgetting where you are, how you got there, and not knowing how to get home.
5. **Poor or decreased judgment**. Dressing inappropriately: wearing too much clothing on a warm day or little clothing on a cold day. Giving things away, or throwing them out for no reason.
6. **Problems with abstract thinking**. Such as forgetting what numbers are for.
7. **Misplacing things**. Putting things away in unusual places, such as putting an iron in the freezer.
8. **Changes in mood or behavior**. Rapid mood swings from calm to tears to anger for no apparent reason.
9. **Changes, sometimes dramatic changes, in personality**. Excessive sleeping or watching TV, unusual inactivity.
10. **Loss of initiative**. Becoming very passive.

Source: the Alzheimer's Association

EMERGENCY PREPAREDNESS CONTINUED

In July, the *Town of Brookline Senior News and Events* (see page 25 of the July issue), we introduced the very serious and important issue of emergency preparedness with information on building an emergency kit in case you have to evacuate your home *and* a description of the purpose and contents of a File of Life. In this issue, we want to move on and examine what the Brookline Public Health Services calls "All-Hazards Planning" with an emphasis on personal preparedness.

Planning ahead for an emergency will give you peace-of-mind and can keep you, your family, and friends safe. Brookline officials are preparing for a range of possible emergencies, from hurricanes and blizzards to a flu pandemic and acts of terrorism. You can help, too. Here are some simple steps you can take to prepare.

A *family communications plan* is essential. Know how your family will contact each other in an emergency. Designate a meeting place for the family should you be separated when the emergency occurs. Planning can be a family project. Involve your children and grandchildren in the planning, and discuss why the planning is necessary for them as well as for you.

If you live alone, make sure that you have an out-of-area (preferably out-of-state) contact listed in your File of Life, in your evacuation kit, clearly displayed in your home (on the refrigerator is best because EMTs and safety personnel are trained to look there first) and in the hands of a neighbor or friend. Review and update this list every six months.

In your home, have supplies described in the Evacuation Kit (described in the July issue of this news and events letter, page 25), with enough provisions to last at least a week. Be sure that you include any prescription medication you need as part of these supplies. Review your supplies every six months and replace any expired food, water, and medications.

Encourage others to plan ahead as well. Remember neighbors who need help.

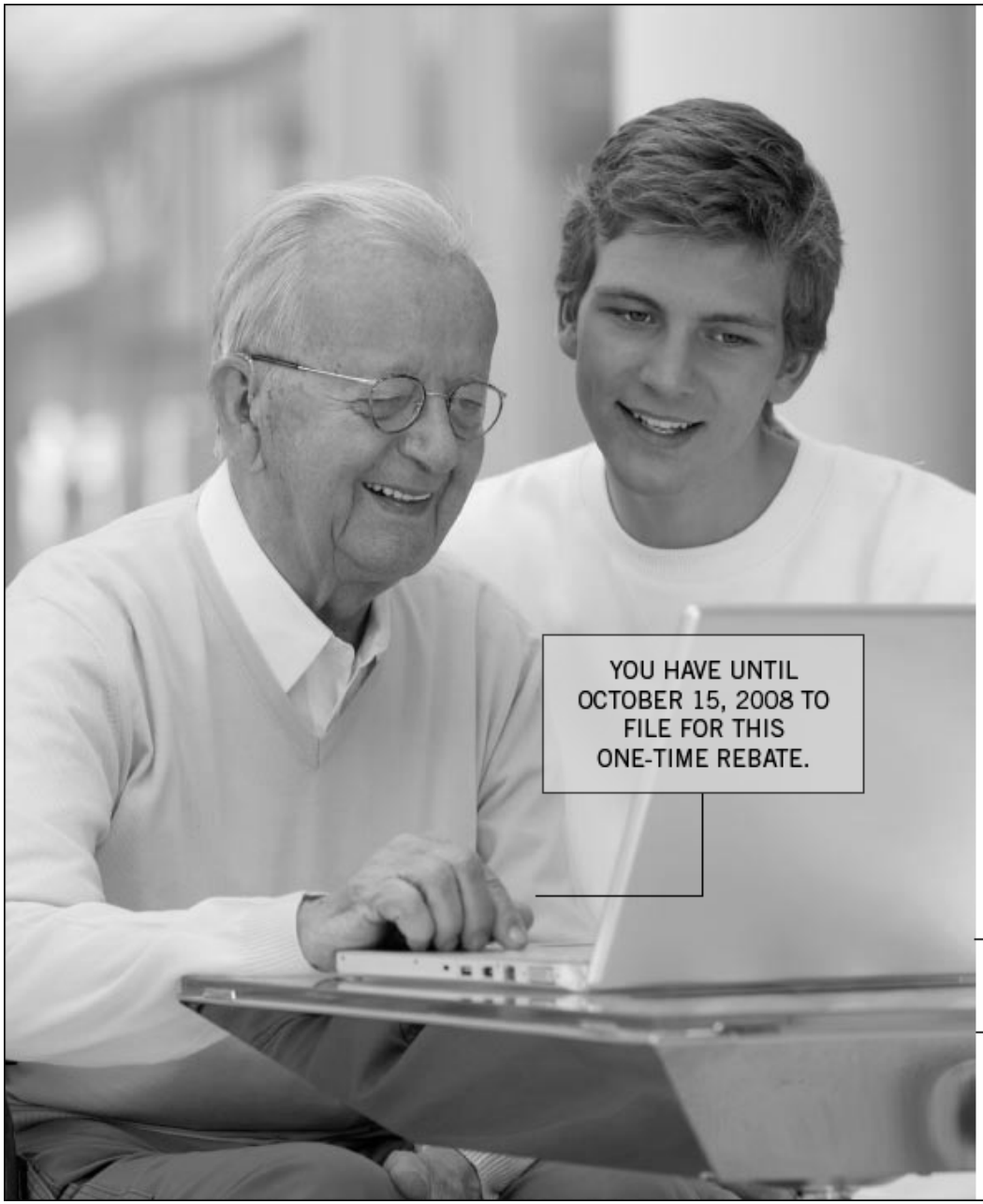
There are many resources available for information. State agencies include the Executive Office of Public Safety (617-727-7775 or (www.mass.gov/eops), the Massachusetts Emergency Management Agency (www.mass.gov/mema), and the Massachusetts Department of Public Health (866-627-7068 or www.mass.gov/dph).

Federal and national nongovernmental agencies abound. Try the Federal Emergency Management Agency (www.fema.gov) or Ready.gov (www.ready.gov). Other helpful federal sources are Homeland Security (www.dhs.gov), the Centers for Disease Control (www.cdc.gov), the Environmental Protection Agency (www.epa.gov), Health and Human Services (www.hhs.gov/emergency), the American Red Cross (www.redcross.org), the Medical Reserve Corps (www.medicalreservecorps.gov), and—don't forget your pets as part of your emergency planning—Planning for Your Pets (www.ready/gov/american/_downloads/pets.pdf). (See more on pets on page 24.)

In addition, there are Brookline resources for information and help. If you have an emergency, you can contact the Brookline Public Safety Department (police, fire, and medical) by dialing 911, Emergency Management by dialing 617-730-2781 or 617-730-2112, or the Department of Public Health by dialing 617-730-2300. These Brookline sources are also available online, but as you know, the Town is in the process of redoing the town web site and all the web addresses will change in the next month or so. I will repeat and expand the Town emergency information and help list when the new addresses have been assigned.

Thanks to Garrett Simonsen of the Cambridge Health Alliance/Advanced Practice Center, Dawn Sibor of the Brookline Public Health Service, and Michal Raskin of the Brookline Police Department for providing material for this article.

TAX STIMULUS PAYMENT INFORMATION



Don't worry.
There's still time to file for your economic stimulus payment.

Are you one of the many people who normally do not have to file federal income taxes because your income is quite low? This year it's different.

To receive an Economic Stimulus Payment, you should file Form 1040A with the IRS by October 15, 2008. This includes people who receive at least $3,000 in earnings and/or benefits from Social Security, VA disability or a Retired Railroad Worker's pension.

Visit IRS.gov for details. Or ask a friend or relative for help going online. Don't let a little paperwork keep you from getting your stimulus payment.

IRS

Visit irs.gov for the official word on the STIMULUS PAYMENT

Get free help at an IRS Taxpayer Assistance Center. For a list of local centers, plus hours of operation, visit IRS.gov and click on "Contact IRS." Then click on "Contact your local office."

FROM THE DIRECTOR

A special thank you goes to our state legislators who worked diligently for additional funding for elders with an increase in the state formula grant to $7.00 per elder. Our Brookline team of Frank Smizik, Jeffrey Sanchez, Cynthia Creem, and Michael Rush deserve our gratitude for always being advocates!

My anniversary at the Council on Aging is this month. I started 25 years ago, at first doing home visits to ensure that Brookline elders were able to stay at home. Keeping elders at home remains a key aspect of our mission today. The cornerstone of all we are about and all the services we provide is helping elders be independent and live with dignity and vitality. I continue to be awed by the vibrant senior population and am proud to be working for you.

We remain especially concerned about the high cost of living. Jewish Family and Children's Service (JF&CS) have given us a great recipe for little cost (see page 20 in this issue), and our meal site is a great bargain, offering good food and great company for a suggested donation of $1.75. If the high cost of gasoline has you strapped, perhaps now is the time for you to give up your car. Take advantage of all the transportation options available for seniors in Brookline, but remember to throw some extra change to us at the Council on Aging so we can pay for our energy needs.

Even our director posed with the trophies.
Photo by Peter Lelievre

Careers in Aging completed a fabulous fifth summer program in July. The program receives support from Brookline Community Fund that sponsors the leadership position. We are grateful for their donation.

Special thanks also go to Deidre Waxman who continues to provide dedicated supervision for the program. I truly believe that no matter what profession these delightful young folk chose they will be sensitive to the needs of their senior constituents.

Our 2008 survey is still being collected. You still have time to give your feedback. One comment that I have seen a number of times while reading them is the need for new rugs. We are aware of some of the damage the rugs have taken from such vigorous usage and the Town is slated to replace them next year. Watch this space for more answers to comments.

August is one of the quietest months for programs, but we do invite you to enjoy the BBQ on August 13 and stop in for our regular activities such as bridge, movies, Scrabble, and BINGO.

Enjoy the lazy days of August, before you know it, the hectic after-Labor Day season will be here. *—Ruthann Dobek, Director*

Having trouble filing for a Stimulus Payment? Or are you still waiting for the Stimulus Payment check?

Try calling the IRS hotline at 866-234-2942 or going to the IRS web site at www.irs.gov.

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The Florida Alternative

ASSISTED LIVING SHORT TERM STAYS - THE RECIPE FOR LIVING

Relax in your own private apartment furnished by Goddard House in Brookline. We'll add warmth to your short term stay with our own special mixture of three meals a day, personal care, 24-hour staffing, reminders for medication, stimulating programs, weekly housekeeping and ….a lively community of friends.

GODDARD HOUSE IN BROOKLINE
The Recipe for Living

For a taste of Goddard House
call Emily Judd 617.731.8500 x105
or take a virtual tour at www.goddardhouse.org
165 Chestnut St., Brookline MA 02445

—SAVE THE DATES—

NEWCOMER'S CLUB

New to the Brookline Senior Community? Want to learn about the resources and activities available to you at the Senior Center and in Brookline? Looking for new friends? Join the Council on Aging Newcomer's Club. It meets for five Thursdays, beginning September 4, from 10:30 am until 12:00 noon at the Senior Center at 93 Winchester Street. Register early for this club as space is limited. For more information and to reserve a place, please call Charlotte Millman at 617-703-2769.

THE SENIOR CHORUS

The Chorus will return from its summer hiatus on Friday mornings in September, beginning on Friday, September 12, at 10:30 am. No tryouts or voice tests of any sort. Everyone is welcome to join and sing, sing, sing.

AUGUST MOON FESTIVAL

This ever-popular annual event will be held (inscrutably) on Monday, September 8, starting at 12:00 noon. Look in the TAB and the September issue for full details. Keep an eye out on the TAB and a flyer for this event for the date that sign up will begin. Sign up early as this very popular event fills up fast.

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
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- Skilled Nursing Services
- Intravenous Therapy
- Wound Management
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Brookline
Health Care Center

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CREATURE COMFORT

Pets bring love, laughter, and companionship to people of all ages, all over the world. For the seniors among us, pet ownership may be especially valuable and rewarding. Having a pet can offer a sense of well being, a sense of encouragement, and even a reason for living.

In the months immediately following my dad's death, one of my mother's dearest friends was her ten-year-old tortoiseshell cat, Cammie. The little cat helped to ease the pain and loneliness of recent widowhood for my mother in a way that neither my brother nor I could have done.

Cammie didn't have a busy professional schedule or a home and family of her own to tend. She was free to be Mum's 24/7 companion. Friendly, alert, and chatty, Cammie demanded attention, as only a cat can, while giving total acceptance and unconditional love in return. Mum credits the fuzzy little creature with giving her the will to get up in the morning.

There is nothing quite as insistent as a four-footed critter when it comes to breakfast; getting up proved easier than listening to the cat's increasingly insistent mews. Catering to the cat, as she had once done for my father, gave my mother a renewed sense of purpose and responsibility. Once up, Mum would find her spirits lifting as she went about her daily activities, her wee cohort never far from her side.

Cammie also provided my mother with social contacts. Reporting on the cat's antics was reason to reach out to friends and family. Every day brought a new, funny story either through e-mail or by telephone. Cammie gave all of us plenty of reasons to laugh and forget our grief for a moment.

Companionship, acceptance, socialization, responsibility, purpose, joy, and laughter; these are but a few of the benefits a pet can give to a solitary senior. However, great thought and consideration should be given when thinking about pet ownership for either yourself or your elder loved one. Be sure to assess the financial and logistical details. Are you allowed to have pets where you live? What type of companion do you want: cat, dog, bird, rabbit, or whatever? Do you have the room for a loving, faithful dog? Can you afford to feed a cuddly cat? Who will take care of your friends if you cannot? Be honest as you evaluate the pros and cons.

If you do make the decision to adopt a friend, consider finding a mature animal. Often an older animal will be calmer and more suited to your lifestyle than an exuberant, feet-are-too-big-for-its-body puppy or a nonstop-action, mischievous kitten. A call to MSPCA/Angell Memorial at 617-442-2816 or to the Animal Rescue League of Boston at 617-426-9170 are great starting points. You can also find adoptable pets in the Brookline and Boston Metro area by accessing www.petfinder.com.

by Victoria Ellsworth
Paralegal, Law Offices of Laurie Israel

617 277 3774

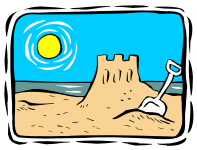
Coolidge Corner
Wills ◆ Probate ◆ Estates
www.laurieisrael.com
lisrael@socialaw.com

Law Offices of Laurie Israel

These are pets that are/were available for adoption in mid-July on Petfinder.com. I sincerely hope that they both have homes by now.

Springwell Nutrition Program AUGUST 2008

617-730-2770

MONDAY	TUESDAY	WEDNESDAY
		
4) Split Pea Soup/Crackers Roast Pork/Brown Gravy Boiled Parsley Potatoes Beets/Rye Bread **OR** Seafood Salad on Whole Wheat Bread Lettuce Leaf/Potato Salad Roman Blend Salad **Applesauce**	**5) Summer Delight – Build a Burger** Grilled Hamburger Au Jus Lettuce & Tomato Slice Cheese Chips Summer Blend Vegetables Hamburger Roll Ketchup/Mustard **Fresh Blueberry Parfait**	**6) Florentine Soup/Crackers** Crumb Baked Macaroni & Cheese Stewed Tomatoes Whole Wheat Bread **OR** Sliced Turkey & American Cheese on Multigrain Bread/Lite Mayo Lettuce Leaf Beet Salad/German Potato Salad **Brownies**
11) Vegetable Rice Soup w/Crackers Baked Fish w/Cheese Sauce Green & Wax Bean Blend Sweet Potatoes/Oatmeal Bread **OR** Sliced Roast Beef & Muenster Cheese on Rye Bread/Lite Mayo/Lettuce Leaf Macaroni Salad/Cole Slaw **Chocolate Pudding/Topping**	**12) Cold Plate – Black Bean Soup/Crackers** Chef Salad w/Ham, Egg, Cheese Strips, & Vegetables Italian Dressing/Pasta Salad w/Cheese Whole Wheat Roll **OR** Turkey Salad on a Lettuce Leaf Tomato Red Pepper Salad Three Bean Salad/Whole Wheat Bread **Mandarin Oranges**	**13) <u>Springwell BBQ Lunch</u>** Hot Dogs and Hamburgers Hot Dog and Hamburgers Rolls Baked Beans/Cole Slaw Ketchup/Mustard/Relish **Cake** **NO COLD LUNCH**
18) Minestrone Soup/Crackers Stuffed Pepper/Tomato Sauce White Rice/Green Beans Rye Bread **OR** Seafood Salad on Multigrain Bread Lettuce Leaf/Cucumber Tomato Salad Orzo Vegetable Salad **Fresh Fruit**	**19) <u>Birthday Lunch</u>** **Clam Chowder/Crackers** Pier 17 Fish/Newburg Sauce Red Bliss Potatoes Butternut Squash/Multigrain Bread **OR** Chicken Salad on Oatmeal Bread/Lettuce Leaf Pasta Vegetable Salad Cole Slaw **Tapioca Pudding/Topping**	**20) Vegetable Soup/Crackers** Chicken Marsala Buttered Rice/Broccoli Orange Cranberry Muffin **OR** Roast Beef & American Cheese on Multigrain Bread/Lite Mayo/Lettuce Leaf Pineapple Slaw/Potato Salad **Mandarin Oranges**
25) Cheese Lasagna/Meatball/Tomato Sauce Broccoli/Tossed Garden Salad Lite Italian Dressing/Scali Bread **OR** Chicken Patty on a Hamburger Roll Lite Mayo/Lettuce Leaf/English Pea Salad Tomato Green Pepper Salad **Peaches**	**26) Cream of Butternut Squash Soup/ Crackers** Roast Turkey/Gravy/Cranberry Sauce Whipped Potatoes/Green Beans Whole Wheat Roll **OR** Roast Beef & Swiss Cheese on Rye Bread Lite Mayo/Carrot Pineapple Salad Lo Mein Pasta Salad **Fresh Fruit**	**27) Mushroom Barley Soup/Crackers** Chicken Paprika Red Bliss Potatoes Brussels Sprouts/Oatmeal Bread **OR** Chef Salad w/Turkey, Egg, Cheese Strips, and Vegetables/Italian Dressing Macaroni Salad/Whole Wheat Roll **Rice Pudding/Topping**

THURSDAY	FRIDAY
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**	**1) Chicken Noodle Soup/Crackers** ***Chicken Kielbasa Roasted Potatoes/Onions & Peppers Peas/Mustard/Sub Roll **OR** Breaded Chicken Patty on a Hamburger Roll Lite Mayo/Lettuce Leaf/Potato Salad Cucumber Tomato Salad **Butterscotch Pudding/Topping**
7) Lemon Pepper Fish Zucchini/Herbed Brown Rice Oatmeal Bread **OR** Chicken Salad on Lettuce Leaf Rice, Tomato, Black Olive Salad/Oatmeal Bread/Tossed Salad/Lite Thousand Island Dressing **Fresh Fruit**	**8) Summer Olympics Special** **Oriental Vegetable Soup/Crackers** Oriental Chicken/ Lo Mein Noodles Beijing Mixed Vegetables/Spring Roll Fortune Cookie **OR** Egg Salad on White Bread/Lettuce Leaf Pasta Vegetable Salad/Cauliflower Carrot Salad **Pineapples**
14) Vegetable Noodle Soup/Crackers Chicken Goulash w/Vegetables Peas Whole Wheat Roll **OR** ***Ham & American Cheese on Rye Bread Mustard/Roman Blend Salad German Potato Salad **Fresh Fruit**	**15)** Pot Roast/Brown Gravy Mashed Potatoes Summer Squash/Apple Cinnamon Muffin **OR** California Chicken Salad on a Lettuce Leaf Tomato & Broccoli Salad Potato Salad/Whole Wheat Bread **Ambrosia/Topping**
21) Beef Stew w/vegetables Peas Whole Wheat Roll **OR** Egg Salad on Oatmeal Bread/Lettuce Leaf Tri-Color Pasta Salad Roman Blend Salad **Pineapple**	**22)** Chicken Chili Buttered Rice/Tossed Salad Lite Italian Dressing/Corn Bread **OR** Sliced Turkey & Swiss Cheese on Rye Bread/Lite Mayo/Lettuce Leaf Summer Squash Salad/English Pea Salad **Chef's Choice Dessert**
28) Vegetable Soup/Crackers Vegetable Cheese Quiche Oven Roasted Potatoes Spinach/Rye Bread **OR** ***Ham Salad Wheat Bread/Lettuce Leaf Spinach Mandarin Orange Salad Potato Salad **Mixed Fruit Cocktail**	**29)** Veal Parmesan/Rotini Pasta w/Tomato Sauce Parmesan Cheese/Zucchini/Tossed Salad Lite Italian Dressing/Whole Wheat Bread **OR** Seafood Salad on White Bread Lettuce Leaf/Cole Slaw Italian Pasta Salad **Snickerdoodle Cookie**

LUNCHEON SPECIALS FOR AUGUST

Please remember that reservations for **ALL** Springwell lunches must be made by 11:00 AM on the **weekday preceding the day on which you want to have lunch.** This applies to both regular and special Springwell luncheons. Call 617-730-2770 for reservations.

On **Friday, August 8**, celebrate the opening of the Beijing Summer Olympics at the **Summer Olympics Special lunch**. Dine on Oriental Chicken and Lo Mein Noodles.

On **Wednesday, August 13,** enjoy the **Springwell BBQ Lunch**, Hot Dogs and Hamburgers, yum, yum. **Reserve your place by Monday, August 11**.

On **Tuesday, August 19**, it's time for the **Birthday Lunch**. Be sure and tell the receptionist if you have an August birthday when you call for reservations.

The **Out to Lunch** group will meet for lunch at 12:00 noon at **Tashi Delek Tibetan Restaurant** at 236 Washington Street, in Brookline Village. In addition to their regular menu, they have a special luncheon buffet.

Brookline Senior Center
93 Winchester Street
617-730-2770

AUGUST 2008

Events Calendar

MONDAY	TUESDAY	WEDNESDAY
To reserve a lunch, please call 6177-730-2770 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	SHINE counselors are available to answer your individual health insurance questions. For an appointment please call 617-730-2777
4 9 am Podiatry Clinic by appt. 12:30 pm Chinese programs 1 pm Mah jongg 1-2 pm Line Dancing 1-2 pm Blood pressure screening 2-4 pm Open computer lab	5 10:30 am Brookline Bees, Quilters 12 noon Springwell Summer Special 1:00 pm Bingo 1:30 pm Movie Lovers' Film Series "The Diving Bell & The Butterfly"	6 9 am-12 noon BLAB lawyer 9:30 am Retired Men's Club 10 am-12 noon SHINE counselor 12:30 pm Bridge 1 pm Planning meeting for the Holiday Fair
11 12:30 pm Chinese programs 1 pm Mah jongg 1-2 pm Line Dancing 2-4 pm Open computer lab	12 10:30 am Brookline Bees, Quilters 12:45 pm French Conversation grp. 1:00 pm Bingo 1:30 pm Movie Lovers' Film Series "To Be and To Have"	13 9:30 am Retired Men's Club 10 am-12 noon SHINE counselor 12 noon Springwell BBQ lunch, pre-registration required. 1 pm Concert by Duane Sullivan 12:30 pm Bridge
18 9 am Podiatry Clinic by appt. 12:30 pm Chinese programs 1 pm Mah jongg 1-2 pm Line Dancing 2-4 pm Open computer lab	19 10:30 am Brookline Bees, Quilters 12 noon August Birthday lunch 1:00 pm Bingo 1:30 pm Movie Lovers' Film Series "The Band's Visit"	20 9:30 am Retired Men's Club 10 am-12 noon SHINE counselor 12:30 Bridge 1 pm Low Vision Group
25 12:30 pm Chinese programs 1 pm Mah jongg 1-2 pm Line Dancing 2-4 pm Open computer lab	26 10:30 am Brookline Bees, Quilters 12 noon "Out to Lunch" group at Tashi Delek Tibetan Rest. 1:00 pm Bingo 12:45 pm French Conversation grp. 1:00 pm Bingo 1:30 pm Movie Lovers' Film Series Olivier's “Hamlet”	27 9:30 am Retired Men's Club 10 am-12 noon SHINE counselor 10 am Modern Beading 12:30 pm Bridge 1 pm Free Concert by New England 5 Brass Quintet

THURSDAY	FRIDAY
	1 9 am Bridge 9 am Solemates Walking Group 10 am Project Volunteer Group 10:30 am Current Events
7 9:30 am Farmers Mkt. Coupon distrib. 10 am-12 noon SHINE counselor 10:30 am Knit and Crochet 10:30 am Arthritis Exercise Class 10:30 am Beginning Drawing class 1 pm Knit and Crochet 1:30 pm " Easy Travel," discover Brookline's Hidden Jewels 1:30 pm Russian Tea Room	8 9 am Bridge 9 a.m Solemates Walking Group 10 am Project Volunteer Group 10:30 am Current Events 10:30 am Senior Chorus on vac.
14 10 am-12 noon SHINE counselor 10:30 am Knit and Crochet 10:30 am Beginning Drawing class 10:30 am Arthritis Exercise Class 1 pm Knit and Crochet 1:30 pm Russian Tea Room	15 9 am Bridge 9 am Solemates Walking Group 10 am Project Volunteer Group 10 am Dance workshop, pre-registration required 10:30 am Current Events 10:30 am Senior Chorus on vac.
21 9-10:30 am Blood pressure screen. 10 am-12 noon SHINE counselor 10:30 am Knit and Crochet 1 pm Knit and Crochet 1:30 pm Russian Tea Room	22 9 am Bridge 9 am Solemates Walking Group 10 am Project Volunteer Group 10 am Dance workshop 10:30 am Current Events 10:30 am Senior Chorus on vac.
28 10 am-12 noon SHINE counselor 10:30 am Knit and Crochet 1 pm Knit and Crochet 1:30 pm Russian Tea Room Evening Alzheimers Support Group. Call for time.	29 9 am Bridge 9 am Solemates Walking Group 10 am Project Volunteer Group 10 am Dance workshop, 10:30 am Current Events 10:30 am Senior Chorus on vac.

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—Knit and Crochet
1:30 pm—Russian Tea Room

FRIDAY

10:00 am—Solemates, Walking Group
10:30 am—Current Events Discussion Group
10:30 am—Senior Chorus on vacation

A MEAL FOR TWO DOLLARS OR LESS

Looking for an inexpensive and healthy way to enjoy an old summertime favorite? Contrary to what some believe, healthy meals can be just as inexpensive and tasty as less nutritious meals. This easy-to-prepare recipe is delicious and healthy and will keep some extra bills in your wallets.

Chicken Salad with Grapes & Toasted Pecans

Yield: 4 servings
Total Preparation Time: 15 minutes

Ingredients

10 ounces canned chicken breast, drained
2 cups seedless green or red grapes, halved
⅓ cup pecans, toasted & coarsely chopped
¼ cup light canola mayonnaise
¼ cup plain fat free yogurt*
⅛ tsp ground black pepper, or to taste
4 six-inch whole wheat pita pockets

To prepare pecans, preheat oven (conventional or toaster) to 350°F. Place pecans in a single layer on a baking sheet and bake for 5 minutes. Break up pecans once they have cooled by chopping them with a knife or placing them in a sealed plastic sandwich bag and crushing them with the back of a measuring cup. Mix mayonnaise, yogurt,* and spices in a large bowl. Open canned chicken and drain it of packing liquid. Into the large bowl, add chicken, grapes, and pecans, and mix well. Stuff into a whole-wheat pita pocket and enjoy.

This recipe is versatile, so if you want to, replace some ingredients listed here for others. For example:

1. Replace grapes with any fruit or vegetable of your choice.
2. Replace canned chicken with leftover chicken, or bake boneless, skinless chicken breast halves at 350°F for 20 minutes. Add ¼ tsp of salt to dressing if you are using cooked fresh nonkosher chicken.
3. Replace pecans with any other chopped or slivered nut.

This recipe costs $.25 less per serving than conventional chicken salad, at only $1.75 per serving. How it works: Chicken is the most expensive ingredient, so the amount of chicken was reduced and less expensive nuts were added in its place. Nuts provide protein, fiber, other nutrients, and heart-healthy oils. Fruit was then added to increase volume, satisfaction, and nutrition. Purchase produce that costs $1.50 or less per pound to keep cost of fresh produce reasonable.

Meals such as this one add variety, enjoyment and nutrition to your day while saving you money. Saving $.25 per serving on two nutritious meals per day for two people saves you $1 per day, which amounts to a savings of $365 per year!

Nutrition analysis per serving: 240 calories; 12g fat (2g sat); 60mg cholesterol; 13g carbohydrate; 1g dietary fiber; 22g protein; 330mg sodium; vitamin B6 28%**; vitamin B12 12%**; selenium 29%**; iron 6%.**

**If following kosher dietary laws, use 1/3 cup reduced fat mayonnaise and omit yogurt.*
***% means the percent of minimum daily adult requirement.*

by Alison Books, MS, RD, LDN
Director of Nutrition Services at Jewish Family & Children's Service (JF&CS).
JF&CS provides compassionate and comprehensive care to seniors, helping them live healthy, independent and meaningful lives. Visit www.jfcsboston.org or call 781-647-JFCS (5327) for more information.

FARMER'S MARKET COUPONS

A limited number of coupons will be distributed to lower-income Brookline residents over 60 years of age on **Thursday, August 7, at 9:30 am** at the Senior Center. You must bring a proof of ID, residency, and eligibility such as Elder Housing tenancy, SSI, Medicaid, Low-income section 8s, BETS taxi ID, and so forth

THE NEW SIMPLIFIED FOOD STAMP APPLICATION FOR ELDERLY APPLICANTS

The Food Stamp Program enables low-income households to purchase food. Many people, although eligible, do not receive food stamp benefits. This is particularly true for the elderly whom USDA has identified as a target population for food stamp outreach. Based on this information and to increase outreach efforts among the elderly, the Department has created a new simplified food stamp application form for use by applicants aged 60 or older. This form helps to streamline the application process and removes a long-standing barrier for this population.

The Simplified Food Stamp Application for Elderly Applicants is a shortened version of the regular food stamp application form. It was fashioned after the regular food stamp application form, but adapted to reflect the general circumstances of elders. The form specifically does not include questions about childcare expenses, child support payments, boarders or foster care (although these questions will be asked during the BEACON interactive interview). However, it asks about medical expenses such as adult daycare expenses, which denote circumstances more common to elderly applicants.

The Rights and Responsibilities Penalty Warning (RR/FSP-1B) page is attached at the back of the *Simplified Food Stamp Application for Elderly Applicants*. This RR/FSP-1B is for informational purposes only. It does not contain a signature line and does not have to be signed and returned. The form is only one page front to back.

The *Simplified Food Stamp Application Form for Elderly Applicants* was created for use by:

- Elderly individuals living alone (for food stamp purposes, aged 60 or older)
- Elderly couples living alone
- Elderly individuals or couples who live with others but who constitute a separate food stamp household

While it is a requirement that all food stamp applicants be interviewed, it is particularly important that applicants who use the *Simplified Food Stamp Application for Elderly Applicants* are interviewed so that questions that do not appear not on the *Simplified Food Stamp Application for Elderly Applicants* are addressed.

If you have any questions, call the Senior Center at 617-730-2777 and ask for more information about food stamps. If there is not someone to help you available, leave your name and telephone number, and you will receive a call from someone at the Senior Center.

John Augeri, Assistant Commissioner for Field Operations, Massachusetts Department of Transitional Assistance

FARMER'S MARKET

Remember that the Brookline Farmer's Market is open for business on Centre Street just off Beacon on Thursdays from June 29 through October 30 from 1:30 pm until dark. This is an excellent place to buy local, i.e. fresh and often organic. fruits and veggies, meats, plants, herbs, and baked goods. Things may cost more than they do in the supermarket, but "fresh and local" is not to be ignored. And yummie ice cream is also available for the kids of all ages.

AT THE GALLERY

Paintings and Prints
by Evelyn Berde

Monday, July 7 through
Tuesday, September 30
8:30 am to 5:30 pm
Monday through Friday

You have two more months to visit and revisit this extraordinarily lively and lovely exhibit. I am moved and cheered each time I walk through the gallery. And there are more of Berde's amazing paintings on the third floor.

FRENCH CONVERSATION

In **August**, the French Conversation group will meet on **Tuesdays**, **August 12 and 26, at 12:45 pm** at the Senior Center, with Agnes Serenyi leading the group.

BROOKLINE MUSIC SCHOOL

There will be no Brookline Music School concert in August. Look for information on the September concert in the September issue

DUANE SULLIVAN CONCERT

Duane Sullivan will entertain at the Senior Center, starting **at 1:00 pm** as part of the **August 13 Springwell BBQ** (see pages 16 and 17 for lunch details. .

NEW ENGLAND 5 BRASS QUINTET

This group will perform works by Bach, Purcell, Corelli, and Gershwin at the Senior Center on **Wednesday, August 27, at 1:00 pm**. Members of the group are Najib Wong (trumpet), Noah Gladstone (also trumpet), Liz Axtell (French horn), Caroline Cardiasmenos (trombone), and David Roth (bass trombone).

MODERN DANCE PART TWO

The modern dance workshop in July was very popular, and so we are offering another series of three workshops at the Senior Center at **10:00 am** on **Fridays, August 15, 22, and 29**. Call 617-730-2777 to join this workshop.

SENIOR CENTER SURVEY 2008

The Senior Center Survey 2008 helps us to plan for future programs and improvements. If you didn't get one in the mail, call us at 617-730-2777, and we will send you one. Or you can pick one up at the Senior Center. We really want to hear your thoughts and ideas!

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COUNCIL ON AGING MEETING

The Council on Aging (COA) Board will not meet in August, but will resume meetings in September. Look in the TAB and the September issue of the *News and Events* newsletter for details, but save the date.

POETRY WORKSHOP

We are still taking names of people interested in attending this workshop to be held at the Senior Center and led by published poet Mary McManus. So if you are interested in sharpening your poetry-writing skills, call 617-730-2777 to add your name to the list.

SAVE THESE DATES

September is going to be a busy, event-filled month so, in addition to the events we gave on page 13, save time for these additional September events:

- Tuesday, September 16 State Primary Elections
- Wednesday, September 25 Follen Angels Supper Concert and Show. The Follen Angels will perform Gershwin and Cole Porter.
- And there will be a Fitness Fair in September—date to be announced.

EASY TRAVEL

In August, we will spend an exciting time close to home discovering Brookline's Hidden Jewels on **Thursday, August 7, at 1:30 pm**. Don't miss this chance to see Brookline from a different perspective.

Brookline Bank
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the Brookline Senior Center Calendar

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Member FDIC

WE GET LETTERS

Sometimes we get letters that make us even prouder of our volunteers than we normally are and that we want to pass on to our readership. This is such a letter:

Dear Deborah [SHINE Counselor],

I am writing this note to you to express my sincere appreciation for your assistance and helping me finally make some sense (or non-sense) out of the Federal government's Medicare Insurance quagmire.

Your suggestions and advice were invaluable and are very much appreciated. For the first time in a very, very long time, you helped me understand the process and what my choices were/are, and I can now make them intelligently.

It is people like you that make this world a better place for all of us. Thanks again for being there for me. Sincerely, Barry Menkes

THANKFUL TO BE HOME WITH THOSE YOU LOVE

Partners Private Care, a subsidiary of Partners Home Care, offers in-home support, such as home health aides for personal care assistance, nursing, and home management, that gives you confidence to live on your own. Our staff are screened, supervised, and insured, providing you with added protection.

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Call for more information:
Home Instead Senior Care Lifeline
617-969-8715

PHILIPS Lifeline

Brookline Adult & Community Education
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CONTRIBUTORS

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OLYMPIANS ALL

The Summer Olympics will begin soon. We at the Council on Aging/Senior Center have our own Nation of Olympians. Our HELP workers represent 16 countries around the world. Their goal is to keep seniors in their homes. They reach their goal every day by helping seniors. All our HELP workers are gold metal winners.

THIRD ANNUAL AUTUMN BENEFIT—SAVE THE DATE

Plan on joining us at the Senior Center in November for our third annual Autumn Benefit. Remember that a gift, like a smile, is everlasting. Join us at this gala evening event. Meet amazing people. Celebrate the season's change and the beginning of the winter festivities season. Nosh with us. Feast with us. Toast with us. Become a part of us. Rejoice in your community and its services.

MORE ON EMERGENCY PLANNING—PETS

Do not forget your pets in your emergency planning. Make a plan for all contingencies.

If the emergency is one where you want to stay put in your home, be sure you stock water and food for your pets as part of your emergency supplies.

If you need to evacuate in an emergency, the best plan is to take your pets with you on the principle that what is best for you is typically best for your pets. Try to find a shelter that will take your pets, or if that is not possible, find an animal shelter that will take your pets. Remember that if you must evacuate, you should not assume that your pets will be OK if left behind. Remember New Orleans! It could happen to your pets, too. You might not be able to get back to them soon so consult with your veterinarian and or access www.ready.gov.

AUGUST FILMS FOR MOVIE LOVERS

We have a special treat for movie lovers in August—a **foreign film festival** that is being jointly sponsored by the Senior Center and the Coolidge Corner branch of the Brookline Public Library. All of the films or parts of films that are not in English have English subtitles.

AT THE SENIOR CENTER

Tuesdays in August at **1:30 pm** at the Brookline Senior Center.

August 5 French 115 minutes
The Diving Bell and the Butterfly

In 1995, author and editor Jean-Dominique Bauby suffered a stroke that put him in a coma; he awakened mute and completely paralyzed. Mathieu Amalric stars in this adaptation of Bauby's autobiography, which Bauby dictated by blinking.

August 12 French 104 minutes
To Be and To Have
The once-acclaimed French school system is under siege, so overcrowded that children cannot receive the education they deserve. But there's one place that's trying to change the trend. This documentary visits a one-room schoolhouse in rural France, where Georges Lopez teaches his 13 students, between 3 and 10 years old, the old-fashioned way...with effort, attention and encouragement. .

August 19 English/Arabic/Hebrew
The Band's Visit 87 minutes

When an Egyptian police band travels to Israel to play at the opening of an Arab arts center, they wind up abandoned and lost in a remote desert town. Defying expectations, the tiny Israeli community embraces the musicians, and both the Egyptians and locals learn a few things about one another—and about themselves.

August 26 English 155 minutes
Olivier's Hamlet

Laurence Olivier as Prince Hamlet schemes to avenge his father's death when his uncle, Claudius, murders Hamlet's father and usurps his dead brother's throne, promptly weds the queen, and ascends to his dead brother's throne. But Hamlet—uncertain how to best carry out his mission—allows his anguish and indecision to lead to more carnage.

AT THE COOLIDGE CORNER BRANCH OF THE BROOKLINE PUBLIC LIBRARY

Thursdays in August. Refreshments at 1:00 pm and film **at 1:30 pm**.

August 7 Norwegian/Swedish 95 minutes
Kitchen Stories
Inspired by an esoteric 1950s Swedish study, this unusual tale about comradeship and camaraderie starts with an observer, Folke, watching his subject, Isak, go about his daily routine. When the two old men break the rule and start talking to each other, they forge a friendship stronger than they thought possible.

August 14 Japanese 120 minutes

Shall We Dance?
During his daily commute, Tokyo office worker Shohei sees a stunning woman in a dance studio. He enrolls in ballroom dance lessons at the studio, even though he risks losing face doing what his society considers improper activity for a man. Shohei quickly realizes that he loves dance and loves doing it.

August 21 German 109 minutes
Beyond Silence
Laura is a dutiful daughter to her hearing-impaired parents, Martin and Kai—sometimes to the detriment of her own needs. When an aunt gives the young girl a clarinet, Laura discovers a hidden talent, and as a teen, gets a Berlin music school scholarship, falls in love, but tragedy calls her back home.

August 28 Eng.Italian/Ger.French/Mandarin
The Red Violin 130 minutes

A long-lost "red violin" crafted in the Italian Renaissance shows up at an auction, enthralling a curious connoisseur. In flashbacks through three centuries, the instrument reveals its mysterious history—and the lives of its previous owners.

GIVING

We appreciate and cherish all the people who gave generously and from the heart to help support the Senior Center and its special programs in the month of July:

To Mildred Siegel, Barbara Hamilton, Doris Berger, Esther Seroll, Mary O'Brien, Pat Burke, Ruth Levy, Sally Arons, and Lita Moroz for their gifts **in honor of Frances Silverstein's 90th Birthday.**

To Naomi Podhorzer for her gift **in honor of Ron Gallagher and supporting the Van Fund.**

To an anonymous source for a gift **in memory of Marion Metcalf.**

To Edgar and Hinda Gutoff, Helen Cotton, and Harriet F. Koch for their gifts **to our Annual Appeal.**

FROM THE BOARD PRESIDENT

The Brookline Senior Center gratefully accepts donations to its nonprofit arm. These donations are completely tax deductible to the giver. Donations are put into use to keep the van running as well as to fund furnishings, improvements, and innovative programs for our Senior Center.

We welcome your gifts in honor of special occasions; as thanks for services you have received; or to recognize friends, family, or staff.

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

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 our advertisers for helping to support the *Senior Center News and Events* newsletter so that we can continue to serve the Brookline Senior Community.

GIVE US YOUR CHANGE

The precipitous rise in the cost of food and the even more spectacular rise in fuel costs have put enormous pressures on the Springwell Nutrition Program. We want to ensure the continuation of this most important program so we are asking you to consider adding your pocket change to your donation envelope— say at the end of each week. Every extra nickel, dime, or quarter helps.

DTV IS COMING

We realize that there is a great deal of confusion about the switch in February 2009 from analog to digital broadcasting. However, rather than try to cover this vast topic in bits and pieces, we are taking specific questions at the Senior Center and trying to answer them. If you are confused or discombobulated about any DTV issues, please call us at 617-730-2777, and give us your name, phone number, and question(s). We will try to get answers for all your questions.

ROGER R. LIPSON
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