

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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Brookline, Massachusetts 02446



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HIGHLIGHTS

Do something different in August—including a Belly-dance Workshop—see p. 3.

Learn about Parkinson's Disease and Drawing for Pleasure by watching the Senior Scene—see p. 6.

Enjoy a light-hearted documentary on Mah Jongg—see page 8.

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 when our local budget has been reduced. We appreciate their ongoing support to Brookline elders! See page 9 for more on how we spend our money.



AUGUST 2009

BROOKLINE FARMERS MARKET

Of all the special treats we look forward to in summer, not the least of them is the Brookline Farmers' Market where we can browse among so many goodies—fresh, locally grown fruits and vegetables abound, along with turkey pies, freshly baked goods, local cheeses and eggs, and, of course, an old fashioned ice cream truck.

On a recent trip to the Farmers' Market, I [the editor] reveled in the raspberries and wild blueberries. And the fresh-picked corn brought back vivid childhood summer memories of my Uncle Moe's farm in the Loess Hills near Missouri Valley, Iowa, and the giant family picnics we used to have there on long, hot summer afternoons.



The corn grows tall in the Loess hills of the Missouri River basin.

The Brookline Farmers' Market is open every Thursday from June 18 through October 29 from 1:30 pm until dark. On Monday, August 10, at 9:30 am a limited number of discount coupons for qualified seniors will be available at the Senior Center. For more information about the coupons, see page 7.

Map showing location of Brookline Farmers' Market.

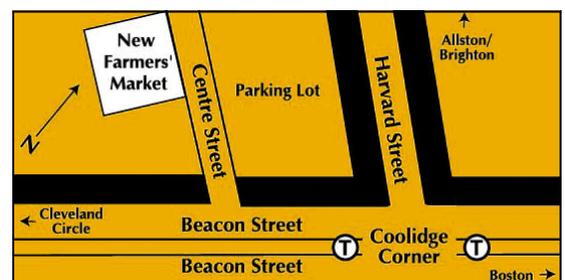


TABLE OF CONTENTS

| | |
|---|--|
| <p>Brookline Farmers Market..... 1</p> <p>August Holidays 3</p> <p>Easy Travel..... 3</p> <p>Try Something Different in August..... 3</p> <p style="padding-left: 20px;">Modern Dance and Movement</p> <p style="padding-left: 20px;">Muscle Conditioning for Seniors</p> <p style="padding-left: 20px;">Belly-dance Workshop</p> <p>The Health Page 4</p> <p style="padding-left: 20px;">Ask a Nurse Low Vision Group</p> <p style="padding-left: 20px;">Podiatry Clinic Blood Pressure Screenings</p> <p>Blood Pressure Screenings..... 4</p> <p>Are You Approaching the Dreaded “Donut Hole”?..... 5</p> <p>Parkinson Support Group..... 5</p> <p>Brookline Aging Collaborative 5</p> <p>Alzheimer’s Caregivers Support Groups 5</p> <p>Senior Center Swing Band 6</p> <p>COA Meeting..... 6</p> <p>August Moon Festival—SAVE THE DATE 6</p> <p>Newcomer’s Club—COMING SOON 6</p> <p>Elder Resource Guide..... 6</p> <p>Senior Scene 6</p> <p>Farmer’s Market Discount Coupons 7</p> <p>Programs on Vacation in August..... 7</p> <p>Modern Beading Workshop 7</p> <p>Book Discussion Group..... 7</p> <p>Holiday Fair Planning 7</p> <p>At the Gallery: Botanical Portraits..... 8</p> <p>Mah Jongg Movie..... 8</p> <p>Chess Anyone? 8</p> <p>Clarence Darrow Speaks—SAVE THE DATE 8</p> <p>Movie Lovers Series for August..... 9</p> <p style="padding-left: 20px;">Talk to Me— August 4</p> <p style="padding-left: 20px;">Gran Torino— August 11</p> <p style="padding-left: 20px;">Last Chance Harvey— August 18</p> <p style="padding-left: 20px;">Defiance— August 25</p> <p>Senior Movies Around Town..... 9</p> <p>Senior Services..... 10</p> <p style="padding-left: 20px;">BETS HELP SHINE</p> <p style="padding-left: 20px;">BLAB JOBS Social Security</p> <p style="padding-left: 20px;">File of Life NEEDS</p> <p>The Commonwealth’s Grant Formula 11</p> <p>Did You Know...about commonwealths..... 11</p> <p>Arthritis Exercise Program 11</p> <p>Equipment Loan Fund 13</p> <p>Cell Phones and iPods..... 13</p> | <p>Project Volunteer 13</p> <p>From the Director 14</p> <p>Lemony Lentil Salad with Salmon 15</p> <p>Spanish Immersion..... 15</p> <p>The Town Web Site 15</p> <p>Springwell Nutrition Program..... 16</p> <p>Luncheon Specials for August..... 17</p> <p>EVENTS CALENDAR 18</p> <p>Ongoing Senior Center Events 19</p> <p>Annual Benefit—SAVE THE DATE..... 20</p> <p>Memory 20</p> <p>One-on-one Computer Courses..... 20</p> <p>Subscribing to the <i>Senior News and Events</i>..... 21</p> <p>Upcoming Events at the Brookline Arts Center 21</p> <p>Goddard House August Community Events..... 21</p> <p>More Goddard House August Community Events..... 22</p> <p>Our Advertisers 23</p> <p>Tips from Massachusetts Commission for the Deaf and Hard of Hearing 23</p> <p>Songwriting Works™ Reprise 24</p> <p>Brookline Recreation Active Adults Program 24</p> <p>As this summer draws to a close... 24</p> <p>Our Contributors 25</p> <p>Brookline Council on Aging/Senior Center 25</p> <p>Handicapped Access 25</p> <p>Springwell Nutrition Program..... 25</p> <p>August Thank Yous..... 26</p> <p>From the Board President..... 26</p> |
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The Town of Brookline Senior News & Events
BROOKLINE COUNCIL ON AGING (COA)

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Subscription fee: \$10.00/year. See page 31 for subscription/renewal form.

AUGUST HOLIDAYS

August is traditionally a quiet, slow-moving month—the hot steamy *dog days*. This name is very ancient, dating back to the ancient Egyptians who used the term because the dog star—Sirius—appeared just before the season of the Nile’s flooding. Its rising coincided with a time of extreme heat so the connections with hot, sultry weather was made for all time. It was also widespread throughout the Greek and Roman worlds as a time of hot, sultry weather.



And though August does include the beginning of Assumption Day on Saturday, August 15, and Islamic Ramadan on Saturday, August 22, and Friendship Day on Sunday, August 23, and Women’s Equality Day on Wednesday, August 26, it has no *official* holidays so the Senior Center and the Rogerson Brookline Adult Day Health Program will be open Monday through Friday all month.

EASY TRAVEL

On **Thursday, August 6, at 1:30 pm**, Peter Stringham will discuss his travels to Brookline’s Sister City in Central America—Quezalguaque, Nicaragua. Learn about the projects Brookline has been involved with and plans for the future. For more information on the Brookline Sister City Project, access www.brooklinesistercity.org. On that web site you can take a tour of Quezalguaque and learn more about it and about interaction between Quezalguaque and Brookline.



TRY SOMETHING DIFFERENT IN AUGUST

This trio of programs should do a lot to relieve the end-of-summer doldrums. Think about participating in one, two, or all of them.



Modern Dance and Movement

Lynn Modell, the instructor for this popular program is offering a second section at the Senior Center **in August 10:00 am, on Tuesdays, August 18 and 25 , and Fridays, August 21 and 28**. No dance experience is necessary. Cost: \$2.00 per session.

Muscle Conditioning for Seniors

Beth Erlichman, instructor Course code: **D169** This Brookline Adult & Community Education (BA&CE) course meets at the Senior Center on Mondays and Wednesdays (two times a week for 3 weeks), beginning **Monday, August 3, from 9:30 to 10:15 am**. Cost: \$45. For more information and to register, call 617-730-2700 or access www.brooklineadult.ed.org on the internet.

Belly-dance Workshop

Learn about the ancient and beautiful art of belly dance with Susan Senator, Brookline resident and author, on **Thursday, August 6, from 10:00 to 11:30 am** at the Senior Center.

Originating from many parts of the world, belly dance has long been a dance form primarily for women. Some believe that belly dance began as a method of childbirth training, but it has evolved as a celebration of female energy and beauty. Belly dancing is for all women. Women who try belly dance feel the magic of the sensuous movements and muscle isolations accompanied by beautiful Arabic music.

Susan has been studying Middle Eastern belly dance in the greater Boston area for three years. She has studied many different styles Egyptian, Turkish-Greco, Tribal Fusion, and more.

To register for this free workshop, call 617-730-2770.



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

Ask a Nurse St. Elizabeth's Medical Center's Nurse Practitioner Eileen Currier is on vacation in August and will not visit the Senior Center.

Podiatry Clinic Routine foot care with Dr. John McLoughlin is available by appointment on **Mondays, August 3 and 31, from 9:00 am to 12:00 noon**. Sessions, which last 15 minutes each, cost \$25. Appointments are required. You can make an appointment by calling 617-730-2777.

Low Vision Group This peer-led support group for individuals with limited eyesight will meet at the Senior Center on **Wednesday, August 19, at 1:00 pm**. Call 617-730-2777 for information and to set up a demonstration on how to use the

new Topaz Desktop Video Magnifier in the Computer Room at the Senior Center.

Blood Pressure Screenings

The Brookline Health Care Center will provide a blood pressure screening **at the Senior Center on Monday, August 10, from 1:00 to 2:00 pm**. The nurse who will preside at this session is bilingual. (She speaks English and Chinese.)

Come in on **Thursday, August 20, from 9:00 to 10:30 am to the Senior Center** for blood pressure screening with a nurse from the Brookline Health Department.

There will also be a special blood pressure screening at the Senior Center on **Wednesday, August 12**, sponsored by Epoch Senior Health Care **from 1:00 to 2:00 pm**.

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

The Health Page is sponsored by
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BLOOD PRESSURE SCREENINGS

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

- Thursday, August 20, at the Senior Center from 9:00 to 10:30 am
- Wednesday, August 26, at O'Shea House, 61 Park Street, from 1:00 to 2:00 pm



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ARE YOU APPROACHING 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 \$2700. The next \$3200 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. Call for an appointment with a SHINE Counselor at the Senior Center at 617-730-2777 or consult Prescription Advantage today at 1-800-243-4636 to see what you can do to minimize the damage of the dreaded donut hole!

PARKINSON SUPPORT GROUP

In August, Karina Stavitsky, MS and PhD candidate in Psychology will lead a discussion of sleep problems in Parkinsons Disease (PD). Please bring questions or concerns in addition to any tips you'd like to share. All are welcome to attend, and we look forward to seeing you there!. This group will meets at the Senior Center on **Friday, August 7, from 1:00 to 2:30 pm** at the Senior Center. Next month this group will meet on Friday, September 4, and Dr. Marie Saint-Hilaire, neurologist, will provide the group with an update on PD.

The group has been organized by the APDA I&R Center and is being sponsored by that group and The Brookline Aging Collaborative. For more information, call the APDA I&R Center at 617-638-8466.

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

ALZHEIMER'S CAREGIVERS SUPPORT GROUPS

Both the daytime and the evening Alzheimer's Caregivers Support Group will take a vacation in August. They will be back in September as usual. Elaine Yanowitz will begin leading the Daytime group in September. Susan Andriole will continue to lead the Evening group.

There are also other avenues for help. Among them are the Alzheimer's Association that maintains a 24/7 Helpline to answer questions about Alzheimer's. Call it at 800-272-3900, or contact the helpline online at communications@alzmass.org.

The MA/NH Chapter of the Alzheimer's Association has prepared a comprehensive book that family caregivers can consult for providing later-stage care at home. It is called *Later Stage Alzheimer's Disease: A Caregiver's Guide* and is available free from the www.alzmass.org.

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SENIOR CENTER SWING BAND

If you play an instrument and are looking for a group to play with and if you enjoy playing popular music from the 1920s to the 1950s, this band may be just what you are looking for. Join the Senior Center Swing Band with band leader James Demicco.

Anyone can join, but you should be able to read music or play by ear. Previous band experience is helpful, but not necessary. We'll supply the sheet music. You supply your instrument.

Meetings will be at the Senior Center every other **Monday** afternoon from 2:30 to 4:30 pm. In **August**, meetings will be on the 10th and the 24th.



COA MEETING

The Council on Aging (COA) Board is still on vacation. The next meeting will be on Wednesday, September 9.

AUGUST MOON FESTIVAL

—SAVE THE DATE—



This annual event will be held (inscrutably) on Monday, September 21, starting at 12:00 noon. There will be a fee for participation in the festival. Registration for the event will begin on Wednesday, September 9. Call as soon as possible thereafter for reservations as this very popular event fills up fast.

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NEWCOMER'S CLUB

—COMING SOON—

If you are new to the Brookline Senior Community and are interested in learning about the resources and activities available to you at the Senior Center and in Brookline or are simply looking for new friends, join the Council on Aging Newcomer's Club. Dates and times are still to be decided. For more information, call Charlotte Millman at 617-703-2769.

The 5th Edition of the *Elder Resource Guide*, revised and expanded, is now available for pick-up at the Senior Center. Additions to the Guide include sections on clutter management, funeral planning, tax exemptions, and a Partners-in-Care Spotlight on Jewish Family and Children's Services (JF&CS). Pick up your copy today!

SENIOR SCENE

This is a new program on Brookline Access Television (BATV), hosted by Betty Joel. Each program addresses a different aspect of senior life in Brookline and is aired weekly:

Thursdays at 7:00 pm

Fridays at 7:30 pm

Sundays at 7:30 pm

The program is produced so that each episode airs for about a month.

The program that began airing in mid-July and that will run through Sunday, August 16, features a discussion of Parkinson's Disease with Cathi Thomas, RN, MS, and coordinator of the American Parkinson Disease Association (APDA) Information and Referral (I&R) Center.

~~On Thursday, August 20, a new program showcasing the popular Senior Center program—Drawing for Pleasure—will begin. Interviewees include instructor Louise Weinberg and former students Sol and Gloria Brown.~~

FARMER'S MARKET DISCOUNT COUPONS

On **Monday, August 10, at 9:30 am**, a limited number of discount coupons for qualified seniors will be available at the Senior Center. To qualify for these coupons, the individual must be a Brookline resident at least 60 years old. Please bring a proof of identification and eligibility such as Elder Housing tenancy, SSI, Medicaid, low-income sections 8s, BETS taxi ID, and so forth. Be prompt on August 10 as the number of discount coupons is limited.

See p. 1 for more about the Farmer's Market.



PROGRAMS ON VACATION IN AUGUST

In August the *daytime and evening Alzheimer's Caregivers Support groups, Words and Witticisms, and French Conversation* will be on vacation. They will all resume regular meetings in September.



MODERN BEADING WORKSHOP

Marge Harvey's Modern Beading Workshop will not meet at the Senior Center in August. It will resume its regular meetings at the Senior Center in September.

ROGER R. LIPSON

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BOOK DISCUSSION GROUP

Join in on **Monday, August 17, at 2:00 pm** at Temple Emeth in Putterham Circle for a discussion of *Lolita* by Vladimir Nabokov.

Awe and exhilaration—along with heart-break and mordant wit—abound in *Lolita*, Nabokov's most famous and controversial novel, which tells the story of the aging Humbert Humbert's obsessive, devouring, and doomed passion for the nymphet Dolores Haze. *Lolita* is also the story of a hypercivilized European colliding with the cheerful barbarism of postwar America. Most of all, it is a meditation on love—love as outrage and hallucination, madness and transformation.

(Source: Google Books)

HOLIDAY FAIR PLANNING

Yep, it's that time of year again. Join in planning the 25th Annual Holiday Fair planning at the Senior Center on **Monday, August 31, at 1:00 pm**. For more information, call Julie Washburn at 617-730-2760 or Charlotte Millman at 617-730-2769.

The Fair itself is scheduled for Friday, November 13, and Saturday, November 14, at the Senior Center so mark your calendars and plan to attend the fair. As usual, there will be hand crafts, photography, white elephants, food, and fun for young and old alike.

Other planning meetings for the Holiday Fair are scheduled at the Senior Center for Monday, October 5, at 1:00 pm and for Monday, November 2, at 1:00 pm.



Last year's Holiday Craft Fair was a huge success.

AT THE GALLERY



You are cordially invited to see

Botanical Portraits

by Elaine Wong

through

Monday, August 31

8:30 am to 5:00 pm

Monday through Friday

Don't miss this exhibit! The drawings tell magical tales of beauty and practicality merged.

MAH JONGG MOVIE

On **Monday, August 24, at 1:00 pm**, come to the Senior Center for a special movie—*Mah Jongg, the Tiles That Bind*—a 30-minute light-hearted but moving documentary about the people (both Chinese and American) who play this game.

CHESS ANYONE?

Frank Blatt is looking for chess players who would like to join a new group at the Senior Center. Anyone interest should call 617-730-2777 and leave a note for Frank. Please be sure to leave a phone number so that he can contact you.



CLARENCE DARROW SPEAKS

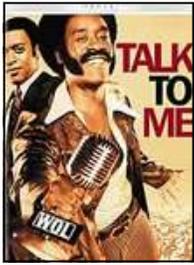
—SAVE THE DATE—

On **Wednesday, September 2, at 1:30 pm**, let actor Richard W. Clark help you to “keep history alive” when he returns to the Senior Center with a one-man play that “features intense courtroom drama and comic relief as it highlights the life and times of Clarence Darrow, attorney extraordinaire and defender of the downtrodden and the damned. From his youthful innocence in small-town Ohio to the embattled national stage of the ‘Scopes Monkey Trial’ and Leopold and Loeb courtrooms, it is a roller coaster ride into the heart and mind of a complex American hero.”

Richard W. Clark has performed widely as such famous (some are called infamous) characters as Mark Twain, Clarence Darrow, John Barrymore, and William Shakespeare—often at retirement communities, schools, and community groups throughout New England. Audiences remember him for his wonderful performances.

MOVIE LOVERS SERIES FOR AUGUST

Enjoy a great film free of charge every Tuesday afternoon at 1:30 pm at the Senior Center:



August 4 **2007**

Talk to Me **119 minutes**

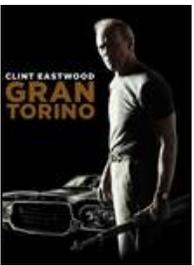
Oscar nominee Don Cheadle stars as real-life radio trailblazer Ralph "Petey" Greene, a high-school dropout and charismatic ex-con who leveraged a prison disc jockey gig into a stint at a Washington, D.C., radio station, a television show and an invitation to the White House. Chiwetel Ejiofor, Martin Sheen, Cedric the Entertainer and Taraji P. Henson also star in this biopic from director Kasi Lemmons.



August 18 **2009**

Last Chance Harvey **93 minutes**

Dustin Hoffman stars in this romantic dramedy as struggling jingle writer Harvey Shine, an aging father who risks losing his job to attend his daughter's London wedding, only to discover that he's not exactly welcome. While seeking refuge in the airport bar, Harvey meets a lonely statistician named Kate (Emma Thompson) and finds himself thrust into an unexpected romance.



August 11 **2008**

Gran Torino **116 minutes**

Curmudgeonly Korean War veteran Walt Kowalski (Clint Eastwood, who also directs) must confront his Hmong immigrant neighbors -- and his own long-held prejudices -- when the family's teenage son, Thao (Bee Vang), tries to steal Walt's beloved 1972 Gran Torino. Walt soon assumes the unlikely role of guardian angel to young Thao and his sister Sue (Ahney Her), both of whom are vulnerable to local gang influences.



August 25 **2008**

Defiance **137 minutes**

Daniel Craig stars as Tuvia Bielski, one of four Jewish brothers who escape from Poland into the forests of Belarus during World War II to lead a band of resistance fighters and create a safe haven for Jewish refugees. The real-life sanctuary established by the Bielski brothers saved more than 1,000 Jews from persecution and death. Liev Schreiber, Jamie Bell and George MacKay also star in this moving historical drama based on actual events.

SENIOR MOVIES AROUND TOWN

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

Senior Cinema (at the **Coolidge Corner branch of Brookline Public Library**) has movies every Thursday afternoon. Refreshments are available at 1:00 pm, and the films start at 1:30 pm. Call 617-730-2380 for more information.

There are also **Senior Matinees at the Coolidge Corner Theatre** on Wednesdays (\$3.00 for admission to any show before 4:00 pm). This program is co-sponsored by the Senior Services of Jewish Family & Children's Service and the Combined Jewish Philanthropies Senior Direct program. For more information, call 617-734-2500. The **Coolidge Corner Theatre** also has many special programs. Call 617-734-2500 or access the theatre on the web at www.coolidge.org.

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

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. (Remember that all riders must be recertified every year in order to be able to buy BETS coupon books.)

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

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



BLAB The Brookline Legal Assistance Bureau (BLAB) will be at the Senior Center from **9:00 am to 12:00 noon on Wednesday, August 5** and on **Wednesday, September 2**. 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 address. Someone at the Senior Center will call you back as soon as possible.

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

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

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

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

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

THE COMMONWEALTH'S GRANT FORMULA

We are grateful for the state formula grant that provides us with funding for our Volunteer Coordinator position. The annual salary for this position, allows for an experienced, professional to oversee our 325 volunteers.

At a conservative estimate of \$12.00 per hour, these volunteers contribute over \$400,000 to the community—over 220 times more than the coordinator's salary so we get a really big bang for the state's (i.e., the taxpayers') bucks.

We salute all our volunteers for their dedication, and our state representatives for supporting such a wise use of tax funds. A snapshot of our volunteers in 2009:

- 46 new volunteers joined us
- 240 adult volunteers contribute their talents
- 85 high school students are learning how to care through community service
- We volunteer from 1 hour a year to 35 hours a week
- We donate over 38,000 hours of direct service to Brookline
- Many of our services are professional including lawyers, accountants, physicians, social workers

DID YOU KNOW...

that Massachusetts, along with Kentucky, Pennsylvania, Virginia are officially *commonwealths* rather than *states*. This designation, which has no constitutional impact, emphasizes that they have a "government based on the common consent of the people" as opposed to one legitimized through their earlier *royal colony* status that was derived from the King of Great Britain. The word *commonwealth* in this context refers to the common "wealth" or welfare of the public and is an older term for "republic" (cf. the 17th century).

ARTHRITIS EXERCISE PROGRAM

Ilse Leeser, PhD, RN, will once again preside over this popular class at the Senior Center. The program, developed by the Arthritis Foundation, consists of a series of gentle stretching and muscle building exercises will benefit people with arthritis and others interested in improving their flexibility, muscle strength and general fitness level. Classes are free and will meet on **Thursday mornings from 10:30 to 11:30 am, beginning September 10** and will run through **November 12**.

The program is free of charge, but reregistration and authorization from a health-care provider are required, so call ahead to get the proper form and sign up. Space is limited so call 617-730-2770 as soon as possible to obtain a health-care provider authorization form and to register. (For previous participants, health-care provider information that has been provided within the last year will not need to be updated.)

This program is sponsored by the Brookline Council on Aging and the Arthritis Foundation Exercise Program.

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Brookline
Health Care Center



99 Park Street, Brookline, MA. 02446
Ph: 617.731.1050



3380MA-bhcc

EQUIPMENT LOAN FUND

The Council on Aging Equipment Loan Fund (ELF) has a small supply of gently used walkers, canes, crutches, grabbers, commodes, and shower benches that are now available for lending thanks to generous donations. We also have bed boards, wheelchairs, and **even a swivel seat for getting in and out of the car!** If you are looking to borrow one of these items (or if you have something you would like to donate), please contact Julie Washburn at 617-730-2760. Because of space limitations and other guidelines, we will not be able to accept all items, so please be sure to call ahead and speak to Julie before dropping off.

CELL PHONES AND IPODS

Remember our ongoing need for cell phones and iPods. All donations of used ones will be gratefully accepted. Bring them into the Senior Center and we will turn them into cash that will help pay for the Senior Center and its programs.

TIPS FOR SAFER SUMMER FUN

Art/Hobby Supplies Use water-based inks, paints, adhesives, and nontoxic glues. Items containing toxic pigments such as lead, chromium, cadmium, and phthalates.

BBQ/Grilling Use an electric charcoal starter—lights briquettes in 15 minutes or less. Better yet, use a gas BBQ grill.

Insect Repellents Make sure your screen doors and windows are well fitting. Use citronella oil or candles. **DO NOT USE** insect repellants that contain the chemical “DEET.”

Photographic Chemicals Dispose of used photographic chemicals at a hazardous waste col-

PROJECT VOLUNTEER

If you are looking for a pleasant way of socializing and meeting new people while doing very useful and necessary projects for the Senior Center and other nonprofit groups, consider joining Project Volunteer, which meets every **Friday at 10:00 am**. You do not need to register for this activity nor do you need to come every week, simply come to the Senior Center. For more information, call 617-730-2777 and tell the Information and Referral Desk that you are interested in Project Volunteer. Someone from the group will get back to you promptly.



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FROM THE DIRECTOR

A special thank you goes to our state legislators who worked diligently for additional funding for elders. We were awarded an increase in the state formula grant to \$7.00 per elder. Our Brookline team of Smizik, Sanchez, Creem, and Rush deserve our gratitude for being strong advocates! This is an especially tough year as local aid took a major hit. We here at the Council on Aging lost an outreach position. (See pages 1 and 7.)

It's time to save the date in your calendars for our Annual Benefit that will be held October 28 at 6:00 pm. We are honoring our very own indomitable Agnes Rogers who will turn ninety in October. As the economy struggles to make a comeback, we need every donation to ensure that the Van program will not have to cut any hours. Please consider donating at a sponsorship level at this critical time. (See p. 20.)

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 15), 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 (COA) so we can pay for our gasoline for the van and bus.

Careers in Aging (CIA) completed a fabulous sixth summer program in July. Ali Kantor, who started with the program in its inaugural year, led the program and did a great job. Ali has developed into a dynamic, personable leader with real leadership skills. We wish her well in her plans.

August is one of the quietest months for programs, but we do invite you to enjoy the BBQ on August 26 (see p. 17) and stop in for our regular ongoing activities such as bridge, the 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



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COUPON

LEMONY LENTIL SALAD WITH SALMON

Summer is a great time to enjoy vegetables fresh from the farm. Mix them with salmon, and you've got a great-tasting combination that's good for the heart. Enjoy this refreshing recipe for only **\$1.93 per serving**.

| |
|---|
| Total Time: 30 minutes Ease of Preparation: Easy Makes 3 servings, 1 cup each |
|---|

Ingredients

8 tsp lemon juice
1 tbsp dried dill or 3 tbsp chopped fresh dill
1 tsp Dijon mustard
Freshly ground pepper to taste
8 tsp canola or extra-virgin olive oil
½ medium red or green bell pepper, seeded and diced
½ cup diced cucumber
¼ cup finely chopped red onion
1 15½-ounce can lentils, rinsed, or 1½ cups cooked brown or green lentils (see Tip)
1 7-ounce can salmon, drained and flaked,, or ¾ cup flaked cooked salmon
3 mini whole wheat pitas

Preparation Instructions

Whisk lemon juice, dill, mustard, and pepper in a large bowl. Gradually whisk in oil. Add bell pepper, cucumber, onion, lentils and salmon; toss to coat. Serve with pitas.

Nutrition Analysis and Tips

Per serving: 420 calories; 19g fat (2g saturated, 0g trans); 45mg cholesterol; 490mg sodium; 40g carbohydrate (11g fiber, 4g sugar); 25g protein
Daily values: Vitamin A 15%; Vitamin C 50%; Calcium 15%; Iron 30%.

Tips: To cook lentils: Place in a saucepan, cover with water and bring to a boil. Reduce heat to a simmer and cook until just tender, about 20 minutes for green lentils and 30 minutes for brown. Drain and rinse under cold water. You can also substitute your favorite bean for the lentils. For the best presentation, flake the salmon with a fork, then stir gently into the salad to keep it in chunks, not tiny bits.

by Jewish Family & Children's Service (JF&CS) Nutrition Services. Recipe adapted from: www.eatingwell.com.



SPANISH IMMERSION

The Brookline Spanish Immersion program provides Spanish-speaking Brookline Seniors with the opportunity to earn some money and gain social interaction by speaking Spanish (in one-on-one sessions) with people who want to improve their Spanish conversation skills. Sessions are held at the Senior Center. Interested people should call (617)-730-2644 or (617) 953-7016 or e-mail to brookline.spanish.immersion@gmail.com.

The program is supported by the Brookline Senior Center and the Jamaica Plain Coalition: Tree of Life/Arbol de Vida.

THE TOWN WEB SITE

If you use the Internet, drop in on the Town of Brookline's web site at www.brooklinema.gov. On it you will find all sorts of news about the town, including the Senior Center's Elder Resource Guide and the Senior News and Events, the latter in color (on the Council on Aging page—reached by clicking on the Departments navigation bar on the left side of the opening Town web page and then clicking on Council on Aging on the ensuing page).



Springwell Nutrition Program

AUGUST 2009

617-730-2770

| MONDAY | TUESDAY | WEDNESDAY |
|--|---|---|
| <p>3) Baked Macaroni & Cheese, Stewed Tomatoes, Oatmeal Bread OR Roast Beef & Cheese on Rye Bread, Lettuce Leaf, Lite Mayo, English Pea Salad, Tossed Salad, Lite Thousand Island Dressing Mandarin Oranges</p> | <p>4) SUMMER SPECIAL Cream of Spinach Soup Stuffed Chicken, Baked Potatoes & Sour Cream, Cranberry Sauce. Ratatouille Cinnamon Dinner Roll Mixed Berry Fruit / Topping</p> | <p>5) Tomato Soup / Crackers Chef Salad w/Lite Italian Dressing Lo Mein Salad, Whole Wheat Roll OR Seafood Salad on Oatmeal Bread, Lettuce Leaf, Potato Salad, Riviera Blend Salad Frosted Sprinkle Cake</p> |
| <p>10) Beef Stew, Spinach Mandarin Orange Salad w/Lite Dressing, Peas, Whole Wheat Bread OR ***Ham & Am. Cheese on Rye Bread, Mustard, Tomato Green Pepper Salad, Lo Mein Salad Carnival Cookie</p> | <p>11) *** Reduced Sodium All Beef Hot Dog Baked Beans, Carrots. Hot Dog Roll OR Roast Beef & Am. Cheese on Oatmeal Bread, Lettuce Leaf, Mayo, Rice Tomato Olive Salad, Beet Salad Pears</p> | <p>12) Minestrone Soup / Crackers Chicken w/Creamy Italian Sauce, Buttered Noodles, Brussels Sprouts, Oatmeal Bread OR Turkey Salad on Lettuce Leaf, Tossed Garden Salad, Lite Italian Dressing, Potato Salad, Rye Bread Fresh Fruit</p> |
| <p>17) Cream of Carrot Soup / Crackers Lemon Dijon Chicken, Tossed Garden Salad w/Lite Dressing, Herbed White Rice, Green Beans, Wheat Bread OR Tuna Salad on Oatmeal Bread, Lettuce Leaf, Tri-Color Pasta Salad Pineapple</p> | <p>18) Birthday Luncheon Cream of Zucchini / Crackers Crunchy Lite Fish w/Newburg Sauce Red bliss Potatoes, Spinach, Whole Wheat Roll OR Sliced Turkey & Swiss on Rye Bread, Lite Mayo, Lettuce Leaf, Pineapple Slaw, Three Bean Salad Jell-O / topping</p> | <p>19) Mushroom Barley Soup / Crackers Salisbury Steak w/Roasted Onion Gravy Whipped Potatoes, Beets, Oatmeal Bread OR Breaded Chicken Patty on Hamburger Roll, Lettuce Leaf, Macaroni Salad, Roman Blend Salad Honeydew Melon</p> |
| <p>24) Tomato Soup / Crackers Breaded Fish & Cheese Sandwich w/ Tartar Sauce on Hamburger Roll, Chuckwagon Corn, Cole Slaw OR Turkey & Mozzarella Cheese on Oatmeal Bread, Lite Mayo, Potato Salad, Cucumber Tomato Salad Tapioca Pudding / Topping</p> | <p>25) Beef Barley Soup / Crackers Pot Roast w/Gravy, Red Bliss Potatoes Spring Vegetable Blend, Rye Bread OR Egg Salad on Oatmeal Bread, Lettuce Leaf, English Pea Salad, Riviera Blend Salad Chef's Choice Dessert</p> | <p>26) Springwell BBQ Hamburgers! Hot Dogs! All the trimmings Entertainment to be announced!!</p> |
| <p>31) Vegetable Soup / Crackers Chicken Cacciatore, Brown Rice, Spinach Wheat Bread OR Egg Salad on Oatmeal Bread, Lettuce Leaf, Tossed Salad w/Lite Dressing, Balsamic Vinaigrette Pasta Brownie</p> |  |  |

LUNCHEON SPECIALS FOR AUGUST

| THURSDAY | FRIDAY |
|---|--|
| <p>6) Pork Rib w/ Brown Gravy, Sweet Potatoes Cauliflower, Rye Bread OR Sliced Turkey & Am. Cheese, on Multigrain Bread Lite mayo, Lettuce Leaf, Cauliflower Carrot Salad, German Potato Salad Peaches</p> | <p>7) Vegetable Soup / Crackers Salmon Boat w/Dill Sauce, Green & Wax Beans, Lyonnaise Potatoes, Multigrain Bread OR Chicken Salad on Wheat Bread, Lettuce Leaf, Macaroni Salad, Broccoli Tomato Salad Fresh Fruit</p> |
| <p>13) Tomato Soup / Crackers Breaded Fish, Broccoli Cheese Sauce Brown Rice, Zucchini, Corn Bread OR California Chicken Salad on Lettuce Leaf, Roman Blend Salad, German Potato Salad, Wheat Bread Mandarin Oranges</p> | <p>14) Spinach (in Broth) Soup / Crackers Roast Turkey w/ Gravy, Cranberry Sauce Butternut Squash, Whipped Potatoes Rye Bread OR Egg Salad on Lettuce Leaf, Carrot Raisin Salad, Pasta Vegetable Salad, Hot Dog Roll Butterscotch Pudding / Topping</p> |
| <p>20) Chef Salad w/Lite Italian Dressing Pasta Salad w/Cheese, Whole Wheat Roll OR Seafood Salad on Rye Bread, Lettuce Leaf, Tri-Color Pasta, Tossed Garden Salad, Lite French Dressing Chocolate Chip Cookie</p> | <p>21) Cheese Lasagna w/Tomato Sauce, Meatball, Tuscany Style Bean, 3 Bean Medley, Multigrain Bread OR ***Ham & Am. Cheese on Whole Wheat Bread, Lettuce Leaf, Mustard, Summer Squash Salad, English Pea Salad Peaches</p> |
| <p>27) Baked Chicken Quarter w/Gravy, Cranberry Sauce, Green Beans, Sweet Potatoes, Multigrain Bread OR Roast Beef & Am. Cheese on Multigrain Bread, Lite Mayo, Lettuce & Tomato, Sum- mer Squash Salad, Potato Salad Watermelon</p> | <p>28) Minestrone Soup / Crackers Meatloaf w/Mushroom Gravy, Mashed Pota- toes, Beets, Oatmeal Bread OR Seafood Salad on Hot Dog Roll, Lettuce Leaf, Carrot Pineapple Salad, Pasta Salad Pears</p> |

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.

Meals are served at 12:00 noon unless otherwise noted.

For meal reservations ON Mondays, please call the previous Friday by 11:00 a.m.

If you must cancel your lunch reservation, please call 617-730-2770.

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.

Tuesday, August 4, is Springwell's Summer Special featuring cream of spinach soup, stuffed chicken with baked potatoes and Ratatouille.

Celebrate **August birthdays** on **Tuesday, August 18.** Don't forget to mention that you have an August birthday when you make reservations for this luncheon.

The **Out to Lunch Group** will meet on **Tuesday, August 25** at Comella's Restaurant at 417 Harvard Street at 12:00 noon.

A summer favorite—a BBQ—given by Springwell will make **Wednesday, August 26**, a special summer day. Bring a good appetite, and be prepared for some lively entertainment (details to be announced).



EVENTS CALENDAR

| MONDAY | TUESDAY | WEDNESDAY |
|--|--|---|
| <p>3 9 am Podiatry Clinic by appt. 10:30 am Poetry Workshop-filled 12:30 pm Chinese programs 1 pm Mah Jongg 1-2 pm Line Dancing 2-4 pm Open computer lab</p> | <p>4 10:30am Brookline Bees-Quilters Noon - Springwell Summer Lunch Special 1 pm Bingo 1:30 pm Movie Lovers' Film Series "Talk to Me"</p> | <p>5 9am - BLAB lawyer 9:30 am Retired Men's Club 12:30 pm Bridge 2-4 pm Open computer lab</p> |
| <p>10) 9:30 am distribution of Farmers' Market coupons 10:30 am Poetry Workshop-filled 12:30 pm Chinese programs 1 pm Mah Jongg 1-2 pm Blood pressure screening 1-2 pm Line Dancing 2:30 pm Swing band 2-4 pm Open computer lab</p> | <p>11 10:30am Brookline Bees-Quilters 12:30 pm French Conversation grp. on vacation 1 pm Bingo 1:30 pm Movie Lovers' Film Series "Gran Torino"</p> | <p>12 9:30 am Retired Men's Club 12:30 pm Bridge 1 - 2 pm Blood pressure screening with Epoch Senior Healthcare nurse 2-4 pm Open computer lab</p> |
| <p>17 No Podiatry Clinic this week 10:30 am Poetry Workshop-filled 12:30 pm Chinese programs 1 pm Mah Jongg 2-4 pm Open computer lab</p> | <p>18 10 a.m Modern Dance with L.Modell 10:30am Brookline Bees-Quilters Noon - August Birthday lunch 1:00 pm Bingo 1:30 pm Movie Lovers' Film Series "Last Chance Harvey"</p> | <p>19 9:30 am Retired Men's Club 12:30 pm Bridge 1 pm Low Vision Group 2-4 pm Open computer lab</p> |
| <p>24) 10:30 am Poetry Workshop-filled 12:30 pm Chinese programs 1 pm "Mah Jongg-The Tiles that Bind" -movie 1:30 pm Mah Jongg games 1-2 pm Line Dancing 2-4 pm Open computer lab 2:30 pm Swing band</p> | <p>25) 10 a.m Modern Dance workshop 10:30am Brookline Bees-Quilters Noon - "Let's Go Out to Lunch" meets at Comella's on Harvard St. 12:30 pm French Conversation grp. on vacation 1:00 pm Bingo 1:30 pm Movie Lovers' Film Series "Defiance"</p> | <p>26 9:30 am Retired Men's Club Noon - Springwell BBQ lunch 12:30 pm Bridge 2-4 pm Open computer lab</p> |
| <p>31) 9 am Podiatry Clinic by appt. 10:30 am Poetry Workshop-filled 12:30 pm Chinese programs 1 pm Craft Fair planning meeting 1 pm Mah Jongg 1-2 pm Line Dancing 2-4 pm Open computer lab</p> | <p>To reserve a lunch please call 617-730-2770 by 11 a.m, a day in advance</p> | <p>SHINE counselors are available to answer your individual health insurance questions. Please call 617-730-2777 for an appointment.</p> |

ONGOING SENIOR CENTER EVENTS

| THURSDAY | FRIDAY |
|---|---|
| <p>6</p> <p>10 am Belly dance workshop with Susan Senator</p> <p>10:30 am Knit and Crochet</p> <p>1:30 pm " Easy Travel" visit Quezalguaque, Nicaragua</p> <p>1:30 pm No Russian Tea Room</p> | <p>7</p> <p>9 am Bridge</p> <p>9:30 am Solemates Walking group</p> <p>10 am Project Volunteer Group</p> <p>10:30 am Current Events</p> <p>10:30 am Senior Chorus</p> <p>1 pm Parkinson Support Group</p> |
| <p>13</p> <p>10:30 am Knit and Crochet</p> <p>1:30 pm Russian Tea Room</p> | <p>14</p> <p>9 am Bridge</p> <p>9:30 am Solemates Walking group</p> <p>10 am Project Volunteer Group</p> <p>10:30 am Current Events</p> <p>10:30 am Senior Chorus .</p> <p>Afternoon Alzheimer Support Group- on vacation</p> |
| <p>20</p> <p>9-10:30 am Blood Pressure screen</p> <p>10:30 a.m Knit and Crochet</p> <p>1:30 pm Russian Tea Room</p> | <p>21</p> <p>9 am Bridge</p> <p>9:30 am Solemates Walking group</p> <p>10 am Modern Dance with L. Modell</p> <p>10 am Project Volunteer Group</p> <p>10:30 am Current Events</p> <p>10:30 am Senior Chorus</p> |
| <p>27</p> <p>10:30 am Knit and Crochet</p> <p>1:30 pm Russian Tea Room</p> <p>Evening Alzheimer's support group- on vacation</p> | <p>28</p> <p>9 am Bridge</p> <p>9:30 am Solemates Walking group</p> <p>10 a.m Modern Dance with L. Modell</p> <p>10 a.m Project Volunteer Group</p> <p>10:30 am Current Events</p> <p>10:30 am Senior Chorus</p> |
| <p>BETS discount taxi coupons can be purchased at the Senior Center or through the mail. For more information or to apply for the program please call (617)730-2740</p> | |

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

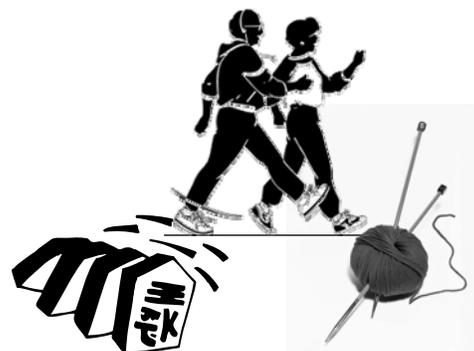
9:30 am—Retired Men's Club
 12 noon-4 pm—BETS
 12:30 pm—Bridge
 2-4 pm Computer Lab open

THURSDAY

10:30 am—Knit and Crochet
 1:30 pm—Knit and Crochet
 1:30 pm—Russian Tea Room

FRIDAY

9:00 am—Bridge
 9:30 am—Solemates, Walking Group
 10:30 am—Current Events Discussion Group
 10:30 am—Senior Chorus



ANNUAL BENEFIT — SAVE THE DATE —

Mark your calendars for Wednesday, October 28, at 6:00 pm for our Annual Benefit for the Van Program.

This year the honoree is our indomitable Chairman of the Council on Aging (COA) Board of Directors. Agnes Rogers who will turn 90 in October. She has been a rock for the COA and for the Senior Center. No job is too big or too small for her to tackle. We hope that she will continue to show us all what volunteering is all about for many years.



In this year of deep economic crisis, non-profit organizations like the Brookline COA/Senior Center are especially hard-hit as town, state, federal, and private funds are all overstressed by the recession. We hope that you can all contribute more than you usually do to the Annual Benefit, and convince your friends and children to raise their contributions as well to strengthen the COA/Senior Center Van fund and other programs and services of the Brookline Senior Center.

ONE-ON-ONE COMPUTER COURSES

Charles River Public Internet Center (CRPIC) provides first rate, affordable computer courses for the general public, corporations, and non-profit organizations. It is fully licensed by the Massachusetts Department of Elementary and Secondary Education, Office of Proprietary Schools. Course Curricula, and each instructor's credentials are reviewed and approved by Department of Education, thus ensuring the highest quality of instruction. Most of its trainers have over 10 years of classroom experience.

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MEMORY

Inspired by the phrase "...but love thee better after death" in "How Do I Love Thee" by Elizabeth Barrett Browning



I understand the love after death,
Because we appreciate something more once we lose it.

We remember the nicest things, only the best,
We don't want to remember what was not good.

I remember my friend who passed away
And I cry and I am sorry he couldn't stay
With me, who lives in the present life,
When I am no longer his wife.

I remember my dear parents who passed away,
And I appreciate their kindness and help.
And eternal memory I pray to God about
All these feelings I have now.

by Victoria Packer (aka Vitamina Smile)

Photo courtesy of Jewel Chin



for-profit classes while its fees remain below market. CRPIC has developed special classes for rank beginners, seniors, and others. Scholarships are available as funding permits. Check its web site at www.crpic.org and its most recent catalog for special classes, discounts, and new programs. You can learn more about this program, even download a catalog, from www.crpic.org.

For more information, call CRPIC's Education Coordinator, Pamela Kaye at 781-891-9559, ext. 204.

SUBSCRIBING TO THE SENIOR NEWS AND EVENTS

As we announced in July, there are now black boxes where you can get the Senior News and Events that are located at:

- Beacon Street in front of Brookline Bank
- Coolidge corner in front of Quiznos
- Washington Square at both the inbound and outbound T-stops

As black boxes are added in more venues, we will give you the new locations.

Note that the black boxes are additional locations at which you can to get the Senior News and Events. The newsletter will still be available at all the locations where you have traditionally found it. And, of course, you can still subscribe and have it delivered to your mailbox monthly.

To subscribe yourself or for a friend or loved one, use the form on p. 31 of this newsletter and return it, along with a check for just \$10.00 to the Brookline Senior Center. Imagine, just \$10.00 will bring 12 issues of information and activity listings to your door.

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UPCOMING EVENTS AT THE BROOKLINE ARTS CENTER

The Brookline Arts Center (BAC) at 86 Monmouth Street doings in August and September:

- Call for Artists for 34th Annual BAC Crafts Showcase. Talented artists in all media are being sought for this respected national art, crafts and gifts exhibition that will be held December 3 to 20. Applications must be post-marked August 7 or before for consideration. For more information, access cs@brooklineartscenter.com, or call 617-566-5715.

*Treasures
from last
year's
showcase*



- "Fleeting Moments: an Exhibition of Photographs" by Pat Goeters. This exhibit of candid photos of the streets and subways, in Boston and New Orleans runs through Friday, August 14.
- "Dreams and Visions" Multimedia art by Ramune Jauniskis. Thursday, September 10
- Intensive Class in Botanical Drawing for Adults, with Anne Steinman will run from Monday, August 17 through Friday, August 21, from 6:00 to 9:00 pm. Learn to capture the natural color and texture of flowers realistically using pencil and watercolor techniques. All abilities welcome. Tuition: \$150, Still Life Fee: \$15. Advance registration is

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THE ASSISTANCE YOU NEED TO STAY INDEPENDENT

GODDARD HOUSE AUGUST COMMUNITY EVENTS



On Monday, August 3, at 3:30 pm,

internationally known Peter Parcek will be joined by Brian Potts to perform as part of Goddard House's *Music on the Edge of Aging* series. This acoustic guitar duo will perform Gypsy jazz and blues music.

Wednesday, August 5, at 7:00 pm, enjoy an evening of Yid-



dish theater songs with singer/actress/writer Karyn Levitt whose repertoire includes everything from operatic arias to Broadway standards, swing, country, Klezmer, and pop rock. Her music intertwines to create a musical/theatrical experience you won't forget.

Ms. Levitt's performance at Goddard House will emphasize Yiddish theater songs.

All Goddard House events are free of charge and all are at Goddard House unless otherwise noted. And refreshments are served. Goddard House in Brookline is located at 165 Chestnut Street. There is ample parking on site. Please RSVP to 617-731-8500. Directions are available at Goddard House's web site: www.goddardhouse.org.

MORE GODDARD HOUSE AUGUST COMMUNITY EVENTS

On Saturday, August 8, at 3:30 pm, the Harvard Mihnuet Classical Chamber Ensemble will perform a classical music concert with talented student musicians from Harvard University performing works by Mozart, Beethoven, Bach, and others.

And on Monday, August 17, at 2:00 pm, there will be an opera viewing and lecture with Vinny Mannone, an opera singer herself, will present Puccini's "La Rondine" ("The Swallow") with a video lecture and a question and answer period to follow.

"La Rondine" is a tragically romantic opera about young love; one of Puccini's finest!

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 the Brookline senior community.



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Call and talk to one pharmacists about your MEDICARE D plan!

TIPS FROM THE MASSACHUSETTS COMMISSION FOR THE DEAF AND HARD OF HEARING

Here are some helpful tips on how to communicate with friends and relatives who are deaf or hard of hearing:

- Ask the deaf person what you can do to make the communication easier.
- Make sure you have the person's attention before you speak.
- Face the deaf person. It's important for the person to be able to see your face.
- Be aware of background noise, and try to find a place to talk that minimizes it.
- Pick a spot to speak where the light is not behind your face since it makes speech reading more difficult.
- Remove objects from your mouth that might interfere with speech reading.
- Speak clearly.
- Do not overemphasize lip movements. It actually makes lip reading more difficult.
- Do not shout. If the person cannot hear, it won't help. If the person has some hearing and wears hearing aids, it will only distort what you say and may cause both of you embarrassment when people around you turn and stare.
- If the person does not understand what you said, do not repeat the same words. Instead, rephrase what you want to say.
- Try to give the person some indication when you change the subject.
- Make sure that only one person talks at a time.
- Recognize that speech reading and listening involve intense concentration for late-deafened people/elders and can be very tiring.
- Be patient with people and keep your sense of humor when dealing with a challenging situation.

SONGWRITING WORKS™ REPRISE



This program was a tremendous success. Everyone learned a lot and had a really good time doing it.

Songwriting Works is a process akin to musical mural painting, an

evidence-based program enhancing health, and a life-affirming intergenerational experience.

This one-day songwriting workshop at the Senior Center in July was for seniors and also for professionals to see the process in action. The seniors collaborated with a professional songwriter—Judith-Kate Friedman—to compose original, performable music. No formal music background was required. After some interesting warm-up exercises, together they wrote a song—*I'm 100 Years Old*. And in doing that, they were engaging in a program aimed at keeping the mind alert. Many of the senior at-

tendees were members of the Senior Center Chorus.

A group of professionals observed the activity and later in the day participated in a workshop to further their professional skills.

This program was funded by the Mind Alert program in cooperation with Jewish Family & Children's Services.



BROOKLINE RECREATION ACTIVE ADULTS PROGRAM

The Brookline Recreation Active Adults Program (formerly known as the Golden Age Club) can be reached by calling program contact Kathryn Pileski at 617-730-2129 or by writing her at PO Box 470713, Brookline Village, MA 02447.

The Active Adult Program is a social organization that was founded in 1953 as the Golden Age Club by and for Brookline residents over the age of 60. It is run by the Town of Brookline Recreation Department.

Membership dues are \$10.00 for each one-year

period beginning June.

Membership entitles you to:

- The "Senior Scene" monthly newsletter, which contains information on club activities and events
- Monthly meetings (October-May) with entertainment held at the Brookline Senior Center
- Day trips, parties and many other special events

As this summer draws to a close, we ask ourselves questions like: Where did it go? Did it actually happen at all? Will we ever dry out? Given a summer this wet and dreary, what will fall be like? And winter? Just remember that all things do pass away and that one of the blessings (and also one of the frustrations) of New England is its changeability. We New Englanders are always reinventing ourselves and our climate follows us.

OUR CONTRIBUTORS

Many ideas and suggestions go into making up every issue of the Brookline *Senior News and Events*, and this issue is no exception. We thank everyone for their suggestions, information, and cooperation. And we especially thank:

Google Books for their brief summary of *Lolita* on page 7

Wikipedia for its interesting explanation of Commonwealths on page 11

The Vermont Department of Environmental Conservation for the information that went into the Tips for Safer Summer Fun on page 13

Jewish Family & Children's Services (JF&CS) Nutrition Services and www.eatingwell.com for the recipe for Lemony Lentil Salad with Salmon on page 15

Victoria Packer (aka Vitamina Smile) for the poem—Memory— on page 20

The photo of Victoria Packer by Jewel Chin on page 20

Information for the BAC programs in August and September on page 21

Information and photos about Goddard House Community Events in August on pages 22 and 23

And once again I thank the two proofreaders who work hard at keeping me grammatical and accurate—Rhona Hirschowitz and Rhoda Myett. Without you, my work would be much harder and my work week even longer.



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

Did You Know?



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

Consult your
Financial advisor.

Help the
Senior Center
Thrive!

It's
Tax
Free!

HANDICAPPED ACCESS

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

SPRINGWELL NUTRITION PROGRAM

Springwell serves a hot (or cold if you prefer) nutritious lunch daily at the Senior Center. Did you know that it costs Springwell \$8.14 to provide each meal? And that the federal government provides less than half of the cost needed to produce and deliver these meals? So Springwell depends on your contributions to make this program possible.

A donation of only \$1.75 is suggested for each meal you eat. And if you have some spare change to add to this amount, it will be gratefully appreciated. In these times of economic crisis, Springwell depends on your donations now more than ever to help continue this invaluable service to the senior community.

AUGUST THANK YOUS

Editor's note: Certainly one of my favorite tasks each month is acknowledging all the donations that go so far in helping the COA/Senior Center to provide more and better services and programs for the Brookline Senior Community. We salute all of you.

In August, we want to thank:

Sonia and William Wong for their gift in honor of Ruthann Dobek

Sylvia Franklin for her gift in honor of Peter Rosenbaum for Tax Filing Preparation

Kathryn Kilpatrick for her gift to be used to support the senior van fund in honor of Ronny Sydney

Rhona and Ralph Hirschowitz for their gift in honor of Cippy Macdougall

Shirley Horblit for her gift and get well wishes for Cippy MacDougall

Jo Ann and Edmund Farrell, Ruth and Fred Levine, Sharon Lieberman, Richard Thompson and Mary Ann DeRoberts, and Dorothy Wolfson for their gifts in memory of Sy Yesner

Annual Appeal donors Marcia Altman, Frank DiMaria, Nancy Slonim Forbes, Alfred and Ruth Gutmann, Nancy Guttman, Meryl and Michael Herman, Katie Hope and Ron Blackman, Dina Oliver, Laura Sheffield and the Brookline High School Department, Sally and Steve Tipton, Waneta Louise West, Joan Yesner, and Robert and Ellen Zirin

Van fund donor Mollie Ceder

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*



*From Eileen R. Solomon, daughter
of Marie Lavine:*

Dear Ruthann:

You did a wonderful job again this year honoring my mother. Ellen O'Brien is terrific and the audience loved her. She was delightful and I look forward to seeing her perform in New York.

Thank you and your staff and volunteers for all the work you do to create such a special afternoon. My mother would be very pleased and I know she is with us in spirit.



From Laurie Sheffield for the Brookline High School English Department:

"Please accept this contribution honoring the life of Seymour Yesner. We value his legacy of great teaching and great friendship."

*Kudos, huzzahs, and hurrahs to
Council on Aging Board President
Betsy Pollock
for earning the "Certificate in Aging"
from Boston University's Institute for
Geriatric Social Work.*

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

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

Brookline Senior Center
93 Winchester Street
Brookline, MA 02446

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Please enroll me as a member of the Brookline Senior Center. Enclosed is my donation check.

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

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