

TOWN OF BROOKLINE SENIOR NEWS AND EVENTS

Council on Aging

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

Brookline Senior Center
93 Winchester Street
Brookline, Massachusetts 02446



Council on Aging Information Hotline

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617 730 2770 617 730 2750

www.brooklinema.gov



HIGHLIGHTS

Eat lots of BBQ, see p. 3.

Prepare an Emergency Kit, see p. 5.

Enjoy the CIA bake sale, see p. 7.

Attend the Mind, Body, Spirit Series,
see p. 11.

Take an excursion with Brookline
Recreation, see p. 27.



AUGUST 2010

QUILT RAFFLE

Have you noticed the magnificent quilt that is hanging in the coffee lounge? It is a king-sized quilt that was hand-pieced and hand-quilted by our own Brookline Bees and is called the "Jinny's Challenge Quilt" as it is based on a pattern from a book by Jinny Beyer. The quilt's actual name is "Triple Play," and it is particularly challenging because of the intricate cutting that produces the three-dimensional effect.



Would you like to own this spectacular quilt? Then by all means buy a raffle ticket or several tickets. Tickets can be bought at the Senior Center and are \$1.00 each or six tickets for \$5.00. To win you need not be at the drawing. Proceeds benefit the Senior Center and its varied programs and services. The drawing will be on Wednesday, September 1. Singer and pianist Jack Craig will entertain at the drawing. He somehow manages to make the entertainment exciting and interactive. The performance is brought to us by the courtesy of Goddard House.

BROOKLINE BEES

Our Brookline Bees quilters (led by Miriam K. Sokoloff since before the new Senior Center opened here on Winchester Street) take pride in doing it the traditional way — hand-cutting and sewing AND also hand-quilting.

The Bees meet Tuesday mornings at 10:30 am at the Senior Center. If you are interested in joining or just finding out more about what they are up to, call Charlotte at 617-730-2769 or drop in to see the group in action and talk to the quilters on Tuesday mornings.

NEW FEATURE! ASK A GERIATRICIAN

Do you have a general medical question?*

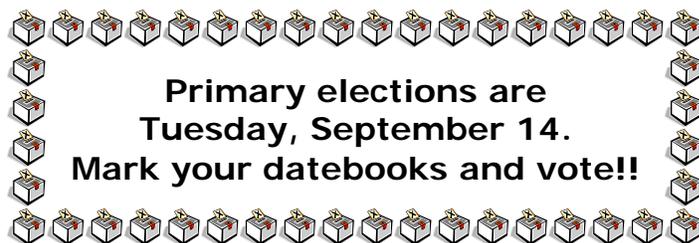
Dr. Suzanne Salamon, geriatrician from Beth Israel Deaconess Medical Center, will provide some answers in the next *Senior News and Events*.

Send questions to Judith Gimple at jgimple@brookline.ma.gov or drop the questions into her mailbox on the 2nd floor of the Senior Center!

**For general education only. For advice about your own medical care, consult your doctor.*

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**Primary elections are
Tuesday, September 14.
Mark your datebooks and vote!!**

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

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AUGUST HOLIDAYS

We have now arrived at what we hope is the waning days of this long, hot, sticky summer. August is traditionally a month when we look forward to the arrival of fall with its cooler, crisper days so that we might be: taking that last trip to cooler climes, helping our grandchildren get ready for school, planning for courses we want to take in the fall, signing up for fitness programs—generally getting ourselves ready to increase our activity level, once the weather gets better.



And August is a month with no holidays in it, so the Senior Center and the Rogerson Adult Day and Fitness First Programs will be open all month with programs to help, entertain, and inform you throughout the month and a cool place to spend the “dog days” actively or just schmoozing with friends old and new.

COUNCIL ON AGING MEETING

Remember that we are looking for nominations for the COA board and that the Nominating Committee will meet in August. Call Ruthann at 617-730-2756 with your suggestions

The Council on Aging (COA) is still on vacation in August, but mark your calendars for the first meeting of Fiscal Year 2011 on Wednesday, September 8, at 1:00 pm at the Senior Center.

SPRINGWELL SUMMER BBQ

Note that there will be another super summer BBQ, this one on **Wednesday, August 25**, at the Senior Center and given by Springwell. And so you don't want to miss it, don't forget to call 617-730-2770 for reservations.

To add to the festivities, everyone's favorite accordionist, **Emilian Badea will entertain** with his lively and engaging music. Mr. Badea's performance is being sponsored by Boylston Place at Chestnut Hill. For the menu and reservation information, see pp. 16 and 17.



AUGUST BIRTHDAY PARTY

In addition to the special goodies that the lucky people who were born in August will receive at the birthday lunch and the yummy picnic lunch (see pp. 16 and 17), there is a very special entertainer who will perform.

Accomplished vocalist, pianist, and actress Melody Michaelson will sing a selection of original compositions as well as songs from your favorite Broadway musicals, and popular and Jewish hits. Melody, a senior at Brandeis University, has performed widely in Greater Boston at the Turtle Lane Playhouse and with Basically Broadway, the latter group a popular member of the Greater Boston Choral Consortium.

Don't miss this event and **Melody's performance from 12:45 to 1:30 pm on Tuesday, August 17. Lunch is served at 12:00 pm.** And don't forget to make reservations.

FRENCH CONVERSATION

Parle français and improve your conversation skills with Agnes Serenyi and her group every **Tuesday in August (the 3rd, 10th, 17th, 24th, and 31st) from 12:30 to 1:30 pm** at the Senior Center.

MODERN BEADING WORKSHOP

This workshop for beginners and experienced beaders alike will meet on **Wednesday, August 18, at 1:30 pm** at the Senior Center with Marge Harvey on hand to instruct and help. Learn modern techniques of beading using thin Soft Flex and crimps. Combine old beads and broken strands for new and interesting designs. Make earrings, necklaces, and bracelets for yourself and as gifts for family and friends

In order to participate in this workshop, it is essential that you bring materials with you—beads, earring backs, crimps, and one yard of Soft Flex—all of which are available at local craft stores. The workshop is free, and no registration is required.



Ask a Nurse For information about the August visit to the Senior Center by St. Elizabeth's Medical Center's Nurse Practitioner Eileen Currier to consult with individuals, call Charlotte Millman at 617-730-2769.

Podiatry Clinic Routine foot care with Dr. John McLaughlin is available on **Mondays, August 2, 9, and 30, from 9:00 am to 12:00 noon.** Sessions, which last 15 minutes each, cost \$25. (**Note:** The fee will rise to \$30 per visit beginning in September, Appointments are required. Make one by calling 617-730-2777.



Low Vision Group This peer-led support group for individuals with limited eyesight will meet on **Wednesday, August 18, from 1:00 to 2:30 pm** at the Senior Center.

Blood Pressure Screenings

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

There will also be blood pressure screening **at the Senior Center** with a nurse from the Brookline Health Department on **Thursday, August 19, 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

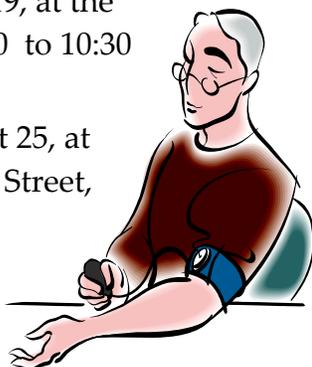
A research partner of
 DANA-FARBER/HARVARD CANCER CENTER
A Comprehensive Cancer Center
Designated by the National Cancer Institute

 Official hospital of the
Boston Red Sox

BLOOD PRESSURE SCREENINGS

There will be blood pressure screenings with a Brookline Health Department Nurse:

- On Thursday, August 19, at the Senior Center from 9:00 to 10:30 am
- On Wednesday, August 25, at O'Shea House, 61 Park Street, from 1:00 to 2:00 pm.



SHINGLES VACCINE AVAILABLE

The Brookline Health Department has a limited amount of shingles vaccine for individuals with limited, or no, health insurance.

A single dose of shingles vaccine is indicated for adults 60 years of age and older. Shingles vaccine can help prevent shingles and can also reduce the pain associated with shingles.

If you are interested in receiving a dose of shingles vaccine, call the Town of Brookline Public Health Nurse, Barbara Westley, at 617-730-2320.

EMERGENCY PREPAREDNESS

The natural disasters (hurricanes, tsunamis, tornados, and floods) of the past few years, added to the terrorist attacks in New York, Washington, Madrid, and London (to name only the most spectacular ones) and of course the gigantic BP oil spill in the Gulf of Mexico, have made emergency preparedness a watch-phrase for the 21st century. The world is crowded and vulnerable, and more than ever we are aware of the need to respond with careful planning rather than with panic.

While the task of worldwide preparedness is beyond our individual scope, we can do our bit to prepare ourselves for local emergencies. We can, for example:

Build an Emergency Kit

For seniors having an emergency kit can indeed be a life-saver. As much as possible, it should be packed in a back-pack, but since you should **plan on having a kit containing at least a week's worth of supplies**, it might well exceed back-pack capacity so you might consider packing it into the trunk of your car or even reserve a specific place in your home so that someone can easily find it should an emergency arise. You should also plan on keeping a list of phone numbers of people to contact in case you are incapacitated and need help. You should also have a File of Life card prepared and ready for use (see articles on File of Life on pp. 6 and 7). Your emergency kit should include:

Food and Water

Bottled water—one gallon per day
Canned fruits, vegetables, and meats
Manual can opener
Juice boxes, canned milk (powdered milk will not do as you would have to use your bottled water supply to make the milk)
Dried fruit, nuts, crackers, cereal bars
Pet food

First Aid

Bandages, gauze, and rubbing alcohol
Medical gloves, tape, and scissors
Pain relievers
Prescription medicine and nonprescription medication that you use regularly that is necessary for maintaining good health, such as glucosamine, multivitamins, vitamin C, and calcium with vitamin D)

General, but important items

Soap, toilet paper, toothbrush, and toothpaste
Towels (at least a hand towel, more towels might increase the bulk of the kit to unwieldy proportions)
A change of clothing (at least underwear)
Crank-up (or at least battery-powered) flashlight and radio
Important documents (or copies of them), documents such as birth certificate, will, deeds, a list of bank account numbers (and PINs if you can't remember them)
The name of a local and an out-of-area contact
See p. 10 for "All Hazards Planning" information

—Information for this article courtesy of Garrett Simonsen, Dawn Sibor, and Michael Raskin

From Time to Time, Everyone Needs a Helping Hand



Helping Hands of St. Marguerite
In-home care services for safer independent living.
Call: 617-492-1023
www.helpinghands-homecare.org



Serving the Cambridge, Boston, Brookline, Somerville, Belmont, Arlington, Lexington, Winchester, Waltham and surrounding communities.

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 to help all seniors including those who are Aging at Home:

BETS (Brookline Elder Taxi System), 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 2009 income tax returns when you meet with Alicia. If you do not have to file tax returns, check with Alicia before you come in about what proof you will need to bring. (Remember that all riders must be recertified every year in order to be able to buy BETS coupon books.)

BETS service is available for use in all cabs of all companies that are based in Brookline. **It's the law!** If a cab driver from such a company gives you trouble about using the coupons, 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 so in cash.

BLAB The Brookline Legal Assistance Bureau will be at the Senior Center from **9:00 am to 12:00 noon** on **Wednesday, August 4**, and on Wednesday, September 1. BLAB is staffed by volunteer local attorneys who offer individuals legal expertise on matters of law as well as information and referrals. This service is offered free of charge, and no appointment is needed.

A **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 on the File of Life, call 617-730-2777, and leave your name and phone number. The Senior Center's new File of Life Coordinator, Sarwat Iqbal, will call you back as soon as possible. (See also p. 7.)

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

JOBS Job Opportunities for Brookline Seniors 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.

SNAP The Supplemental Nutrition Assistance Program helps seniors stretch food dollars with food stamps. If you need assistance at any time during the process, call Sonia Wong at the Senior Center. Leave a message for her at 617-730-2777, and she will get back to you promptly.

SHINE counselors Debra Brass and Sonia Wong will be joined by Heather Nahas (temporarily filling in for Ed Levin) 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.

The **SOCIAL SECURITY** Contact Station at the Senior Center is closed. For assistance, call the Boston Social Security office at 617-565-8903 or its main number at 800-772-1213.

FILE OF LIFE

This is a card that contains your medical information and gives information about who to call if there is an emergency. It comes in a magnetic case that will stick to the door of your refrigerator. Emergency medical people and the police and fire departments are trained to look on the refrigerator door for this information. You can also get a small card with the same information on it to carry in your wallet or purse. It will serve to make hospital admission easier and help make sure you get the right treatment in an emergency.

You can get the File of Life from the Senior Center. Call 617-730-2777 for the form and for information about it and/or help with filling it out. Or pick the form up at the Senior Center on your next visit.

Once you have filled out the form, return it to Sarwat Iqbal at the Senior Center for processing. She will send you the packet to be attached to the refrigerator and the wallet card. Do not delay this. It is really important that this information be available in the proper form and that it be properly placed.

ALZHEIMER'S CAREGIVERS SUPPORT GROUPS

In August, this group will have two sessions designed to help caregivers cope with the stresses and demands of helping their Alzheimer's-stricken family members and friends. These groups are available at no charge and are open to all caregivers.

The **Afternoon** group will meet on a **Friday** that is yet to be determined. Call group leader Elaine Yanowitz at 617-730-2751 to register to attend and/or for further information.

The **Evening** group will meet **Thursday, August 26**. Call group leader Susan Andriole at 617-730-2754 to register to attend and/or for further information.

CAREERS IN AGING

The 7th Annual Careers in Aging (CIA) program will wind up on **Thursday, August 5**, with a review of this year's program and presentations at **1:00 pm** at the Senior Center. The program will be followed by a student bake sale.

This year's coordinators—Charlene Fong and Maya Ribot—have done a wonderful job of leading the Brookline High School participants through a wide variety of events/activities—all designed to introduce the young people to the senior world and to senior services as a career choice. There have been movies; participatory visits and activities at the Senior Center, Centre Communities, Coolidge House, and Goddard House in Brookline; discussions galore with social workers, special speakers, and seniors; a field trip with seniors to the Brookline Farmers' Market; and a special program with senior war veterans interacting with the students.

Come to the closing ceremonies and buy some delicious baked goods while you mingle with these special teenagers. See you there!

PARKINSON'S DISEASE SUPPORT GROUP

The Parkinson's Disease (PD) Support Group will not meet in August. It will resume monthly meetings on Friday, September 3. For information about this group, contact the Information & Referral Center at the Boston University Medical campus at 617-638-8466.

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

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

DON'T BE A VICTIM

Statistics show that the older you get, the less likely you are to be a victim of crime. But it still makes sense to take precautions, especially against fraud and con games—the greatest crime threats for seniors. So:

At home:

- Have good locks on doors and windows.
- Don't hide keys under the doormat, in the mailbox, or in a planter. Instead, leave an extra set with a friend, relative, or neighbor.
- When service or delivery people come to your door, ask for ID and check with their company if you're still not sure.
- If you decide to install an alarm system, consider one that is monitored for burglary, fire, and medical emergencies.



When you are out and about:

- Go out with family or friends rather than by yourself, especially after dark.
- Hold your purse close to you and keep your wallet in an inside pocket preferably with a zipper or other closure.
- Don't carry large amounts of cash or unneeded credit cards.
- Use a direct-deposit service for Social Security and other regular checks so you don't have to take them to the bank to deposit or cash them.
- Keep car doors locked, be watchful in parking lots and garages, and try to park in well-lit spots near entrances.
- Sit near the driver or an exit when you are riding on a bus, train, or subway.
- If a person or situation makes you nervous, get away as quickly as possible.

HYPERTHERMIA:

Warm weather and outdoor activity generally go hand in hand. But older people need to take action to avoid the severe health problems caused by hot weather. These heat-related illnesses are generally collectively called “hyperthermia.” The two most common forms of hyperthermia are heat exhaustion and heat stroke. Of the two, heat stroke is especially dangerous and requires immediate medical attention.



Health and Lifestyle Risk Factors

Health factors that may increase risk include:

- Poor circulation, inefficient sweat glands, and changes in the skin caused by the normal aging process.
- Heart, lung, and kidney diseases, and any illness that causes general weakness or fever.
- High blood pressure or other conditions that require changes in diet. For example, salt-restricted diets may increase a person's risk, but salt pills should not be used without consulting your doctor.
- The inability to perspire, caused by medications including diuretics, sedatives and tranquilizers, and certain heart and blood pressure drugs.
- Taking several drugs for various conditions. However, continue to take prescribed medication, but discuss possible problems with your physician.
- Being substantially overweight or underweight.
- Drinking alcoholic beverages.

Lifestyle factors that can increase risk include:

- Unbearably hot living quarters. People who live in homes without fans or air conditioners should: open windows at night; create cross-ventilation by opening windows on two sides of the building; cover windows when they are exposed to direct sunlight; and keep curtains, shades, or blinds drawn

A HOT-WEATHER HAZARD FOR OLDER PEOPLE

during the hottest part of the day.

- Lack of transportation. Do not attempt to walk or use public transportation. Make a reservation to take the Van to the **Senior Center, which is an official Brookline cooling station**. For Van reservations, call Ron at 617-730-2750.
- Overdressing. Natural fabrics, such as cotton are best.
- Visiting overcrowded places.
- Not understanding weather conditions. Older people, particularly those at special risk (see health factors), should stay indoors on especially hot and humid days

How is hyperthermia treated?

If the victim shows signs of heat stroke, seek emergency assistance immediately. Without medical attention, heat stroke is frequently deadly, especially for older people. To treat heat exhaustion:

- Get the victim out of the sun and into a cool place—preferably an air-conditioned one.
- Offer fluids but avoid alcohol and caffeine. Water and fruit/vegetable juices are best.
- Encourage the individual to shower or bathe, or at least sponge off with cool water.
- Urge the person to lie down and rest, preferably in a cool place.

How is Hyperthermia Detected?

Symptoms include headache, nausea, and fatigue. It is important to recognize the difference between the very serious condition of heat stroke and other heat-related illnesses. However, people experiencing any of these symptoms should consult a doctor.

Definitions

Heat Stress occurs when a strain is placed on the body as a result of hot weather.

Heat fatigue—a feeling of weakness brought on by high outdoor temperature. Symptoms include cool, moist skin, a weakened pulse, and possibly a feeling of faintness.

Heat syncope—sudden dizziness experienced after exercising in the heat. The skin appears pale and sweaty but is generally moist and cool. The pulse may be weakened, and the heart rate is usually rapid. But body temperature is normal.

Heat cramps—painful muscle spasms in the abdomen, arms, or legs following strenuous activity. The skin is usually moist and cool and the pulse is normal or slightly raised. Body temperature is mostly normal. Heat cramps often are caused by a lack of salt in the body, but salt replacement should not be considered without consulting a doctor.

Heat exhaustion—a warning that the body is getting too hot. Symptoms include: thirst, giddiness, weakness, uncoordinated movement, nausea, and profuse sweating. The body temperature is usually normal and the pulse is normal or raised. The skin is cold and clammy. Although it is often caused by loss of water and salt, salt supplements should only be taken with advice from a doctor.

Heat stroke can be **life-threatening!** Victims frequently die, so immediate medical attention is essential. A person with heat stroke has a body temperature above 104° F. Other symptoms may include confusion, combativeness, bizarre behavior, faintness, staggering, strong rapid pulse, dry flushed skin, lack of sweating, and possible delirium or coma.

Heat-related illnesses can become serious if preventative steps are not taken quickly. Older people are at particular risk of hyperthermia. Many people die of heat stroke each year and most are over 50 years of age. With good, sound judgment and knowledge of preventive measures the summer can remain safe and enjoyable for everyone.

From MedicineNet.com. Portions of the above information has been provided by the National Institute on Aging (www.nia.nih.gov)

ALL-HAZARDS PLANNING

On p. 5, we introduced the topic of emergency preparedness and laid out how to build an emergency kit in case you have to evacuate your home. On p. 7, we talked about the purpose and contents of a File of Life. Now we move on to 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 have prepared 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. It is imperative to 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 on p. 5 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 Massachu-

setts Terrorism Tip Line at 888-USA-5458.

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).

In addition, there are local Brookline resources for information and help. If you have an emergency, you can contact:

- Emergency (voice/TTY) at 911
- Emergency operations Center at 617-646-2772
- Fire (nonemergency) at 617-730-2260
- Police (nonemergency) at 617-730-2260
- Health Department at 617-730-2300
- Brookline Public Schools at 617-730-2401
- Brookline Switchboard at 617-730-2000
- Selectmen’s Office at 617-730-2200
- Public Works Department at 617-730-2156
- Water and Sewer Division at 617-730-2170
- Brookline Human Relations—Youth Resources at 617-730-2330

These Brookline sources are also available online on the Town web site at www.brooklinema.gov.

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.

MIND, BODY, SPIRIT SERIES

Here are three **Thursday** afternoon programs to stimulate your mind, body, and spirit. Plan on attending one or all of these very special programs.

MIND

August 12 at 1:30 pm

Roy Freed, a retired lawyer and former resident of Brookline, will present, for discussion by the audience, his personally derived, simple, and functional insight regarding the unique human mind and how the brain works. His assumption is that by introspection in light of how computers work, that nonscientists can best understand their own minds and those of others as universal unique evolution-created biophysical machines roughly analogous to, but actually far superior to, a computer. And knowing how the mind works should help you maximize your

own mental power while coping with the foibles of others.

Mr. Freed is a nonscientist Fellow at the McGovern Institute for Brain Research at MIT.

BODY

August 19 from 12:30 to 3:00 pm

Have an extremely enjoyable afternoon of social and line dancing at VFW Post 440 at 495 California Street in Newton with DJ Helen Murphy at this Newton Parks and Recreation Department sponsored program.

Our Senior Van will depart from the Brookline Senior Center at 12:30 pm for two hours of dancing accompanied by a lavish dessert table. Since the Van space is limited, reservations are essential. Call 617-730-2770 for reservations. The Van donation is \$1.00. The Van will return to the Senior Center at 3:30 pm.

SPIRIT

August 26 at 1:30 pm

Give a lift to your spirit and a lilt to your step by coming to the Senior Center to listen to the inspired and often whimsical words of our Poetry Group—*Seasoned Voices*—who recently had a public reading of their works at the Brookline Booksmith. Their poetry is always a joy to hear.

The group, under the guidance of group-leader Anna Higgins, is working at present on producing a book of their poetry.



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BAT AND MOSQUITO BITES

The Brookline Department of Public Health (BDPH) has been busy looking out for the health of residents and has indeed issued warnings and precautions for bites by bats (rabies) and mosquitoes (Eastern Equine Encephalitis—EEE). Here is a distillation of the BDPH advisories.

Bats

BDPH officials report that several bats have been captured in the homes of Brookline residents and tested for rabies this year. On Monday, June 28, the Massachusetts Department of Public Health (MDPH) notified the BDPH that a bat captured in Brookline had tested positive for rabies. The BDPH has issued a *Rabies Advisory* to stress the importance of capturing and testing any bat found inside a home or other building that has exposed a human or pet.

Pat Maloney, Chief of Environmental Health in Brookline, noted “If a bat is found inside a house or other building, do not release the bat outdoors until you can safely rule out an exposure.” According to the MDPH, “...situations that *might* qualify as exposures include finding a bat in the same room as a person who might be unaware that a bite or direct contact had occurred (e.g., a deeply sleeping person awakens to find a bat in the room or an adult witnesses a bat in the room with a previously unattended child, mentally disabled person, or intoxicated person).” “If the bat cannot be captured and tested, all potentially exposed persons should be vaccinated,” advises Barbara Westley, BDPH Nurse. Pets exposed to bats may need booster vaccinations and observation.

Persons and pets exposed to bats should be reported to the BDPH (at 617-730-2300). Since there is often no visible bite mark or scratch left on the skin by a bat’s small tooth size, bat bites may go undetected. According to the CDC, “95% of people infected over the past 10 years were unaware they had been bitten or scratched” Rabies vaccinations consist of a series of shots and could mean the difference between life and death. ***Remember, rabies is fatal if it is left untreated!***

Measures to take to control rabies:

- If you discover a bat in your home or other building, determine if any humans or pets have been potentially exposed to the bat.
- If there has been no exposure, the bat may be released outside through a window.
- If a human or pet has been exposed to a bat, the bat should be captured and tested for rabies. You should not try to capture the bat yourself except as a last resort. The bat should not be crushed during capture since then it may not be acceptable for testing. If it is at all possible, have the bat captured by a professional pest control expert and sent to the MDPH’s Rabies Lab for testing. You can obtain a list of professional pest control companies by calling the BDPH at 617-730-2300.
- Do not pick up, touch, or feed wild or stray animals of any kind. This includes leaving pet food outside .
- Avoid sick or strange-acting animals.
- Vaccinate cats, dogs, ferrets, etc., for rabies.
- Fasten trash can lids tightly. Garbage attracts wild animals.
- Cap chimneys and seal openings into houses, garages, etc.
- If you are bitten or scratched by any animal, you should promptly wash the wound(s) with soapy water and see a health-care provider immediately. You should also report the incident to the BDPH.
- If your pet is bitten or scratched by another animal, wear gloves when handling or cleaning your pet. Afterwards, wash your hands thoroughly. Report the incident to your veterinarian and the Health Department.
- For a brochure on critter-proofing your property and/or if you have any questions regarding rabies or how to respond to bats in your home, contact the BDPH at 730-2300.

Eastern Equine Encephalitis (EEE)

It's that time of year again! Eastern Equine Encephalitis (EEE) is here! It is a virus that is carried and spread by mosquitoes. In severe cases, this virus can cause encephalitis (swelling of the brain). The period of highest risk of getting this disease is between late July and November.

Mosquitoes get EEE by biting infected birds. People and animals get this disease by being bitten by an infected mosquito. There is no evidence that a person can get these viruses from handling live or dead infected birds or animals. However, wear gloves when you handle dead animals and use double plastic bags when you discard them in the trash.

While most people bitten by mosquitoes carrying EEE experience no symptoms or very mild symptoms and recover on their own, people over 50 years of age have the highest risk of severe EEE disease. Severe symptoms include high fever, muscle weakness, headache, disorientation, neck stiffness, paralysis, coma, tremors, convulsions and sometimes death. There is currently no vaccine or medical cure for this illness so the best thing you can do is to avoid getting mosquito bites as best you can.

So what can you do to protect yourself? **Avoid mosquito bites!** And how do you do this? You can:

- Avoid outdoor activity between dusk and dawn. If you must be outdoors when mosquitoes are active, wear a

long-sleeved shirt, long pants, and socks.

- When you are outside, use a mosquito repellent. Repellents containing *DEET* are most effective. This year, the Centers for Disease Control and Prevention (CDC) also recommend products containing either the chemical *Picaridin* (found in Cutter Advanced) or products containing the oil of lemon eucalyptus. Alternatives to DEET that can also be effective for a limited duration (1 hour) are citronella; Avon Skin-So-Soft Plus, IR3535, Buzz Away, and soybean oil.
- Avoid areas that have a lot of mosquitoes, such as wetlands or swampy areas.
- Fix holes in window and door screens.
- Remove standing water in yards where mosquitoes are likely to breed. Check flowerpots, garbage cans, birdbaths, swimming pool covers, clogged gutters, old tires, etc.
- Repair leaking pipes and outdoor faucets.
- Keep your grass cut short and trim bushes near your house regularly so mosquitoes can't hide.
- Call the BDPH (at 730-2300) if you see standing water that is not on your property.



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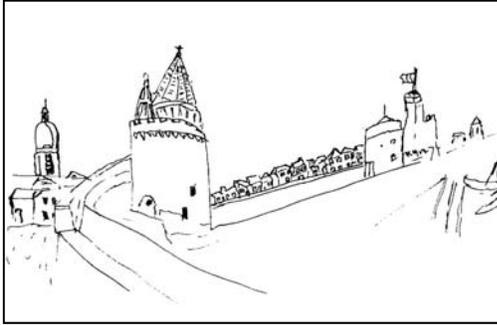
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AT THE GALLERY



The Brookline Senior Center invites you to an inspiring exhibit

Artists Making Art: Overcoming Obstacles

*Paintings and drawings by
Barbara Cohen, Phil Fullerton,
Shlomit Mintz, and Elizabeth Ryles*

*Curated by
Louise Weinberg and Marsha Helmstadter*

Through Thursday, September 30
Hours: 8:30 am to 5:00 pm
Monday through Friday

BOOK DISCUSSION GROUP

On **Monday, August 16**, the group will meet at **2:00 pm** at the Putterham Branch of Brookline Public Library. Under discussion will be *Olive Kittredge* by Elizabeth Strout. This work is 13 linked tales that present a heart-wrenching, penetrating portrait of ordinary coastal Mainers living lives of quiet grief intermingled with flashes of human connection.



The author

EASY TRAVEL



Grab your proverbial travel hat and come to the Senior Center on **Thursday, August 5, at 1:30 pm** when John Dempsey, principal of the Devotion School, will take us on a tour of the southern Nile River. Visit the Pyramids, Luxor, and Abu Simbel in Mr. Dempsey's alluring presentation called "Along the Eternal Nile."

SENIOR CENTER SWING BAND

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

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

BOWLING

Bowling is an activity that is year-round. The Senior Center bowlers meet at 9:30 am on Wednesday mornings at the 20th Century Bowling Alley (affectionately known as Ron's) at 1231 Hyde Park Avenue (next door to the Hyde Park police station). The cost is \$6.50 for three strings and shoe rental. The group is generally back at the Senior Center by 12:00 noon. For more information, call Charlotte Millman at 617

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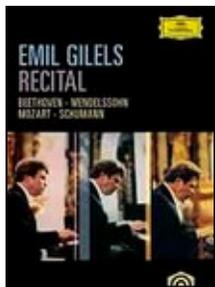
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MOVIE LOVERS SERIES FOR AUGUST

Beat the heat in August by cooling off at the Senior Center. For instance, come to the Tuesday afternoon free Movie Lovers Series at 1:30 pm. You might want to come for lunch (see menus on pp. 16 and 17) before the movie as well and stay around after the movie to enjoy the cool at this official Brookline Cooling Center.



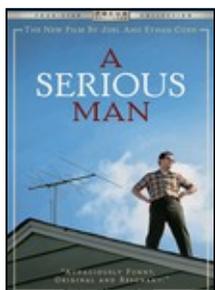
August 3

Emil Gilels: Recital

1971

92 minutes

Ukrainian piano virtuoso Emil Gilels performs a selection of pieces from German and Austrian composers in this concert from the Carinthian Summer Festival in 1971. Widely considered one of the most significant pianists of the 20th century, Gilels is known for his superb technique and tonal control. Among the offerings are works from Beethoven, Mendelssohn, Mozart and Schumann.



August 10

A Serious Man

2009

106 minutes

Larry Gopnik (Michael Stuhlbarg) has hit a *rough patch*, according to a colleague, and it would seem so: people are dropping dead all around him, his wife (Sari Lennick) wants a *get* and his whining kids (Aaron Wolff and Jessica McManus) only add to the heavy load. Larry is just looking for some help. Can a few rabbis guide him to life's answers? Richard Kind costars in the Coens' dark Jewish-culture send-up.



August 17

The Last Station

2009

113 minutes

Set during the last year of Leo Tolstoy's life, this biopic explores the fractious relationship between Tolstoy (Christopher Plummer) and his wife (Helen Mirren), as he embraces a life of asceticism. Paul Giamatti costars as impassioned Tolstoy devotee Vladimir Chertkov, with James McAvoy playing the aging writer's assistant, Valentin, who is caught in the middle of various struggles.



August 24

The Ghost Writer

2010

128 minutes

A writer (Ewan McGregor) stumbles upon a long-hidden secret when he agrees to help former British Prime Minister Adam Lang (Pierce Brosnan) complete his memoirs on a remote island after the politician's assistant drowns in a mysterious accident. In director Roman Polanski's tense drama, the author realizes that his discovery threatens some very powerful people who will do anything to ensure that certain episodes from Lang's past remain buried.



August 31

The Hours

2002

114 minutes

This gripping drama follows the parallel lives of three 20th-century women—the incomparable Virginia Woolf (Nicole Kidman), an unsatisfied 1950s housewife (Julianne Moore), and a book editor (Meryl Streep) who's losing her former lover to AIDS—in director Stephen Daldry's adaptation of Michael Cunningham's Pulitzer Prize-winning novel.

Springwell Nutrition Program

617-730-2770

AUGUST 2010

MONDAY	TUESDAY	WEDNESDAY
<p>2) Macaroni & Cheese, Spinach & Mushrooms, Multigrain Bread OR Egg Salad on Lettuce Leaf, Beet Salad, Cole Slaw, Rye Bread Tropical Mixed Fruit</p>	<p>3) Breaded Fish & Cheese Sandwich, w/ Tartar Sauce, Chuckwagon Corn Mixed Vegetable, Hamburger Roll OR Roast Beef & American Cheese on Multigrain Bread, Lettuce Leaf, Lite Mayo, Greek Pasta Salad w/Lite Italian Dressing Vanilla Cake w/Chocolate Frosting</p>	<p>4) Cream of Tomato Soup Meatloaf w/Gravy, Mashed Potatoes, Green Beans, Oatnut Bread Or Honey Turkey & Provolone on Wheat Bread, Lettuce Leaf, Lite Mayo, Tomato-Red Pepper Salad w/Cheese Raspberry Mousse w/Topping</p>
<p>9) Lentil Spinach Soup Cannelloni w/Cream Sauce, Zucchini & Summer Squash, Three-Bean Medley, Wheat Bread OR Roast Beef & Swiss on Bulkie Roll, Lettuce Leaf, Lite Mayo, Cauliflower Carrot Salad, Redskin Potato Salad Mandarin Oranges</p>	<p>10) BBQ Pulled Pork Sandwich, Mashed Potatoes, Cole Slaw, Bulkie Roll OR Chef Salad, Lite Italian Dressing, Corn Salad, Wheat Roll Fresh Fruit</p>	<p>11) Mushroom Barley Soup Pier 17 Fish w/Lemon Pepper Sauce, Lemon Wedge, Red Bliss Potatoes, Peas & Onions, Rye Bread OR Egg Salad on Multigrain, Lettuce Leaf, Lo Mein Salad, Cole Slaw Ice Cream Cup</p>
<p>16) Cream of Butternut Squash Soup Florentine Baked Haddock w/Florentine Sauce, Whipped Potatoes, Spinach, Oatnut Bread OR Ham & American Cheese on a Bulkie Roll, Mustard, Lettuce Leaf, Broccoli Tomato Salad, Balsamic Vinaigrette Pasta Salad Peaches</p>	<p>17) <u>Summer Special and Birthday Lunch</u> Cold Picnic Lunch Corn Chowder / Crackers Grilled Chicken over Waldorf Salad Raspberry Vinaigrette Dressing Summer Potato Salad Cinnamon Dinner Roll Ambrosia</p>	<p>18) Italian Garden Vegetable Soup Baked Vegetable Ziti w/Sauce, Parmesan Cheese, Broccoli, Whole Wheat Bread OR Roast Beef & Swiss on Wheat Bread, Mustard, Lettuce Leaf, Three Bean Salad, Cole Slaw Chef's Choice Dessert</p>
<p>23) Minestrone Soup Greek Chicken w/Sauce, Lemon Olive Rice, Spinach & Chickpeas, Wheat Bread OR Turkey & American Cheese on Rye Bread, Lettuce Leaf, Lite Mayo, Cole Slaw, Three Bean Salad Tapioca Pudding w/Topping</p>	<p>24) American Chop Suey, Tossed Garden Salad w/Lite Italian Dressing, Zucchini, Whole Wheat Roll OR California Chicken Salad on Lettuce Leaf, Red Potato Salad, Spinach-Mandarin Orange Salad, Lite Italian Dressing, Oatnut Bread Carnival Cookie</p>	<p>25) <u>Springwell Summer BBQ</u> Hot Dog & Hamburger Potato Salad Cole Slaw Lemonade Watermelon</p>
<p>30) Cheese Lasagna, Meatball w/Tomato Sauce, Peas & Mushrooms, Wheat Bread OR Roast Beef & Muenster Cheese on Rye Bread, Lettuce Leaf, Lite Mayo, Potato Salad, Carrot Raisin Salad Brownie</p>	<p>31) Mushroom Barley Soup Pot Roast w/ Roasted Onion Gravy Garlic Parsley Mashed Potatoes, Carrots, Rye Bread OR Egg Salad on Multigrain Bread, English Pea Salad, Roman Blend Salad Pineapple</p>	<p>Soup is served with crackers. Meals are served at 12:00 noon unless otherwise noted. For meal reservations on Mondays, call the previous Friday by 11:00 am. For meal reservations on Tuesdays through Fridays, call the previous day by 11:00 am.</p>

LUNCHEON SPECIALS FOR AUGUST

THURSDAY	FRIDAY
5) Minestrone Soup BBQ Baked Chicken, Summer Squash, Roast Sweet Potato, Rye Bread OR Chicken Caesar Salad, Croutons, Parmesan Cheese, Lite Creamy Italian Dressing, German Potato Salad, ½ Pita Pocket Pineapple	6) Vegetable Barley Soup Chicken Breast w/Gravy, Diced Potatoes w/ Fresh Cream Sauce, Peas & Carrots, Cranberry/Orange Muffin OR ***Seafood Salad on Hot Dog Roll, Lettuce Leaf, Three-Bean Salad, Carrot-Pineapple- Raisin Salad Fresh Fruit
12) Beef Stir Fry, Rice Marinara, Carrots, Broccoli, Mushrooms & Onions, Oatnut Bread OR Chicken Salad on Lettuce Leaf, German Potato Salad, Tomato Red Pepper Salad, Rye Bread Pears	13) Vegetable Pasta Soup Chicken Parmesan w/Tomato Sauce, Garlic Parsley Potatoes, Italian Green Beans, Multigrain Bread OR Tuna Salad on Oatnut Bread, Lettuce Leaf, Greek Pasta Salad, Tossed Garden Salad w/ Red Onions, Lite French Dressing Angel Food Cake w/Strawberries
19) ***Reduced Sodium Hot Dog, Baked Beans, Hot Dog Roll OR Chicken Salad on Hamburger Roll, Lettuce Leaf, English Pea Salad, Riviera Blend Salad Fresh Fruit	20) Beef Stew, Peas, Multigrain Bread OR Egg Salad on Oatnut Bread, Lettuce Leaf, Mixed Vegetable Salad, German Potato Salad Apple Sauce
26) Broccoli Cheese Soup Roast Turkey w/Gravy, Cranberry Sauce, Sweet Potatoes, Mixed Vegetables, Muffin Or Tuna Salad on Multigrain Bread, Lettuce Leaf, German Potato Salad, Tomato & Red Pepper Salad Tropical Fruit Mix	27) Baked Haddock w/Lemon Butter Sauce, Broccoli & Cauliflower, Potatoes w/Cream Sauce, Rye Bread OR Chef Salad, Lite Italian Dressing, Greek Pasta Salad, Wheat Roll Peaches

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**, please call the **previous Friday**. Call 617-730-2770 for reservations.

On **Tuesday, August 17**, we have a double treat for lunch. It is both the **Springwell Summer Special and the August Birthday Lunch**. Dine on an old-fashioned cold picnic lunch and be entertained by Melody Michaelson (see p. 3 for details). Then stay for the Tuesday afternoon movie (see p. 15). Make a festive day of it. And don't forget to tell us if you or someone in your party has an August birthday.

And on **Wednesday, August 25**, come to the **Springwell Summer BBQ**. Hot dogs and hamburgers and the trimmings. And be entertained by Emilian Badea (see p. 3).

On **Tuesday, August 31**, at **12 noon** the **Let's Go Out to Lunch group** will travel to Putterham Circle to the **Mandarin Gourmet**. Call Charlotte to reserve and about transportation.



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

Brookline Senior Center
 93 Winchester Street
 617-730-2770

AUGUST 2010

EVENTS CALENDAR

MONDAY	TUESDAY	WEDNESDAY
<p>2 9 am Podiatry Clinic 12:30 pm Chinese programs 1-2 pm Blood pressure screening 1 pm Mah Jongg/Scrabble 1-2 pm Line Dancing 1:30 pm Jean's Craft group 2-4 pm Open computer lab</p>	<p>3 10:30 am Brookline Bees-Quilters 12:30 pm French Conversation grp 1-3:30 pm Food distribution 1 pm Bingo 1:30 pm Movie Lovers' Film Series "Emil Gilels: Recital"</p>	<p>4 9 am BLAB lawyer 10:30 am Retired Men's Club 12:30 pm Bridge 1:30 pm Healthy Eating Workshop pre-registration required 2-4 pm Open computer lab</p>
<p>9) 9 am Podiatry Clinic 1 pm Mah Jongg/Scrabble 1-2 pm Line Dancing 1:30-3 pm Conversational Cantonese class begins today: \$10 for 10 sessions. Prereg.req. 1:30 pm Jean's Craft group 2-4 pm Open computer lab</p>	<p>10 10:30 am Brookline Bees-Quilters 12:30 pm French Conversation grp. 1-3:30 pm Food distribution 1 pm Bingo 1:30 pm Movie Lovers' Film Series "A Serious Man"</p>	<p>11 10:30 am Retired Men's Club 12:30 pm Bridge 1:30 pm Healthy Eating Workshop - pre-registration required 2-4 pm Open computer lab</p>
<p>16 9 am Farmers' Market Coupons 12:30 pm Chinese programs 1 pm Mah Jongg/Scrabble 1-2 pm Line Dancing 1:30 pm Conversational Cantonese 1:30 pm Jean's Craft group 2-4 pm Open computer lab</p>	<p>17) 10:30am Brookline Bees-Quilters 12 noon - August Birthday Lunch 12:30 pm French Conversation grp. 12:45 pm Singer Melody Michaelson 1-3:30 pm Food distribution 1 pm Bingo 1:30 pm Movie Lovers' Film Series "The Last Station"</p>	<p>18 10:30 am Retired Men's Club 12:30 pm Bridge 1 pm Low Vision Group meeting 1:30 pm Modern Beading Wksp 2-4 pm Open computer lab</p>
<p>23 12:30 pm Chinese programs 1 pm Mah Jongg/Scrabble 1-2 pm Line Dancing 1:30 Conversational Cantonese 2-4 pm Open computer lab</p>	<p>24 10:30 am Brookline Bees-Quilters 12:30 pm French Conversation grp. 1 pm Bingo 1-3:30 pm Food distribution 1:30 pm Movie Lovers' Film Series "The Ghost Writer"</p>	<p>25 10:30 am Retired Men's Club 12 noon - Springwell BBQ lunch - pre-registration required Entertainment by Emilian Badea, accordionist 12:30 pm Bridge 2-4 pm Open computer lab</p>
<p>30 9 am Podiatry Clinic 12:30 pm Chinese programs 1 pm Mah Jongg/Scrabble 1-2 pm Line Dancing 1:30 pm Conversational Cantonese 2-4 pm Open computer lab</p>	<p>31 10:30 am Brookline Bees-Quilters 12 noon Let's Go Out to Lunch grp meet at Mandarin Gourmet Rest 1 pm Bingo 12:30 pm French Conversation grp. 1-3:30 pm Food distribution 1:30 pm Movie Lovers' Film Series "The Hours"</p>	<p>To reserve a lunch please call 617-730-2770 by 11 am, a day in advance</p>

ONGOING SENIOR CENTER EVENTS

THURSDAY	FRIDAY
<p>5 10:30 am Knit and Crochet 1 pm CIA Culminating Event and Bake Sale 1:30 pm Knit and Crochet 1:30 pm Russian Tea Room-vac. 1:30 pm "Easy Travel" with John Dempsey "Along the Eternal Nile"</p>	<p>6 9 am Bridge 9 am Solemates Walking Group 10 am Project Volunteer Group 10:30 am Current Events 1 pm Parkinson's Support Grp-not this month</p>
<p>12 10:30 a.m Knit and Crochet 1:30 pm Russian Tea Room 1:30 pm Knit and Crochet 1:30pm "Mind, Body, Spirit" Series Part 1: "Mind" with Roy Freed</p>	<p>13 9 am Bridge 9 am Solemates Walking Group 10 am Project Volunteer Group 10:30 am Current Events Alzheimers' Support Group - call for time</p>
<p>19 9 am Blood Pressure Screening 10:30 am Knit and Crochet 12:30 pm "Mind, Body, Spirit" Series Part 2: "Body" Dancing in Newton Van leaves 12:30 pm, returns 3:30 pm 1:30 pm Russian Tea Room 1:30 pm Knit and Crochet</p>	<p>20 9 am Bridge 9 am Solemates Walking Group 10 a.m Project Volunteer Group 10:30 am Current Events</p>
<p>26 10:30 am Knit and Crochet 1:30 pm Knit and Crochet 1:30 pm Russian Tea Room 1:30 pm "Mind, Body, Spirit" Series Part 3: "Spirit" Seasoned Voices, poetry reading Evening Alzheimers grp-call for time.</p>	<p>27 9 am Bridge 9 am Solemates Walking Group 10 a.m Project Volunteer Group 10:30 am Current Events</p>
<p>SHINE counselors are available to answer your individual health insurance questions. Please call 617-730-2777 for an appointment.</p>	<p>For information about BETS discounted taxi tickets, please call 617-730-2740, Mon - Wed., noon - 4 pm</p>

MONDAY

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

TUESDAY

10:15 am— Brookline Bees, Quilters
12 noon -4 pm— BETS
1:00 pm— Bingo
1:30 pm— Movies

WEDNESDAY

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

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DRAWING FOR PLEASURE

No classes are scheduled in August. However, open studio space will be available for students who want to use the Senior Center as a place to draw. Call Charlotte at 617-730-2769 for more information.

ARTHRITIS EXERCISE CLASS

This class, led by Ilse Lesser, will not meet in August or September. Watch for an announcement of the next sessions—scheduled to begin in October—in the September issue of the *Senior News and Events*.

JEAN'S CRAFT DECORATING GROUP

This creative group, which provides decorations for the Senior Center on holidays throughout the year, will meet **at 1:30 pm on Mondays, August 2, 9, and 16.**

CONVERSATIONAL CANTONESE

This series of classes will meet for 10 Mondays, **from on Monday, August 9, from 1:30 to 3:00 pm through October 25** (It will not meet on Monday, September 6—Labor Day—and Monday, October 11—Columbus Day.) The class will be taught by Grace Fong of the Greater

Boston Chinese Golden Age Club. Space is limited so registration is required. For more information and to register, call 617-730-2770.

THE FARMERS' MARKET



Don't forget that this outdoor market is open every Thursday in August from 1:30 pm until dusk on Centre Street just off Beacon and that all manner of fresh, local fruits, vegetables, and

many other goodies are on sale every week.

On **Monday, August 16, at 9:00 am**, a limited number of **discount coupons** for qualified seniors will be available at the Senior Center. Be prompt in arriving at the Senior Center as the number of tickets is limited.

To qualify for these coupons, the individual must be a Brookline resident at least 60 years of age and have with them proof of identification and eligibility, such as Elder Housing tenancy, SSI, Medicaid, low-income section 8s, BETS tax ID, and so forth.

SPANISH IMMERSION

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

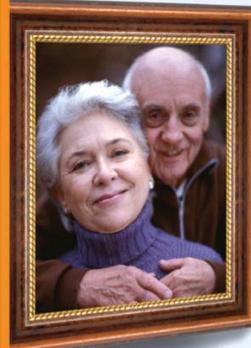
Spanish conversation skills improvement by talking one-on-one with Spanish-speaking elder teachers (for a fee of \$11/hour or \$90/10 hour-long conversations and a registration fee of \$8) is also still very much available. For more information, making matches, and to register, contact coordinator Jane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

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

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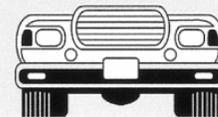
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BROOKLINE ADULT & COMMUNITY EDUCATION (BA&CE)

In August, you can exercise in air conditioned comfort at the Senior Center at two courses for seniors that are being taught by everyone's favorite instructor—Sue Katz. Both courses are cosponsored by the Council on Aging, begin on August 2, and because they are designed expressly for seniors, no senior discounts apply to them.

Strength Training for Seniors

This lively 90-minute class is recommended for those who have been exercising regularly. It includes stretch, rhythmic movement, use of one- or two-pound weights (or none if you so desire). You will experience improvements in your range of motion, strength, balance, stamina, and your social life as you meet others like yourself who like to work out. Exercise to music from the 30s, 40s, and 50s.

Wear comfortable clothing and footwear, and bring a mat or towel and a set (2) one-, two-, or three-pound weights to class.

August term meets on Mondays and Wednesdays from 8:45-10:15 am for 4 weeks, beginning Monday, August 2. Course code: D077. Fee: \$50.

Senior S-T-R-E-T-C-H

This class is very similar to the Strength Training for Seniors class just listed, except it is a 60-minute workout and participants will be able to move to their own pace.

August term meets on Mondays and Wednesdays from 10:30-11:30 am for 4 weeks, beginning Monday, August 2. Course code: D009. Fee: \$40.

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THE HOLIDAY CRAFT FAIR — SAVE THE DATES —



Views of the 2009
Holiday Craft Fair.
Photos by Mimi Katz



The dates for the 26th annual Holiday Craft Fair have been set so mark your calendars and plan to attend on Friday, November 19, and/or Saturday, November 20! For more information, call Julie Washburn at 617-730-2760 or Charlotte Millman at 617-730-

2769. Or better yet, volunteer and participate in both the planning and the execution of the fair. Regular planning meetings have begun. Look for a schedule for these meetings in the *Brookline TAB* and in the September issue of the *Senior News and Events*.

As usual, the fair will be held at the Senior Center and will have lots of handmade crafts— clothing, jewelry, and giftware—as well as photography, white elephants, and baked goods. There will also be food and fun (raffles, performances, etc.) for young and old alike.

HANDICAPPED ACCESS

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

CELL PHONES, IPODS, GLASSES

If you find any cell phones or iPods aimlessly lounging around in your home, your children's homes, your friends' homes, and find that they are no longer needed where they live, give them a new home and new life by donating them to the Senior Center. We will, in turn, give them to organizations that revitalize them and put them to use in other nonprofit organizations. In return, the Senior Center gets funds that help support our services, programs, and equipment.

And eyeglasses? We can turn them into the Lions Eyeglass Recycling program, which will find useful new homes for them.

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SENIOR SCENE

Early in August, *Senior Scene* with Hostess Betty Joel will focus attention on the 2010 Careers in Aging (CIA) program (see p. 7 for more on the program itself).

Senior Scene airs on BATV on Thursdays at 7:00 pm with repeat airings on Fridays at 1:00 pm and Sundays at 7:30 pm.

SUMMER CONCERTS AT EMERSON PARK

Don't forget that there are two more Emerson Park concerts in August:

- Hipsocket on August 4
- Vanessa Trien and The Jumping Monkeys on August 11

The concerts start promptly at 6:30 pm so arrive early to get settled and perhaps picnic at the park. The park is located off Davis Avenue in Brookline Village. In case of inclement weather, decisions on cancellations will be made by 3:00 pm on the day of performance and will be updated online at www.brookline.ma.gov and on the Weather line at 617-730-2083.

AGING AT HOME

In September, we will begin having public meetings again on a subject that is deeply sig-

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nificant to many seniors—shaping the direction and scope of expanded services that will make it possible for more and more seniors to maintain the lifestyles they have established in their own homes. Look for more information on these meetings in the September *Senior News and Events*.

THE ASSISTANCE YOU NEED TO STAY INDEPENDENT

BROOKLINE SENIOR CENTER THEATER CLUB—SAVE THE DATES

The club has been meeting and has come up with a blockbuster Sunday performances for the fall. So get your datebooks out and start planning to attend these performances.

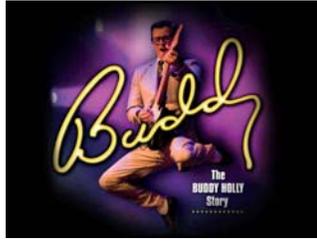
September 12

Buddy! The Buddy Holly Story

at the Turtle Lane Playhouse in Auburndale

Cost: \$30

Directed by James Tallach with music direction by Sarah Hirsch. "Buddy!" is a musical celebration of the legendary singer/songwriter Buddy Holly who shot to stardom in 1957 only to die in a plane crash two years later alongside 17-year-old Ritchie Valens and J.P. Richardson, the Big Bopper.



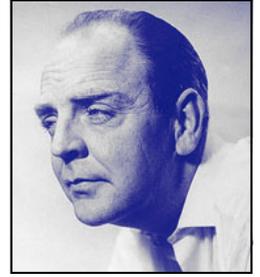
October 10

Bus Stop

at the Huntington Theater in Boston

Cost: \$25

A snowstorm strands a bus outside of Kansas City, and its passengers—including a stubborn, love-struck cowboy and the nightclub singer he hopes to marry—seek shelter and warmth at a roadside diner. The motley crew spends one night together, filled with bluster, heartache, and laughter, searching for love in this classic American comedy. Former Artistic Director Nicholas Martin returns to direct.



September 26

Boston Marriage

at the Charles Moesian Theater of the New Repertory Theatre in Watertown

Cost: \$35

In this biting comedy by David Mamet, Anna and Claire, two *women of fashion* who have long resided together scheme to obtain the objects of their desire. Anna maintains their upper-middle class Victorian lifestyle as the mistress of a wealthy man who provides her with a healthy income and a distinctive emerald necklace for her companionship. When Claire's attentions stray from Anna, Anna devises the *perfect plan* that grows in outlandishness, even as it backfires and the innocent parlor maid gets caught in the crossfire.



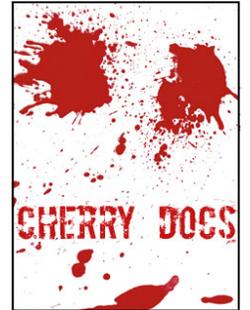
November 7

Cherry Docs

at the Charles Moesian Theater of the New Repertory Theatre in Watertown

Cost: \$35

When a Jewish lawyer is assigned to defend a young skinhead accused of brutally killing an immigrant man, he must alter his preconceived notion of humanity in order to discover forgiveness. In this New England Premiere, David Gow dares audiences to examine their capacity for compassion and asks, is there atonement for all crimes?



Payment for these performances are due at registration by cash or check. No credit cards. Please be aware that there are no ticket refunds. If you are unable to attend the show, you may arrange for someone else to take your ticket. There will be transportation from the Senior Center (and possibly from other Brookline locations) to and from these performances, and the price of transportation is included in the overall price of tickets. For more information, call the Senior Center at 617-730-2777.

BROOKLINE RECREATION —IT'S WHAT WE DO!

In August there are two special outings:

Warren's Lobster House/Outlet Shopping—Thursday, August 5—Bus leaves the Soule Center at 9:45 am and the Senior Center at 10:00 am and returns at approximately 5:00 pm. **Cost:** \$40.00 per person.

Barbecue at Larz Anderson Park—Friday, August 20—Van leaves the Senior Center at 11:30 am and returns at approximately 2:00 pm. **Cost:** \$10.00 per person

For more information about, and to register for, the above excursions, call the Brookline Recreation Department at 617-730-2069, or visit their web site at www.brooklinerec.com.



Note: The Brookline Recreation Department is no longer doing regular mailings to Active Adults. However, you can keep informed about their excursions by subscribing to the *Senior News and Events* for only \$10.00 per year. To subscribe, use the form on p. 31.

TAX ABATEMENT PROGRAM

There are still several spots available in the Town's Tax Abatement Program. In this program, income-eligible senior homeowners (this includes condo owners) can earn a \$1000 property-tax abatement for donating 125 hours of their time to work for Brookline departments. If you are interested, call Deidre Waxman at 617-730-2767 and she will be able to give more information and help you through the application process.

SENIOR CENTER FOOD DISTRIBUTION SITE

Our Tuesday food distribution is still a great success. However, of late, the produce has been arriving later than usual so we are changing the distribution hours so that you can get fruits and vegetables at the same time you get baked goods. So the distribution hours will be from 1:00 pm (or when the produce arrives) until approximately 3:30 pm (or when we run out of supplies). Bring a bag to take your food home in. For the best pick, come early (around 1:00 pm). For a more leisurely, less crowded, picking, come later. And don't forget to get your number in the coffee lounge and to wait there for your number to be called.



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FROM THE DIRECTOR



A special thank you goes to our state legislators who worked diligently for maintaining funding for elders.

We will be awarded in the state formula grant \$7.00 per elder despite a very difficult funding year. Our Brookline team of Smizik, Sanchez, Creem, and Rush deserve our gratitude for being strong elder advocates! This is an especially tough year as local aid took a major hit and the anticipated additional Medicaid money from the federal government did not come through.

It is time to save the date in your calendars for our Annual Benefit that will be held October 27 at 6:00 pm. We are planning a fabulous evening of delicious food and great entertainment. (Did I really hear that benefit bingo was being planned?) 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.

And a very special thanks also to Brookline Rotary, which is generously funding the gasoline for the van. As you are aware, the entire cost of the van program from the van itself, to the driver's salary and the gas and oil is all paid for by generous donations.

For those of you who love the theater, be sure to check out the fall schedule of affordable, high-quality shows. I want to acknowledge the

hard work of Ted Shamitz who has a passion for bringing the elders to the theater. He has volunteered his time to bring a great slate of shows. Check out page 26 for the details.

Careers in Aging (CIA) completed a fabulous seventh summer program in July. Maya Ribot, who started with the program in its inaugural year, led the program with the able assistance of alum Charlene Fong. Maya and Charlene were fabulous leaders whose dedication to this program is heartwarming. This year's students were terrific. See page 7 for details on the closing ceremonies and the bake sale.

A special note to the veterans who joined the CIA program this year—your stories of sacrifice, heroism, and patriotism were, and remain, truly inspiring.

August is one of the quietest months for programs, but we do invite you to enjoy the BBQ on August 2 (see pages 3, 16, and 17) and stop in for our regular ongoing 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. And please buy a raffle ticket for the quilt (featured in the article on the raffle that is on page 1)—and come to the show on September 1 as it is going to be fabulous. The entertainment was suggested by my mother-in-law!

Ruthann Dobek, Director

NEWCOMERS' CLUB—SAVE THE DATES

We are happy to announce that the Brookline Council on Aging Newcomers' Club will hold its first meeting on Thursday, September 16, from 10:00 to 11:30 am at the Senior Center.

This group will meet for four Thursdays and offers an opportunity for seniors, both newcomers and long-time residents, to learn more about Brookline. Topics include local government and recreational, social, and educational programs

that are available to all Brookline seniors. We will meet local leaders and have time together to share and compare information and ideas.

Not feeling like a stranger in the community depends on having friends. Here is a way for people to meet others with common interests and concerns and learn about their community.

If you have any questions, please call Charlotte Millman at 617-730-2769.

THE IMPORTANCE OF BENEFICIARY DESIGNATIONS FOR YOUR ESTATE

Often when people draft their wills and other estate planning documents, they think they are done with their estate plan. This is not the case. They are only half done.

Many types of assets do not go through the will. Because of this, if you only address the will, you have not dealt with all the other property not passing through your will.

For instance, your house may be jointly owned with your spouse (in a tenancy by the entirety) or with another person in a joint tenancy. Because both these forms of ownership include a survivorship provision, after you die, the property automatically goes to the survivor.

Bank accounts, securities accounts, and certificates of deposits can also be joint. If you want to change a joint account into an account in your own name, you will have to complete a change of ownership form and obtain the joint owner's signature. This means you may want to think carefully about putting property in joint names since they can cause disputes after your death if a joint account holder on an account meant to provide liquidity after your death takes the position that it is now the sole property of the other account holder. Clarifying the intent with an affidavit or contract signed by you and the joint account holder may help.

Life insurance policies generally have beneficiaries. But you need to name them. If you do not do so, the life insurance will be paid to your *estate*, to be divided as you have set forth in your will.

Having life insurance paid to your estate has no negative tax ramifications because it is not taxable to the recipient. This is not the case with retirement benefits. It is very important to have beneficiaries on these, because it permits extended payout (and resulting income tax deferral) available to spouse and nonspouse individual beneficiaries.

It is very important to send your signed

beneficiary forms to the life insurance company or the retirement plan administrator. If the signed copy is not received and processed by the company prior to your death, it will not be put into effect. When you send a beneficiary designation in, be sure to track it and wait for a confirmation from the company. Check the confirmation for accuracy. It can be incorrect, and that will cause problems later unless the corrections are made now.

Other types of nonprobate assets are the *paid on death* (POD) account, or *in trust for* (ITF) accounts. These can be dangerous because people lose track of who they named and often forget that they even named a beneficiary. For that reason, I don't recommend them.

So your estate plan doesn't only include the last will and testament you have so carefully thought out. It should also include defining and putting into effect your beneficiary designations so that they coordinate with your estate plan and paying attention to joint, POD, and ITF accounts.

by Laurie Israel, Esq. © 2010 Laurie Israel. All rights reserved.

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Our thanks to Evelyn Roll for this wonderful tip.

THANK YOU

Our thanks go out to:

Colleen *for her donation to the Annual Appeal*

Muriel Stark *for her donation in honor of Dotty Bell*

Helen Berman, Victor A. Berch, Loretta DeSesa, Kathryn & Peter Elefterakis, Melanie & Jim Gallagher, Shirlienne Kazanoff, V. Celia Lascarides, Amy June & Robert Meister, Mary O'Brien, Elmer Sprague, Shirley & Berol Robinson, Arlene Stevens, Kathleen G. Travis, and Patricia Wise *for their contributions in honor of Doreen Gordon's 85th birthday*

Mildren Lehman *for her donation in memory of Betsy Lehman*

Marilyn Hershfield *for her donation in memory of Rosemary Garland and Thomas Bouregois*

Dawn Carmen Sibor *for her donation of the book Journey of a Lifetime to the Brookline Senior Center Library in memory of Trudy Cohen*

Dina Oliver *for her donation to the Van Fund*

OUR CONTRIBUTORS

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To Garrett Simonsen, Dawn Sibor, and Michael Raskin for information about building an emergency kit on p. 5 and for information on all hazards planning on p. 10; to Medicine-Net.com and the National Institute on Aging (www.nia.nih.gov) for information on hypothermia on pp. 8 and 9; to the Brookline Department of Public Health for information on bat

and mosquito bites on pp. 12 and 13; to Amazon.com for the short summaries of books on pp. 14 and 26; to Netflix for short summaries of movies on p. 15; to Mimi Katz for her photos on p. 24; and to Laurie Israel, Esq., for her essay on p. 29; and to Evelyn Roll for her tidbit on p. 29.

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