

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



AUGUST 2011



Council on Aging Information Hotline

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Senior Center Van

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Brookline Council on Aging

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www.brooklineseniorcenter.org

Brookline Community Aging Network

www.BrooklineCAN.org



HIGHLIGHTS

Take a nostalgic musical journey with Tommy Rull in Concert on *August 3*.

See p. 3.

Travel to Spectacle Island with Brookline Rec on *August 5*. See p. 25.

Join the Theater Club for *The Sound of Music* on *August 7*. See p. 23

Travel to Youville in Cambridge for a TV-style Quiz Show on *August 11*.

See p. 14.

Learn about Gadgets and Gizmos on *August 15*. See p. 10

Take a nostalgic automotive tour through the Larz Anderson Auto Museum on *August 18*. See p. 7.

Join the Public Issues Nonfiction Book Discussion Group on *August 23*.

See p. 27.

AS THE GARDEN EVOLVES...

Stop by the grounds around the patio at the back of the Senior Center where the gardening crew—volunteers and staff—are in the first phase of a reclamation project. Soil quality needs to be greatly improved to support the kind of garden we want to establish. The crew has been spreading loam and some compost; terracing the steep, barren slope under the maple trees; and experimenting with some planting of seeds, seedlings, and plant divisions.

Between the extreme heat and poor soil, the plants are struggling. We don't yet know if the perennials will have enough of a root system to survive. We have been collecting coffee grounds, vegetable, and fruit leftovers from the lunch and food distribution programs to fuel the composter. With the superb efforts of our friends the microorganisms, bugs, and earthworms, all of this will eventually be returned to the garden as black gold—new, rich soil. The garden needs plenty of plant material. We may experiment with ground covers, cover crops that are turned under and added to the soil and mulch to reduce moisture loss, self-seeding plants, and add nutrient to the existing soil. If we build the soil, the soil will build us. Stay tuned for the next exciting episode of *As the Garden Evolves*."

Come to a discussion and demonstration—"Com-posting: Types of Bins, What to Compost, and Managing Your Compost Pile," on Friday, August 19, from 1:00 to 2:00 pm on the patio in back of the Senior Center.



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The Town of Brookline Senior News & Events
<p>Ruthann Dobek <i>Director, Council on Aging/Senior Center</i></p> <p>Julie Washburn <i>Program Manager, Council on Aging/Senior Center</i></p> <p>Judith Gimple <i>Newsletter Editor and Publisher</i></p> <p>The Town of Brookline Senior News and Events is published monthly by the Brookline Council on Aging, 93 Winchester Street, Brookline, MA 02446.</p> <p>Subscription fee: \$10.00/year. See page 31 for subscription/renewal form.</p>

AUGUST HOLIDAYS

August is a holiday month. People go away—to try to beat the heat, to explore new places and expand horizons, to take the grandchildren on one last adventure before school starts, to just relax and laze around during the dog days, and so forth—but there is *no* single holiday day in August on which the Senior Center is closed. So enjoy the meals and activities at the Senior Center that are listed in these pages or just drop in to enjoy the coolness, have a cup of coffee in the coffee lounge, and socialize with friends and peers.



Of course, you can celebrate too. August 21 is officially Senior Citizen's Day! When President Reagan (himself a senior citizen at the time) issued the Presidential Proclamation (August 19, 1988) proclaiming the Day, he said, "For all they have achieved throughout life and for all they continue to accomplish, we owe older citizens our thanks and a heartfelt salute. We can best demonstrate our gratitude and esteem by making sure that our communities are good places in which to mature and grow older."

We seniors should all celebrate this day by doing exactly anything we please. We can even celebrate by taking on the sublime (National Eye Exam Month, Water Quality Month) or even the ridiculous (National Catfish Month, Admit You're Happy Month).

TOMMY RULL IN CONCERT

Take a musical journey through the years with Tommy Rull, singer/entertainer, on **Wednesday, August 3 at 1:00 pm** at the Senior Center. He covers a wide range of music and styles, reaching across generations with classic and contemporary songs from Frank Sinatra, Lou Rawls, Paul McCartney, Paul Anka, Neil Diamond, Englebert Humperdinck, James Taylor, Louis Armstrong, Jimmy Buffet, and more. Come enjoy the music. And stay after the concert for an Ice Cream Social sponsored by Home Instead.



COUNCIL ON AGING

The Board will be on vacation in August. However, the Nominating Committee will meet on **Wednesday, August 10, at 1:00 pm**. The Committee is actively seeking volunteers to serve on the Board. Anyone interested should contact Ruthann at 617-730-2756.

The Board will resume its regular monthly meetings on Wednesday, September 14, at 1:00 pm. The Senior Scene video interview with Dr. Suzanne Salamon will be run followed by a Q&A with Dr. Salamon—see pp. 11 and 29 for more information.

ONE-ON-ONE COMPUTER SESSIONS

Computer phobic but eager to overcome it? Call Olga at 617-730-2768 and make an appointment for a one-on-one session with a trained Red Tape Cutter at the Senior Center. Get help with basic computer skills, looking up and applying for benefits online, and job applications for jobs.

Preregistration is required. Sessions will be held on **Tuesdays, August 2, 9, 23, and 30 from 9:00 to 11:00 am**. Each appointment is for one hour. Note that while follow-up appointments are available, preference will be given to those who have not yet had an appointment. Note also that all sessions are on PCs, not MACs.



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Podiatry Clinic Routine foot care with Dr. John McLaughlin is available on **Mondays, August 1, 8, 15, and 29, from 9:00 am to 12:00 noon**. Sessions, which last 15 minutes each, cost \$30. 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 17, at 1:00 pm** at the Senior Center.

Blood Pressure Screenings

The Brookline Health Care Center (BHCC) will provide blood pressure screenings **at the Senior Center on Monday, August 1, from 1:00 to 2:00 pm**. The nurse who presides is fluent in English and several Chinese dialects.

And there will also be blood pressure screenings **at the Senior Center** with a nurse from the Brookline Public Health Department (BPHD) on **Thursday, August 18, from 9:00 to 10:30 am**. In addition to blood pressure screenings with a BPHD nurse at the Senior Center, there will be screenings:

- On **Wednesday, August 3**, at the BPHD building, 11 Pierce St., **from 2:00 to 3:00 pm**

- On **Wednesday, August 10**, at Sussman House, 50 Pleasant St., **from 1:00 to 2:00 pm**
- On **Wednesday, August 24**, at O'Shea House, 61 Park St., **from 1:00 to 2:00 pm**

And Megan Cheung, a nurse from the Greater Boston Chinese Golden Age Center will do blood pressure screenings at the Senior Center (on a Monday in August to be announced) during the Chinese programs—**from 12:30 to 2:00 pm**.

Health clinic Note that the Podiatry Clinic and blood pressure and other screenings are now being held in our Health Clinic on the second floor as part of our space reallocations.

We will soon have a **sharps disposal unit** in our Health Clinic. Until it is set up, you can take your used sharps (lancets, needles, etc.) to the BPHD at 11 Pierce Street for safe disposal.

Cooling stations In addition to the Senior Center, four other locations in Brookline have been designated as cooling stations: the Brookline Public Safety Building at 350 Washington Street (24/7) and all three branches of Brookline Public Library—the Main Branch at 361 Washington St., Coolidge Corner at 31 Pleasant St., and Putterham at 959 W. Roxbury Pkwy. (call for hours at the libraries).

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

The Health Page is sponsored by
Beth Israel Deaconess Medical Center

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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

WEST NILE VIRUS DETECTED IN BROOKLINE

On July 15, the Massachusetts Department of Public Health confirmed the presence of West Nile Virus (WNV) in mosquitoes collected in South Brookline near the Jamaica Plain Line. With this report, the Brookline Public Health Department (BPHD) concluded that the virus is present in mosquitoes throughout the Town.

Mosquito-borne viruses are carried and spread by mosquitoes. In this part of the country, public health surveillance is done for two mosquito-borne viruses that can cause encephalitis (swelling of the brain)—West Nile Virus (WNV) and Eastern Equine Encephalitis (EEE). The period of highest risk of getting either disease can be from late July through the fall.

Mosquitoes get WNV and EEE by biting infected birds, and people and animals can get them by being bitten by an infected mosquito. There is no evidence that a person can get these viruses by handling live or dead infected animals. However, it is recommended that gloves should be worn when handling any dead animals and double plastic bags used to discard them in the trash.

Most people bitten by mosquitoes carrying WNV will experience no symptoms or very mild symptoms and will recover on their own. Persons over 50 years of age, however, have the highest risk of severe WNV disease.

People who are bitten by mosquitoes carrying EEE tend to experience more severe symptoms.

Severe symptoms of both diseases 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 these illnesses. In severe cases, intensive medical therapy such as intravenous (IV) fluids and nutrition, and ventilator support can be administered in hospitals.

The Town of Brookline will use the following precautionary methods this summer and

fall:

- Larvicide is being applied to targeted catch basins and some wetland areas to prevent hatching of new mosquitoes.
- Mosquito traps have been established and mosquito pools are being tested for the virus.
- An information line has been established at 617- 730-2295 and at www.brookline.ma.gov.
- Mosquito-borne virus information appears on the Town web site with a link to the State Lab including updated mosquito count and test results.
- Spraying to kill adult mosquitoes may be done only if absolutely necessary and if recommended by the State. Every effort will be made to notify residents of the spraying before it is done.



You can best help protect yourself by doing all you can to avoid mosquito bites:

- 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 that contain DEET are the most effective, although DEET should not be used on infants. This year, the Centers for Disease Control also recommends products that contain the chemical Picaridin.
- Avoid areas that tend to have a lot of mosquitoes, such as wetlands or swampy areas.
- Fix holes in all window and door screens.
- Remove standing or stagnant water in your yard where mosquitoes are likely to breed.
- Repair leaking pipes and outdoor faucets.
- Keep your grass cut short and the bushes near your house trimmed so mosquitoes can't hide.
- Call the BPHD if you see standing water problems that are not on your property.

Many thanks to the BPHD for this advisory.

MOVIES FOR FILM LOVERS

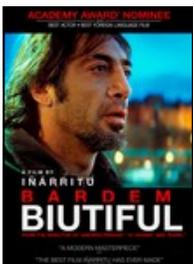
What better way is there to while away a hot summer afternoon in the August Dog Days than with a good film. Come to the Senior Center **every Tuesday in August at 1:30 pm** for a free movie. In fact, come early (at noon) for lunch then stay for the movie and make a full afternoon of it. (see lunch menus and reservation instructions on pp. 16-17.)



August 2

The Fighter (2010) 115 min.

After a string of defeats, Mickey Ward rediscovers his fighting will with help from trainer and half-brother Dicky—a once-talented pugilist and small-town hero now battling drug addiction. **Note:** This film has language throughout, drug content, some violence, and sexuality.



August 9

Biutiful (2010) 147 min.

In Spanish with English subtitles

Diagnosed with terminal prostate cancer, Uxbal—a divorced father raising two children—is determined to atone for his life as a black marketeer in this engrossing character study that unfolds in the slums of Barcelona.

Note: This film has disturbing images, language, some sexual content, nudity, and drug use.

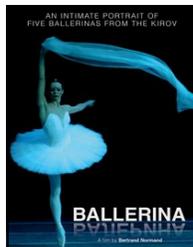


August 16

Made in Dagenham (2010) 113 min

This is a dramatization of the landmark 1968 labor strike initiated by hundreds of women who rebelled against discrimination and demanded the same pay as men for their work in a London automobile manufacturing plant. During one march, a banner that reads "We Want Sexual Equality" inadvertently becomes shortened to "We Want Sex."

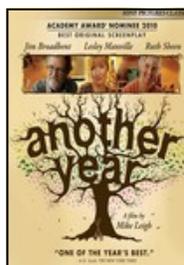
Note: This film has language and brief sexuality.



August 23

Ballerina (2009) 80 min.

This fascinating documentary profiles five outstanding Russian ballerinas from the prestigious Mariinsky Theatre (the renamed Kirov Ballet), following them from grueling rehearsals to flawless performances around the globe. Dancers in the spotlight include gifted 18-year-old Alina Somova (the newest Mariinsky ballerina) and Svetlana Zakharova, Evguenya Obraztsova, Diana Vishneva and Uliana Lopatkina.



August 30

Another Year (2010) 130 min.

Over the course of a tumultuous year, contented medical counselor Gerri and her geologist husband, Tom, see their friends and relations through a series of happy events and heartbreaks—including a birth and a death.

SUMMER MOVIE NIGHT

On **Sunday, August 7, at 8:15 pm**, as part of the Emerald Necklace Conservancy's Summer Sundays in the Park, the Parks and Open Space Division and High Street Hill Association are excited to co-sponsor the presentation of *Toy Story 3* in a special outdoor movie night. Bring your grandchildren and come early for fun children's activities from 7:00 pm until 8:15 pm. Bring a blanket or chair. This event will be at Olmsted Park at the Allerton Overlook off Pond Avenue near the intersection with Allerton Street. This event is free and open to all!

AT THE GALLERY



Paintings

Dvorah Fogel Smith

*You are invited to view this lovely exhibit
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TOUR THE LARZ ANDERSON AUTO MUSEUM

Did you know that the phrase “It’s a Duesy” refers to the Duesenberg? Have you ever actually seen a Tucker? Well, I learned the former and saw the latter at the Larz Anderson Auto Museum—home to America’s oldest car collection. For over 75 years, this museum has been supporting the collector car community through a variety of educational programs, exhibits, and lectures—and it’s right here in Brookline.

Join us for a tour on **Thursday, August 18, at 10:30 am**. The cost to seniors will be \$4 and you need to register (by calling 617-730-2770) by Monday, August 15. The van will provide transportation from the Senior Center so you need to let us know if you need a ride. The van will leave the Senior Center at 10:15 am sharp. You can also meet us at the museum, but you still need to register with us in advance so that we can let the museum know how many people will be in our group.

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SENIOR SERVICES

The Brookline Senior Center and the Council on Aging (COA) offer a wide variety of programs and activities to help the Brookline senior community in everyday ways. Among the services offered all seniors including those who are intent on Aging Well 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 (\$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 every **Monday through Wednesday from 12:00 noon to 4:00 pm** to take applications for, and sell, BETS coupon books. For more information, call Alicia at 617-730-2740.

If you want to apply for the first time, or be recertified, for the BETS program, bring your 2010 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 documentation you will need to bring. (All riders must be recertified every year in order to be able to buy BETS coupon books.)

To be eligible, an individual's maximum annual income cannot exceed \$45,100; a couple's, \$51,550.

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 a Brookline-based company gives you trouble about using the coupons, report it 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 use cash.

BLAB A Brookline Legal Assistance Bureau volunteer lawyer will be at the Senior Center from **9:00 am to 12:00 noon on Wednesday, August 3** to 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 identification 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. For more information on the File of Life, call 617-730-2777 and leave your name and phone number. The Senior Center's File of Life Coordinator, Ruth Geller, will call you back as soon as possible.

HELP The Home and Escort Linkage Program 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 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 at 617-730-2774, and she will get back to you promptly.

SHINE counselors Sonia Wong, and Sybil Levisohn are on hand at the Senior Center to help individuals explore their health-insurance options. (Ed Levin is on vacation.) For an appointment with a SHINE counselor, call 617-730-2777.

There is no longer a **SOCIAL SECURITY** Contact Station at the Senior Center. For assistance, call the Social Security main number at 800-772-1213.

FARMERS MARKETS!

The Brookline Farmers Market As people live and stay active longer, it is essential to turn serious attention to eating healthier, to conserving our resources, and to using them more wisely. Green, organic gardening, as described on p. 1, is a significant component.

Many of our local farmers practice organic gardening and thereby produce healthy fruits and vegetables and other products to sell at the Farmers Markets that the Metro Boston area has in abundance in the summer and fall.

Our own Brookline Farmers Market takes place **every Thursday from 1:30 pm to dusk through October 27**, when the Centre Street West parking lot is transformed into a market, offering fresh, locally grown, prepared, or raised fruits, veggies, bread and other baked goods, plants, herbs, flowers, preserves and jellies, meat, and much more. For more information about the Brookline Farmers Market, go to www.brooklinema.gov/farmersmarket/ or call Arlene Flowers at 617-566-8005.

Other Farmers' Markets They flourish all over the state. And you can find out where by going to the Massachusetts Farmers' Market Association web site at www.massfarmersmarkets.org. There you can find where, what, when, and even how to get there for sites in Newton, Brighton, Boston, Jamaica Plain, West Roxbury, and Roslindale—and virtually anywhere you might want to wander on a lovely summer or fall day.

Allandale Farm is a working farm that has tilled the same soils for more than 250 years on the Brookline/Boston line near the Arnold Arboretum and Faulkner Hospital, providing fresh, local produce, cut flowers, quality nursery stock, and much more. The Allandale farmers have always aimed at being good husbands of natural resources and good neighbors by using organic practices, providing the safest work environment for employees, and providing the highest quality product for the farm's consumers at a fair price.

Photos by Mimi Katz



ALZHEIMER'S CAREGIVERS SUPPORT GROUPS

There are two sessions of this group per month—one in the afternoon and one in the evening. Both are designed to help caregivers cope with the stresses and demands of helping their loved ones who struggle with Alzheimer's Disease.

The **Afternoon** group will be on vacation in August. The **Evening** group will meet **Thursday, August 25**. Note that this group is temporarily full. However, call group leader Susan Kanian-Andriole at 617-730-2754 if you are interested in being put on the waiting list or for referral information for another local group.

PARKINSON DISEASE SUPPORT GROUP

The Council on Aging and the American Parkinson Disease Association (APDA) urges everyone to attend the **Friday, August 5** session of this group **from 1:00 to 2:30 pm** at the Senior Center. At this session, Jane Arsham will present "Tai Chi and Its Role in Parkinson's Disease," meant to be used by all ability levels.

For more information, contact the APDA Information & Referral Center at Boston University Medical Campus at 800-651-8466 or go online at www.apdama.org.

GADGETS AND GIZMOS

Want to know about tweeting? Or how a kindle works? Or even print your own digital photos? Join facilitators Mimi Katz and Julie Washburn on **Monday, August 15, from 2:00 to 3:30 pm** for a Gadgets and Gizmos Workshop. The only prerequisites for this workshop are curiosity and questions about the technology. The workshop is free to registration is required. Call 617-730-2770 for more information and to register.



EASY TRAVEL

Easy Travel is on vacation in August. It will resume its regular programs in September.

MODERN BEADING WORKSHOP

This workshop for beginners and experienced beaders is scheduled for **Wednesday, August 17, 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.

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 are available at local craft stores. The workshop is free, and no registration is required.

This workshop will be on vacation in September but will resume its regular schedule in October.

FRENCH CONVERSATION

Brush up your French conversational skills with this group **every Tuesday in August at 12:30 pm** at the Senior Center.

ARE YOU IN THE DONUT HOLE?

The Affordable Care Act lowers the cost of your Medicare prescription drug coverage (Part D) if you reach the coverage gap (donut hole). This year, you will no longer have to pay full price in the donut hole. Instead, you will automatically receive a 50% discount on brand-name prescription drugs covered by your Part D plan. And Medicare will pay 7% of the price and you will pay the remaining 93% for generic drugs covered by your plan. These discounts apply whether you buy your drugs at a pharmacy or order them through the mail. What you pay for both brand-name and generic drugs in the donut hole will decrease each year until it reaches 25% in 2020.

If you have already reached the donut hole, you should already be receiving these discounts. ***In the Donut Hole, you should not be paying full price for your drugs!*** If this is not the case, you need to talk to a SHINE (Serving Health Information Needs of Elders) Counselor.

Trained SHINE volunteer counselors offer free, confidential counseling on all aspects of health insurance to anyone on Medicare. Call the Senior Center at 617-730-2777 and ask for a SHINE appointment.

You can also call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Once you get the SHINE answering machine, leave your name and phone number, and a volunteer will call you back as soon as possible.

Reminder: The new dates for Medicare Open Enrollment are October 15 through December 7.

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ASK A GERIATRICIAN



Dr. Suzanne Salamon, Chief Associate of Clinical Geriatrics at Beth Israel Deaconess Medical Center (BIDMC), answers your *general* questions about aging and geriatric medicine in this column every month. (**Editor's note:** *If you have questions, please send them to me at jgimple@brooklinema.gov or call me at 617-730-2790. I will make sure that Dr. Salamon gets the questions and answers them in subsequent issues of the Senior News and Events.*)

In the next new Senior Scene, hostess Betty Joel will interview Dr. Salamon. The video of this new program will be aired at the Senior Center on Wednesday, September 14, at 1:30 pm. The running of this video will be followed by a Question and Answer session with Dr. Salamon. This event should be a don't miss so SAVE THE DATE. (See also p. 29.)

This month we asked Dr. Salamon to chat about herself—to talk about her awards, research projects, publications, and what she is presently involved in professionally.

Dr. Salamon prefaced her remarks with: "I hope it won't be disappointing if I tell you that this list is quite short. My professional life mostly involves seeing patients, some teaching of Harvard medical students and residents at Beth Israel Deaconess Medical Center and doing volunteer work."

I love seeing patients. Every day I learn something new. The same is true of teaching.

But today I want to concentrate on volunteering.

When my children were in school, I helped in the classroom. Now I volunteer in the Medical Reserve Corps in Brookline, which works on Emergency Preparedness (even at the Senior Center!).

I want to emphasize how rewarding it is to volunteer and to encourage every one of you to consider doing volunteer work (I know many of you already do).

The needs and rewards are plentiful. There are people in nursing homes who rarely get visitors who would love to have someone come to read to them once a week or more. The Brookline TAB often has a listings of volunteer opportunities.

Even people with some disabilities of their own can be helpful to others and as a reward feel like a hero themselves. Much research has been done that shows the positive benefits of volunteering. I know many people think they have nothing to offer. All I can say is: It isn't true. Give it a try.

www.springhouseboston.org
617-522-0043

Springhouse

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A non profit community managed by Rogerson Communities

ELDERBUS SCHEDULE

The Elderbus runs Monday through Friday. All times are approximate due to traffic. A suggested donation of \$0.50 is requested. The Elderbus hotline is 617-730-2778. This bus is sponsored by the Brookline Council on Aging (617-730-2777).

	Schedule				
Stops					Drop-off only
Senior Center	9:00	10:30	12:30	2:00	3:30
112 Centre Street, 100 Centre Street, Corner of Beacon and Centre Streets	9:03	10:33	12:33	2:03	Drop-off Only
1550 Beacon Street, Star Market on Beacon Street	9:10	10:40	12:40	2:10	Drop-off Only
61 Park Street, Town Hall, Main Library	9:20	10:50	12:50	2:20	Drop-off Only
Brookline Village Walnut Street (Rear Fire Station)	9:30	11:00	1:00	2:30	Drop-off Only
99 Kent Street Lynch Center Brookline Place	9:35	11:05	1:05	2:35	Drop-off Only
Stop & Shop, Harvard & Beacon	9:45	11:15	1:15	2:45	
90 Longwood Ave.	9:55	11:25	1:25	2:55	
Longwood Medical, Beth Israel Deaconess Medical Center, Johnny's Market		BY	REQUEST	ONLY	
Beacon & Powell Sts Amory & Egmont Sts Egmont & Pleasant Sts	10:10	11:40	1:40	3:10	
50 Pleasant Street, Harvard & Fuller Streets	10:15	11:45	1:45	3:15	

Note: We periodically print the Elderbus schedule in the *Senior News and Events* as a help to seniors who haven't got, or may have lost, this schedule. The above schedule is up-to-date.

TRANSPORTATION: ELDERBUS AND VAN

Our longtime substitute bus driver, Jim Costello, is retiring after many years of faithful service to the Senior Center. We bid him a fond farewell and wish him a long, happy, and healthy retirement.

Clearly this means that we will be under constraints until we find a new substitute and that we have to no service if for any reason Jimmy, our regular Elderbus driver, is unable to drive on any given day. We ask your patience as we go through this hiatus.

Also keep in mind that we have no substitute driver for the van so there will be no service on days when Ron is unavailable to drive.

MBTA SENIOR ACCESS PASSES — SAVE THE DATE —

Do you need to sign up for a reduced fare Senior CharlieCard? Or do you need to replace an old, expired Senior CharlieCard? If your answer is “yes” and if you were unable to attend our July event, come to the Senior Center on Wednesday, September 14. Bring a photo ID that includes your date of birth for proof of age eligibility. We will provide the reduced-fare CharlieCard form for you to fill out. We will take a digital picture and submit all the necessary documentation to the MBTA. You can then expect to get your card mailed directly to your home from the MBTA in two to six weeks.

DECIDING TO STOP DRIVING



Accidents involving older drivers often call attention to the issue of older adults and driving safety. The facts alone may seem confusing. Sta-

tistics actually indicate that most older adults are safe drivers, with high safety-belt use and few citations for speeding, reckless driving, or alcohol-related charges. However, medical conditions, medication usage, and reduced physical function can increase the risk of accidents and injury among older adults. Factor in the sense of independence that driving represents for older adults, and you can understand why driving safety for older adults is an emotionally charged topic. (from *We need to talk...Family conversations with older drivers* © 2005 The Hartford. Hartford, CT 06115)

When you feel that it is time to make this decision, consider the following:

- **Changes in vision and hearing.** Loss of visual acuity can make it harder for drivers to see essential traffic signs, lane lines, other cars, and pedestrians. Loss of hearing can mean usual signals used to alert drivers, such as horns and sirens, go unheeded.
- **Limitations in physical fitness.** Loss of muscle strength and flexibility can make normal driving more difficult.
- **Slowed reflexes** mean it may take longer to react to traffic signals, unexpected pedestrian behavior, and other motorists and to gauge appropriate speeds.
- **Side effects of medication.** Taken alone or interacting with one another, medications may cause drowsiness or confusion and make it difficult to focus.
- **General health conditions.** Physical and mental conditions, from Parkinson's to Alzheimer's disease, can also affect driver agility and judgment. (from *nolo.com* ©2011 NOLO®)

Sean P. Hogan
Financial Advisor

Edward Jones
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sean.hogan@edwardjones.com
www.edwardjones.com

SPRINGWELL'S SUMMER BBQ



Set your mouths for more delicious barbeque. **On Wednesday, August 24, at 12:00 noon** Springwell will serve up hot dogs and hamburgers with all the trimmings. This is part of the regular Springwell Nutrition program so

see pp. 16-17 for the menu and reservation details.

FITNESS CENTER

The Senior Center *Fitness Center* is open and running full tilt with machines, hand and ankle weights, and bicycles—all excellent tools for



cardio health and weight loss. It is open Monday and Friday from 9:30 to 11:30 am and Monday through Thursday from 1:30 to 4:30 pm. For general and cost information, call program facilitator Sharon Devine, Fitness Facilitator, at 617-730-2741.



QUIZ SHOW

Visit Youville House Assisted Living Residence in Cambridge **on Thursday, August 11**, for Mr. DJ Hollywood's Quiz Show. Round trip transportation will be provided by Youville House. **Pickup at the Brookline Senior Center** will be at **1:30 pm**, returning by 4:00 pm. The van is limited to 12, so call 617-730-2770 to reserve a space on the van.

There will be an authentic game show podium, complete with microphones, hand controlled buzzers, digital scoring, a live video camera, sound effects and original theme music. You won't want to miss this exciting afternoon of game show fun!

For more information on Youville House and the Quiz Show, call 617-491-1234 or access them online at www.youvilleassistedliving.org.

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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 \$6.25 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 federal government cut our Community Development Block Grant (CDBG) funding by 17.5%.

IT IS TIME to save the date in your calendars for our Annual Benefit that will be held Wednesday, October 26, at 6:00 pm. We are planning another 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. In addition, we are starting to fundraise in earnest for the renovation of the Fitness Center and updated audiovisual equipment. Please consider donating at a sponsorship level at this critical time.

And we want to give another special thanks to Brookline Rotary, which has generously given \$2,000 toward the gasoline expenses for the Van. As you are all aware, the entire cost of the program from the Van itself to the driver's salary and the gas and oil is all paid for by donations.

FOR THOSE of you who love the theater, check out the fall schedule of affordable high-quality shows. I want to acknowledge the hard work of volunteers Ted Shamitz and Alice Fastov who share a passion for bringing the elders to the theater. A fabulous slate of shows is planned. See p. 23 for details.

CAREERS IN AGING (CIA) completed a fabulous eighth summer program in July. The students were terrific. We enjoy having the future of America visit and get to know us. One student shared: "Everyone here is so talented and vibrant. I had no idea that seniors were so much *fun!*"

AUGUST is one of the quietest months for programs, but we do invite you to enjoy a Tommy Rull in Concert followed by an Ice Cream Social (see p.30, another BBQ (see pp. 14 and 16-17),

and our regular ongoing activities such as bridge, Scrabble, BINGO (see p. 19 for all three activities), and of course, the movies (see p. 6).

Enjoy the lazy days of August, try delicious treats from a local farmer on Thursdays (see p. 9) and before you know it, the hectic after-Labor Day season will be here.

—Ruthann Dobek, Director

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Springwell Nutrition Program

AUGUST 2011

617-730-2770

MONDAY	TUESDAY	WEDNESDAY
<p>1) Lentil Soup Roast Turkey w/Gravy, Mashed Potatoes, Green & Wax Beans, Cranberry Sauce, Oatnut Bread</p> <p>OR</p> <p>Egg Salad on Wheat Bread, Lettuce Leaf, Potato Salad, Carrot Raisin Salad Butterscotch Pudding w/Topping</p>	<p>2) Baked Macaroni & Cheese, Broccoli & Cauliflower Marinara, Whole Wheat Dinner Roll</p> <p>OR</p> <p>Turkey & Provolone Cheese on Multi-grain Bread, Fruity Rice Salad, Tossed Garden Salad w/Lite Italian Dressing Peaches</p>	<p>3) Italian Vegetable Soup Fish Sticks, Broccoli Cheese Sauce, Baked Potato & Sour Cream, Summer Blend Vegetables</p> <p>OR</p> <p>Chicken Caesar Salad, Croutons, Parmesan Cheese, Lite Creamy Italian Dressing, German Potato Salad, 1/2 Pita Pocket Chocolate Chip Cookie</p>
<p>8) Cream of Butternut Squash Soup Roast Pork w/Raisin Pineapple Sauce, Red Bliss Potatoes, Spinach, Oatnut Bread</p> <p>OR</p> <p>Tuna Salad on Rye Bread, Lettuce Leaf, Coleslaw, Lo Mein Pasta Salad Pineapple</p>	<p>9) Chicken Vegetable Soup Turkey Supreme, Topped with Mushrooms, Brown Rice Pilaf, Green Beans, Whole Wheat Roll</p> <p>OR</p> <p>Seafood Salad on Wheat Bread, Lettuce Leaf, Tomato Cucumber Salad, Pasta Salad w/Cheese Fresh Fruit</p>	<p>10) Build a Burger, American Cheese, Ketchup/ Mustard, Lettuce & Tomato, Corn & Red Pepper Medley, Coleslaw, Hamburger Roll</p> <p>OR</p> <p>***Ham & American Cheese on a Bulkie Roll, Mustard, Lettuce Leaf, Greek Pasta Salad, Carrot Pineapple Salad Baked Apple Cinnamon Slices w/Topping</p>
<p>15) Tomato Basil Soup Vegetable Cheese Quiche, Chickpea & Spinach Dish, Red Bliss Potatoes, Oatnut Bread</p> <p>OR</p> <p>Egg Salad on Multigrain Bread, Lettuce Leaf, Red Potato Salad, Broccoli Tomato Salad Cantaloupe</p>	<p>16) Summer Special Seafood Chowder Krunchy Lite Fish Sandwich Tartar Sauce Sweet Potato Wedges Broccoli Slaw Hamburger Roll Cheese Cake Cup w/ Strawberry Glaze Topping</p>	<p>17) Vegetable Rice Soup Chicken w/Creamy Italian Sauce, Mashed Potatoes, Green & Wax Beans, Multigrain Bread</p> <p>OR</p> <p>Roast Beef & Swiss Cheese on Rye Bread, Lite Mayo, Lettuce Leaf, Spinach Mandarin Salad, Lite Italian Dressing, Corn Salad Peaches</p>
<p>22) Cream of Zucchini Soup Lemon Dijon Chicken, Brown Rice, Butternut Squash, Apple Cinnamon Muffin</p> <p>OR</p> <p>Turkey & Mozzarella Cheese on Oatnut Bread, Lite Mayo, Carrot Pineapple Salad, Orzo Vegetable Salad Fresh Fruit</p>	<p>23) Pot Roast w/Sweet Onion Mushroom Gravy, Mashed Potatoes, Plain Beets, Multigrain Bread</p> <p>OR</p> <p>California Chicken Salad on Multigrain Bread, Tossed Garden Salad, Lite Italian Dressing, Corn Salad Tapioca Pudding w/Whipped Topping</p>	<p>24) Springwell Barbecue Hot Dog & Hamburger Potato Salad Cole Slaw Watermelon Lemonade</p>
<p>29) Cream of Tomato Soup Meatloaf w/Brown Gravy, Sweet Potatoes, Seasoned Green Beans, Wheat Bread</p> <p>OR</p> <p>Chicken Salad on a Lettuce Leaf, German Potato Salad, Tomato Pepper Salad, Oatnut Bread Chef's Choice Dessert</p>	<p>30) Lentil Spinach Soup Eggplant Parmesan, Three Bean Medley, Spinach, Oatnut Bread</p> <p>OR</p> <p>Roast Beef & Swiss Cheese on Wheat Bread, Lite Mayo, Lettuce Leaf, Summer Potato Salad, Broccoli Slaw Peaches</p>	<p>31) Chicken Breast w/ Chicken Gravy & Stuffing, Butternut Squash, Whole Wheat Roll</p> <p>OR</p> <p>Seafood Salad, on Multigrain Bread, Lettuce Leaf, Spinach Mandarin Salad w/Lite Dressing, Corn Salad Watermelon Mousse w/Mini Chocolate Chips</p>

LUNCHEON SPECIALS FOR AUGUST

THURSDAY	FRIDAY
4) ***Reduced Sodium All Beef Hot Dog, Baked Beans, Coleslaw, Ketchup/Mustard/Relish, Hot Dog Roll OR Cottage Cheese Fruit Plate, Garden Shell Pasta, Apple Cinnamon Muffin Fruited Gelatin w/Topping	5) Split Pea Soup Cold Plate Day—Boneless Breaded Chicken Breast on Bulkie Roll, Lite Mayo, Spinach Mandarin Orange Salad, Lite Italian Dressing, Summer Potato Salad OR Roast Beef & American Cheese on Rye Bread, Lite Mayo, Lettuce Leaf, Orzo Vegetable Salad, English Pea Salad Watermelon
11) Minestrone Soup Chicken Marsala, Mashed Potatoes, Parsley Carrots, Rye Bread OR Chef Salad (Turkey, Cheese, Boiled Egg), Lite Italian Dressing, Corn Salad, Apple Cinnamon Muffin Brownie	12) Lentil Stew, Broccoli & Cauliflower, Corn Bread OR Chicken Salad on a Lettuce Leaf, German Potato Salad, Tomato Pepper Salad, Oatnut Bread Ice Cream Cup
18) Beef Stew, Peas, Apple Cinnamon Muffin OR ***Seafood Salad on Oatnut Bread, Lettuce Leaf, Tossed Garden Salad w/Lite Dressing, German Potato Salad Vanilla Cake w/Chocolate Frosting	19) American Chop Suey, Parmesan Cheese, Italian Vegetable Blend, Garden Tossed Salad w/Lite Dressing, Oatnut Dinner Roll OR Tuna Salad on Wheat Bread, Summer Potato Salad, Mixed Vegetable Salad Pears
25) Italian Vegetable Ditalini Soup Stuffed Pepper w/Meat Sauce, Summer Squash, Garlic Dinner Roll OR Chef Salad (Turkey, Cheese, Boiled Egg), Lite Italian Dressing, German Potato Salad, Rye Bread Pears	26) Florentine Soup Baked Scrod Florentine, Rice Marinara, Carrots & Cauliflower, Oatnut Bread OR Roast Beef & Swiss Cheese on a Bulkie Roll, Lite Mayo, Lo Mein Pasta Salad, Tomato Pepper Salad Carnival Cookie

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

Soup is always served with crackers.
Lunches are served at 12 noon unless otherwise announced.

For reservations on Mondays, call the previous Friday by 11 am.
For reservations on Tuesdays through Fridays, call the previous day by 11 am.

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 by 11:00 am. Call 617-730-2770 for reservations.

At press time, the exact date for the **August Birthday Lunch** had not been set. Rest assured! There *will be* a Birthday Lunch in August. Keep your eyes peeled on the *TAB* for an announcement of the date.

Enjoy **Springwell's Summer Special lunch on Tuesday, August 16.**

And their **BBQ with hot dogs and hamburgers on Wednesday, August 24.** (See also p. 14.)

The **Let's Go Out to Lunch** group will meet and eat on **Tuesday, August 30 at 12:00 noon** at Sabra Restaurant at 45 Union Street in Newton Center. If you need transportation to the restaurant, let us know that when you call 617-730-2770 to make reservations for lunch.

AUGUST AT A GLANCE*

Monday, August 1

9 am-12 noon Podiatry Clinic
1-2 pm Blood Pressure Screening with Brookline Health Care Center nurse

Tuesday, August 2

9-11 am One-on-One Computer Sessions
1:30 pm Movie for Film Lovers—"The Fighter"

Wednesday, August 3

8:45-10:15 am Strength Training for Seniors**
9 am-12 noon BLAB Lawyer
10:30-11:30 am Senior S-T-R-E-T-C-H**
1 pm Tommy Rull in Concert
2-3 pm Blood Pressure Screening at *Brookline Public Health Department (BPHD) building*

Friday, August 5

8:30 am Van pickup at Senior Center for Brookline Rec *excursion to Spectacle Island*
1-2:30 pm Parkinson Disease Support Group

Sunday, August 7

Theater Club excursion to see "The Sound of Music" at *Reagle Theatre in Waltham*—call for time
8:15 pm Summer Movie Night—"Toy Story 3" at *Olmstead Park*

Monday, August 8

9 am-12 noon Podiatry Clinic

Tuesday, August 9

9-11 am One-on-One Computer Sessions
1:30 pm Movie for Film Lovers—"Beautiful"

Wednesday, August 10

1 pm Council on Aging Nominating Committee
1-2 pm Blood Pressure Screening at *Sussman House*

Thursday, August 11

10:30-11:30 am Arthritis Exercise classes
1:30 pm Youville Van leaves the Senior Center for Quiz Show at *Youville House in Cambridge*

Sunday, August 14

6 pm Boston POPS Brass Quintet at *Olmstead Park*

Monday, August 15

9 am-12 noon Podiatry Clinic
2-3:30 pm Gadgets and Gizmos

Tuesday, August 16

10 am Modern Dance and Movement
12 noon Springwell Summer Special Lunch
1:30 pm Movie for Film Lovers—"Made in Dagenham"

Wednesday, August 17

1 pm Low Vision Group
1:30 pm Modern Beading Workshop

Thursday, August 18

9-10:30 am Blood Pressure Screening with BPHD nurse
10:15 am Van leaves Senior Center for Larz Anderson
10:30 am Tour of Larz Anderson Auto Museum
10:30-11:30 am Arthritis Exercise classes

Friday, August 19

1-2 pm "Composting: Types of Bins, What to Compost, and Managing Your Compost Pile"

Monday, August 22

1 pm Holiday Craft Fair Planning meeting

Tuesday, August 23

9-10 am Public Issues Nonfiction Book Discussion Group discusses "Nudge: Improving Decisions About Health, Wealth and Happiness"

9-11 am One-on-One Computer Sessions
10 am Modern Dance and Movement

1:30 pm Movie for Film Lovers—"Ballerina"

Wednesday, August 24

12 noon Springwell Summer BBQ
1-2 pm Blood Pressure Screening at *O'Shea House*

Thursday, August 25

10:30-11:30 am Arthritis Exercise classes
Evening Alzheimer's Caregivers Support Group—call for time

Friday, August 26

11:45 am Van pickup at Senior Center for Brookline Rec BBQ at *Larz Anderson Park*

Sunday, August 28

Theater Club excursion to see "Porgy and Bess" at *the American Repertory Theatre in Cambridge*—call for time

Monday, August 29

9 am-12 noon Podiatry Clinic

Tuesday, August 30

9-11 am One-on-One Computer Sessions
10 am Modern Dance and Movement
12 noon Let's Go Out to Lunch group *meets at Sabra Restaurant in Newton Center*
1:30 pm Movie for Film Lovers—"Another Year"

* All events are at the Senior Center unless otherwise noted above.

** This is a Brookline Adult and Community Education (BA&CE) course so registration with them is required. Call 617-730-2700 or go to www.brooklineadulted.org to register.



BROOKLINE SENIOR CENTER

This poem was written by June Childs Richardson in loving memory of her brother, Maurice Childs, the architect of our beautiful Senior Center.

From the seed of an idea, his design
 Blossomed into this inviting, lively home
 away from home,
 Where warmth, friendship, and a welcome to
 all prevail.
 I picture him, smiling at the beautifully
 arranged flowers
 In the bay windows on the landings,
 Taking pleasure in the constant bustle of
 activity everywhere.
 His thoughtful, caring manner endeared him
 to all who met him.
 His spirit lives on within these friendly
 walls—
 My brother, Maury, the architect.

This poem is in the Seasoned Voices book of poetry, copyrighted ©2011 and published by the Brookline Council on Aging.

ONGOING SENIOR CENTER EVENTS

MONDAY

12:30 pm Chinese programs
 12 noon-4 pm BETS
 1 pm Mah jongg
 1 pm Scrabble
 1-2 pm Line dancing \$2.00/session
 2-4 pm Open computer lab

TUESDAY

9-11 am Computer One-on-One Sessions with Red
 Tape Cutters—appointments necessary
 10 am Flexibility, Resistance Training, and Balance
 Exercise
 10:15 am Brookline Bees, Quilters
 12 noon-4 pm BETS
 12:30 pm French Conversation
 1-3:30 pm Food distribution (hours are approximate)
 1 pm Bingo
 1:30 pm Movies for Film Lovers
 3-4:30 pm Latino Instrumental and Vocal Music
 Sessions

WEDNESDAY

9-10 am Living Our Values
 9:30 am Bowling at Ron's 20th Century Bowling
 Alley in Hyde Park
 10:30 am Retired Men's Club
 12 noon-4 pm BETS
 12:30 pm Bridge
 2-4 pm Open Computer Lab

THURSDAY

10:30 am Knit and Crochet
 1-1:45 pm Beginning Spanish Classes
 1:30 pm Knit and Crochet
 1:30 pm Russian Tea Room—For more information,
 call Rita Kropp at 617-730-2106.
 1:30 pm-dusk Brookline Farmers' Market at Centre
 Street West Parking Lot
 1:45-2:30 pm Advanced Spanish Classes
 3-3:45 pm Zumba—\$7/session

FRIDAY

9 am Bridge
 10 am Solemates, Walking Group
 10 am Project Volunteer
 10:30 am Current Events Discussion Group
 10:30 am Senior Chorus
 1-2 Meditation in Movement

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Brookline
Health Care Center



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



3380MA-bhcc

ZUMBA

Alicia Ebrat, certified Zumba instructor is leading seniors at the Senior Center in a series of Zumba classes that are a combination of Latin salsa, cardio workout, and interval moves. Come to these fitness classes, which will run **through August 25, on Thursdays from 3:00 to 3:45 pm**. Drop-ins are welcome. The per session rate is \$7. For more information, call the Senior Center at 617-730-2770.

Zumba is a hot fitness craze and a really fun workout program. Get in shape with this dynamic and effective fitness system. So dress comfortably, wear sneakers, and join in.

SOLEMATES

The Solemates, the Senior Center's walking group, meets regularly on **Friday mornings at 10:00 am**. For more information, call Julie at 617-730-2760.

HOLIDAY CRAFT FAIR PLANNING

Planning is under way for the 27th Annual Holiday Craft Fair. Our next planning meeting will be **on Monday, August 22, at 1:00 pm**. Further planning meetings are scheduled for Friday, September 23, at 11:00 am and Friday, October 28, at 1:00 pm.

If you want to participate in the planning for the Holiday Craft Fair or to help out during the fair itself, come to the meetings. Bring your ideas and your enthusiasm. Come one, come all.

The craft fair will take place on Friday, November 4, and Saturday, November 5 (**SAVE THESE DATES**).

CRAFTY HOLIDAY GROUP

This group will be on vacation in August, but will resume its meetings in September.

Wish you had a little extra help at home?

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BOWLING

Bowling is a year-round activity. The Senior Center bowlers meet at **9:30 am on Wednesday mornings** at 20th Century Bowling Alley (affectionately known as Ron's) at 1231 Hyde Park Avenue (next door to the Hyde Park police station). The cost is \$7.00 for three strings and shoe rental. The group is generally back at the Senior Center by 12:00 noon. If you need a ride, call 617-730-2777, and leave your name and telephone number for group volunteer coordinator Nancy Johnson. She will get back to you.

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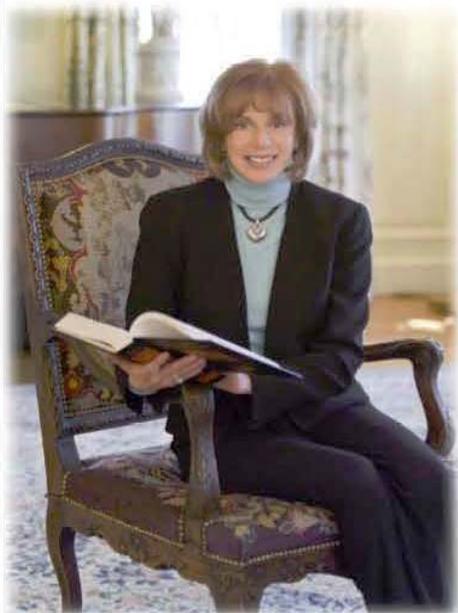
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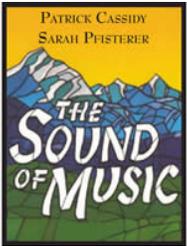
Original member of Brookline Senior Center Committee and Brookline Legal Assistance Bureau.

THEATER CLUB

The Brookline Senior Center Theater Club has big, and very musical, plans. It is proud to present the line-up here. Make reservations and get more information by calling 617-730-2777. Remember that payment is due when you make your reservation—by check or cash, no credit cards please.

Note that tickets are refundable only until two weeks before the performance. After that time, if you find yourself unable to attend the show, you may arrange for someone else to take your ticket.

There will be transportation at the Senior Center (and possibly from other Brookline locations) to and from each performance. The transportation is included in the overall price of the tickets.



Sunday, August 7
The Sound of Music
 at the Reagle Music Theatre
 Waltham \$37.
 This award-winning audience favorite makes a triumphant

return to the Reagle stage this summer. When postulant Maria proves too high-spirited for the religious life, she is dispatched to serve as a governess for the seven children of a widowed naval Captain. Her growing rapport with the youngsters, coupled with her generosity of spirit, gradually captures the heart of the stern Captain. When Austria is invaded by the Nazis, who demand the Captain's immediate service in their navy, the family makes a narrow escape over the mountains to Switzerland on the eve of World War II. The score includes many audience favorites such as: "My Favorite Things," "Do, Re, Mi," "Edelweiss," and "Climb Ev'ry Mountain."



Sunday, August 28
Porgy and Bess
 at the American Repertory Theatre
 Cambridge \$43.

This classic American tale is set in the 1930s in Catfish Row. Bess, beautiful and troubled, turns to Porgy, a crippled beggar, in search of safety after her possessive lover, Crown, commits murder. This heartbreaking love story has some of the most famous and beloved American songs including: "Summertime," "Bess, You Is My Woman," and "It Ain't Necessarily So."

And coming in the fall/winter:

Sunday, September 11
Candide
 at the Huntington Theatre
 in Boston \$25

Sunday, December 4
Big
 at the Turtle Lane Playhouse
 in Newton \$30

Wednesday, December 21
Three Pianos
 at the American Repertory Theatre
 in Cambridge \$28

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SPANISH IMMERSION

Spanish Immersion in Brookline offers three very different kinds of immersion in Latino language and culture—all at the Senior Center.

There are one-on-one Spanish conversations with seniors from many Latin American countries.

Also offered are Spanish language classes on **Thursday afternoons (from 1:00 to 1:45 pm for beginners and from 1:45 to 2:30 pm for more advanced students)**. Small groups in a relaxed, friendly atmosphere learn from a native speaker. Emphasis is placed on conversational skills.

And you can immerse yourself in Latino instrumental and vocal music on **Tuesday afternoons from 3:00 to 4:30 pm** with instructor Eduardo Rojas.

For more information and to register, contact program coordinator Giovanna Tapia at 617-953-7016 or 617-730-2644. These programs are cosponsored by the Brookline Senior Center and JPC: Tree of Life/Arbol de Vida.

PUTTERHAM BOOK DISCUSSION GROUP

The group is on vacation in August. Back in September discussing *The Warmth of Other Suns*.

RED TAPE CUTTERS

Do you need help with housing applications or the Ride, or do you have other advocacy issues? If so, call Olga at 617-730-2768 for an appointment with a Red Tape Cutter who will help you.

CELL PHONES, IPODS, GLASSES

Do you have old cell phones and/or iPods cluttering the house? If so, put them to work by donating them to the Senior Center. We give them to organizations that revitalize them and put them to use in other nonprofit organizations. In return, the Senior Center gets cash that helps support our services, programs, and equipment.

We also recycle old eyeglasses to those who need them through the Lions Club Eyeglass Recycling Program. There is a box for glasses next to the reception desk at the Senior Center.

LIVING OUR VALUES

This group meets at the Senior Center on **Wednesday mornings from 9:00 to 10:00 am**. Facilitator Tom Faulhaber uses current events and issues as triggers for discussion at meetings. Join in and be enlightened. Hone your values in this age of conflict and controversy! cash that helps support our services, programs, and equipment.



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Friday, August 5

Spectacle Island—Outdoor activity.

Spectacle Island (105 acres) features a marina, a visitor center, a café, a life-guarded swimming beach, and five miles of walking trails that lead to the crest of a 157-foot high hill offering panoramic views of the harbor and the city. Wear comfortable shoes.

Van pickups: Soule Recreation Center, 652 Hammond Street, at 8:15 am and the Senior Center at 8:30 am. Van return will be at approximately 4:00 pm. Fee: \$10.00 per person. Deadline for registration was Monday, July 29, but call to check on possible cancellations.

Friday, August 26

Barbecue at Larz Anderson Park—Lunch.

Join us for a barbecue to celebrate summer!

Van pickups: Soule Recreation Center, 652 Hammond Street, at 11:30 am and the Senior Center at 11:45 a.m. Van return will be at approximately 2:00 pm. Fee: \$15.00 per person. Deadline for registration is Monday, August 17.

Note: Do not confuse this last event—the BBQ at Larz Anderson Park with the BBQ that Springwell is hosting at the Senior Center on Wednesday, August 24. See pp.14 and 16-17 for information about the Springwell BBQ.

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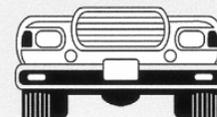
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A CAUTIONARY TALE

This is a tale (really a family tragedy) that occurs again and again as people age. It is about aging parents, the onset of dementia, and insufficient preparation for the future.

A husband and wife, John and Joan, have three children. They have had middle-income earnings and saved for their retirement. They now live in the (big) house where they raised their children. Their income comes from social security, an IRA, and a small amount of income from a securities account. They are 84 and 82 years old.

During the past few years, they have started to decline mentally and physically. This is no surprise, since they now both passed the average life expectancy. Many people over 85 have some sort of dementia. John and Joan meant to have all the estate-planning documents (wills, health care proxies, powers of attorneys, and so on) prepared, but they never got around to it.

They can no longer take care of themselves in the house. They are barely able to pay their bills. Although they have enough money to do so, they are confused about what they have and what they can afford. They have trouble climbing the stairs. They are both still driving (small distances, slowly), but are clearly a threat to themselves and others on the road. (Their refusal to stop driving is symptomatic of their dementia.)

They are only able to stay in their house because of the assistance of their daughter and her husband, one of whom drives 480 miles every week, to take turns staying with the parents. The daughter and her husband are leaving their children (who live with them) at home with only one parent at a time. The daughter and her husband are at the end of their collective rope.

John and Joan want to stay in their home on some days, but on others, they want to move to an assisted living facility. When a lawyer came with power of attorney and health care proxy

papers, they decided they did not want to name anyone. With proper organization, they could hire home health-care workers during the day, and continue to stay in their home for a while.

However, John and Joan are getting very close to the point where, if they do not voluntarily accept help from their children, things will spiral down, and they will be in danger. Then their children will need to ask for an involuntary guardianship/conservatorship. The children do not want to do this because they know their parents will hate them for it—not a good way to end a family history.

So, if you are in your sixties, seventies, eighties (or older), and have not yet done your planning and organized your papers, *do so now*. See a lawyer of your choice. Try to plan for a smooth transition between you and the ones you trust. Make it easy for your loved ones. Otherwise, you will sadly be leaving them as a burden, which I'm sure you don't want to do.

By Laurie Israel, Esq. ©2011 Laurie Israel.

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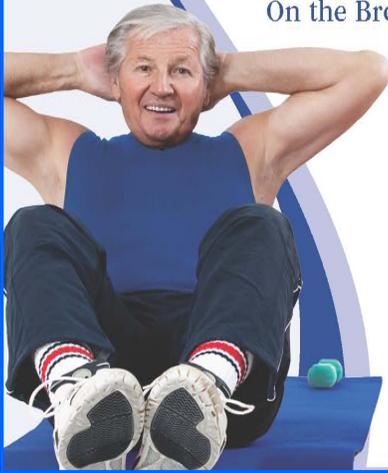
VASES FOR FLOWERS

I am sure you admire the beautiful flowers our volunteers Rhona Hirschowitz, Corrine Long, Peter Stringham, and others do for the Senior Center. Well, they are in need of small vases to use for the Senior Center and for Sunshine bouquets for shut-ins. Please help fill this need!

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PUBLIC ISSUES NONFICTION BOOK DISCUSSION GROUP

Challenge your thinking with this book discussion group. Come to the Senior Center every month to participate in this group centered on public issues, history, current events, and other nonfiction topics. The Brookline Public Library (Coolidge Corner Branch) will have copies of the books available several weeks before each meeting. Suggestions for future titles are encouraged and welcomed. The group meets from **9:00 to 10:00 am on the fourth Tuesday of every month** with Tom Faulhaber facilitating.

August 23

Nudge: Improving Decisions About Health, Wealth and Happiness by Richard H. Thaler and Cass R. Sunstein (Yale University Press)

September 27

Overdiagnosed: Making People Sick in the Pursuit of Health by Dr. H. Gilbert Welch (Beacon Press)

October 25

The Last Lecture by Randy Pausch with Jeffrey Zaslow (Hyperion Books)

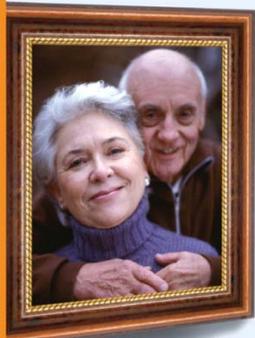
BOSTON POPS BRASS QUINTET

There will be a free concert on **Sunday, Aug 14, at 6:00 pm** at Olmsted Park's Allerton Overlook off Pond Ave, near the intersection with Allerton Street. Bring a blanket or chair. For more information, call 617-730-2088.

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ARTHRITIS EXERCISE

The next series of *new* and *improved* Arthritis Exercise classes at the Senior Center will **begin on August 11** and run on eight **Thursdays through October 13 from 10:30 to 11:30 am.**

There will be no class on two Thursdays—September 8 or 29.

These gentle stretching and muscle-building exercises will benefit people with arthritis and others interested in improving their flexibility, muscle strength, and general fitness level. This year, the use of both hand weights and stretch bands will be incorporated. Ilse Leiser, PhD, RN, will instruct the class with guidelines developed by the Arthritis Foundation.

Call the Senior Center at 617-730-2770 to register and to obtain a health-care provider authorization form that must be filled out by your health-care provider. (For previous participants, health-care provider information that has been provided within the last year will not need to be updated.) Space is very limited, so be sure to sign up early!

The Arthritis Exercise Class is co-sponsored by the Brookline Council on Aging (COA) and the Arthritis Foundation Exercise Program.

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MEDITATION IN MOVEMENT

Come to the Senior Center on **Fridays from 1:00 to 2:00 pm through the end of August** for this class designed by instructor Jennifer Winslow specifically for seniors. It has movements that can be done standing or sitting, with a focus on gentle, simple movements, which when they are done consistently, can help improve posture, balance, lung capacity, and overall joint health and movement.

There is a fee of \$5 per session. And if you find you enjoy the group and want to continue the sessions, this class has been designed to complement the Active Meditation for Seniors class that is offered regularly by Brookline Adult & Community Education (BA&CE) and will again be offered by BA&CE in the fall.

MODERN DANCE AND MOVEMENT

Brookline High School Dance Instructor Lynn Modell is on board at the Senior Center with another of her popular workshops designed to help you limber up, improve flexibility, and promote general good health. Workshops will be at **10:00 am on Tuesdays, August 16, 23, and 30**. There is a small fee of \$2 per session.

EQUIPMENT LOAN FUND

Our Equipment Loan Fund (ELF) has a small supply of gently used walkers, canes, crutches, commodes, shoe horns, and shower benches—even a lightweight wheelchair—that are now available for lending thanks to generous donations. To borrow or donate an item, call Karin Wannamaker at 617-730-2753. Because of space limitations and other guidelines, we will not be able to accept all items. So please be sure to speak to Karin before dropping anything off.

SWING BAND

Try James Demicco's Swing Band if you like playing the pop music of the 20s, 30s, 40s, and 50s and can read music or play by ear. Band experience is helpful but not necessary. Call Julie at 617-730-2760 for more information.

SENIOR CENTER

FOOD DISTRIBUTION SITE

Remember that there is free food distribution at the Senior Center **every Tuesday from 1:00 to 3:30 pm**. Hours vary slightly depending on when the food arrives and when it has all been distributed. Get a number in the coffee lounge. Do not leave the coffee lounge to go down to the basement until your number is called.

There is a wide variety of food available at the site every week. There are always many choices of bread and rolls and lots of produce. In addition, you might just find some wonderful soups, specialty salads, and sandwiches. A varied and interesting group of offerings is always available.

Bring a bag to carry your choices home in, and also brings lots of patience and courtesy to help everyone involved enjoy the process and to avoid conflicts.

SENIOR SCENE

Host Betty Joel's interview with Ask a Geriatrician Dr. Suzanne Salamon, Chief Associate of Clinical Geriatrics at BIDMC, in this BATV program airs on Thursdays at 7:00 pm with repeat airings on Fridays at 1:00 pm and Sundays at 7:30 pm.

And on Wednesday, September 14 at 1:30 pm the video of the Dr. Salamon interview will be shown at the Senior Center after which Dr. Salamon will be on hand for a Question and Answer session. Be sure to **SAVE THE DATE** for this event! (See also pp. 3 and 11.)

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To Phyllis Bram and Kathryn Kilpatrick for their gifts in memory of Marvin Feinman

To Shirley Partoll for her gift in memory of Sumner Kaplan

GIFTS THAT KEEP ON GIVING —SAVE THE DATE—

Richard Rubino, noted estate planning attorney and Brookline resident, is offering a seminar on Planned Giving at the Senior Center on Wednesday, September 14, at 6:00 pm. The seminar will explore the nuts-and-bolts of planned giving through the use of wills and/or annuities, life insurance, trusts, and so forth.

Planned Giving can be used by everyone, from those with very modest means to those who enjoy great wealth. And it provides a way to carry the work of the Senior Center into the future. Planned gifts to the Senior Center will be added to the its Legacy Fund, an endowment that this year alone has contributed over \$40,000 to supporting the programs and services that the Senior Center offers.

Long-time Brookline resident Richard Rubino specializes in estate planning strategies, is a member of the National Academy of Elder Law Attorneys and the Boston Estate Planning Council, and with his business partner, Sam Liang, co-hosts a weekly radio show “Protecting Your Wealth. Visit him on the web at www.rubinoandliang.com.

Light refreshments will be served. For additional information, please contact Ruthann Dobek, Director, at 617-730-2756 or ruthanndobek@brooklineseniorcenter.org

FROM THE BOARD PRESIDENT

The Brookline Senior Center gratefully accepts donations to our nonprofit arm and reminds our readers that these donations are 100% tax deductible to the giver. I want to express a special thank you to those who already responded to our annual appeal letter. The funds from the appeal are needed to support the van, replace worn chairs, and renovate the Fitness Center.

Don't forget to mark your calendars for our Annual Benefit on Wednesday, October 26. This gala event kicks off a new season of giving that

we hope will find exceptional generosity the norm in these dark economic times.

We welcome your gifts in honor of special occasions, as thanks for services you have received, or to recognize friends, family, or staff, and we thank all who have thought of the Senior Center and helped support us through the years.

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

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