

TOWN OF BROOKLINE SENIOR NEWS AND EVENTS

Council on Aging

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

Brookline Senior Center
93 Winchester Street
Brookline, Massachusetts 02446



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617-730-2770 617-730-2750

Brookline Council on Aging

<https://brooklinema.gov/245/Council-on-Aging>

www.brooklineseniorcenter.org

Brookline Community Aging Network
www.BrooklineCAN.org



FEBRUARY OBSERVANCES



The Senior Center will be **closed on Monday, February 20**, in observance of Presidents' Day.

Tuesday, February 14: Valentine's Day.

February is Black History Month and American Heart Month.

FEBRUARY
BLACK
• HISTORY MONTH •



FEBRUARY 2023

CELEBRATING BLACK HISTORY MONTH!

ENSLAVEMENT AT THE SHIRLEY-EUSTIS HOUSE IN THE 18TH CENTURY

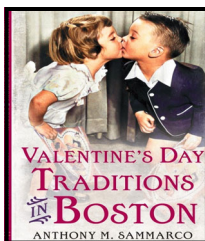


On **Monday, February 13 at 1:00pm** at the **Senior Center**, join Suzy Buchanan, Executive Director of the Shirley-Eustis House, for this interesting presentation in honor of Black History Month.

How do we tell the history of slavery in New England? Why would we want to

uncover a painful, shameful past? In 2020, the Shirley-Eustis House Association of Roxbury took its early steps in researching the men, women, and children who served in lifelong bondage at Shirley Place in the 18th century. The result saved a historic building, changed our history and revitalized our mission. The work is ongoing and suggests new ways historic sites can link their stories of the past to the story of our future as a nation. Please register at 617-730-2770.

VALENTINE'S DAY TRADITIONS IN BOSTON



On **Wednesday, February 8 at 1:00pm** at the **Senior Center**, local author Anthony Sammarco discusses the history of Valentine's Day with references to his book "Valentine's Day Traditions in Boston." This book is a fun and interesting way to recall the holiday from the exchange of Valentine cards in day school to the cards, candy, and flowers we sent or received as adults to and from our valentine.

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MASKS ENCOURAGED



At the Senior Center, we continue to follow public health regulations and we remain on alert for COVID-19 variants or an increase in cases around the Commonwealth.

Our current protocols are subject to change, but we continue to encourage older residents to get vaccinated and we encourage the use of masks in our mask friendly environment.

A NOTE ON REGISTRATION

We request preregistration for most programs for planning purposes and in the event of a cancellation, but registration is not required and walk-ins are welcome to most programs. Each program blurb will specify if space is limited or if registrations instructions are any different. Thanks for understanding!

DID YOU KNOW?



Did you know that you don't have to be a member of the Senior Center to come to our programs? In fact, we don't even have a membership! You can, however, pay \$12 to receive our printed newsletter in the mail. You can call 617-730-2770 or stop by the 2nd floor Council on Aging office to sign up for a subscription.

As a reminder, our programs are open to anyone regardless of age or residency, however, our services are only open to Brookline residents 60 and over. This includes, but is not limited to, our social work services, Tax Work Off program, H.E.L.P. program, and transportation services.

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

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SPECIAL EVENTS IN FEBRUARY

RED SOX VALENTINE'S DAY DANCE



On Valentine's Day, **Tuesday, February 14 from 12:00-2:00pm**, join us at Fenway Park for a Valentine's Day Dance hosted by the Red Sox! Lunch is included.

Transportation will be provided and leaving the Senior Center at 11:30am. Space is limited, so please register at 617-730-2770.

WINTER & WOO CONCERT



Anything that needs saying can be said with music from the Great American Songbook and a pair of musicians to bring

those tunes alive. On **Thursday, February 23 at 1:00pm at the Senior Center**, this concert is just what the soul needs and just what the doctor ordered.

Renowned Boston Pops pianist Bob Winter and vocalist and former MGH internist Elaine Woo will serenade you with old favorites and some sparkling new ones as well!

Please register at 617-730-2770.

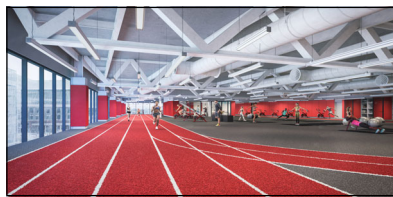
NUTRITION SEMINAR: INTRODUCTION TO MINDFUL EATING



Join Reva Seager, MSPH, RD, LDN, a registered dietitian and clinical research coordinator, on **Monday February 13 at 10:30am at the Senior Center** for this

informative presentation. You will learn about the benefits of mindful eating and how to identify and satisfy physical and emotional hungers. Reva will also share eligibility criteria for the BIDMC Blueberry and Date (BnD) Study. Please register at 617-730-2770.

THE TRACK AT NEW BALANCE TRIP

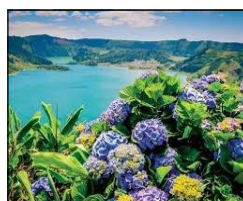


On **Tuesday, February 7 from 10:00-11:00am**, join us on a fit-fun outing to the brand

new warm-up track at the TRACK at New Balance in Brighton. Take advantage of walking around the 24,000sf athlete warm-up area with great views and pumping music. While there, we will take a peek at the facility's 200-meter hydraulically banked indoor track. Afterwards, participants are welcome to check out the New Balance outlet store next door and other area shops and restaurants.

Transportation is provided for up to 18 people and participants may also transport themselves (street parking available). Please remember to dress accordingly and bring water. Please register at 617-730-2770.

EASY TRAVEL



On **Thursday, February 2 at 1:00pm at the Senior Center**, join Council on Aging volunteer Lourdes Santos as she shares pictures and stories

of her time in the Azores. She grew up on a small island in the middle of the Atlantic called Terceira. The island is made of volcanic rocks and has only one sandy beach which luckily was a five minute walk from her house in a little town called Praia da Vitoria. Her island is one of nine islands that connect by boat or plane. The islands have many green hills where cows graze making milk products, an important industry. But the very best part of the Azores are the people who are warm and gracious and make you feel at home from wherever you have come. Please register at 617-730-2770.



SPECIAL EVENTS IN FEBRUARY

-SAVE THE DATE-

HEALTHCARE APPS & DEVICES FOR SMARTPHONES



On Tuesdays, March 14 through May 2, from 10:30-11:30am at the Senior Center, join Allen Waxman for this 8-week course. Healthcare has moved into the digital age with apps and devices that work together with your Smartphone.

Continued on p. 30

BROOKLINE SENIOR CITIZEN POLICE ACADEMY



Join the Brookline Police Department at the Brookline Senior Center for a six week program on Mondays from 1:00-2:30pm starting March 6.

Continued on p. 8

FOLLOWING THE MEDITERRANEAN DIET



You've heard about the health benefits of the Greek diet. Now learn how to put it into practice. On

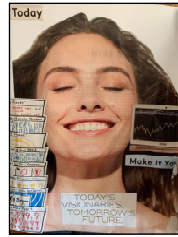
Wednesday, February 15 at 1:00pm at the Senior Center, join Therapy Gardens for this beneficial presentation. Topics covered include the Mediterranean Diet, healthy eating, and recipes you can use at home.

Sample authentic Greek hummus, pastry, and more! Great for people who want to eat a healthy and flavorful diet. Space is limited, so please register at 617-730-2770.

INTERGENERATIONAL FRIDAYS

Join Ivy Street School students at the Senior Center on February Fridays from 1:00-2:00pm. These young adults will have games and craft projects ready. Join us for some low key, intergenerational fun! Register at 617-730-2770.

ENVISION 2023



On Monday, February 27 from 10:00-11:30am at the Senior Center, join Art Therapist Erica Curcio for this fun workshop. Set goals and create a vision board for 2023 using a variety of art materials. We will spend our time creating individual collages that speak to the year we want to have. Take this workshop if you're looking for a fresh start or are curious about art. No art skills required! Register at 617-730-2770.

JUST THE THREE OF US CONCERT



On Thursday, February 16 from 1:00-2:30pm at the Senior Center, join Just the Three of Us for "A Blast from

the Past" with songs of yesteryear!

The band is comprised of members Jack Hawes, Buck Cole, and Jane Mitchell. Jack has been performing various genres for many years. Buck has been singing all his life and music is a passion for him. He has performed in a band and has had many opportunities to sing with North Shore Acappella. Jane has also had a love of music all her life. She hosted a Karaoke and DJ business for over 25 years and singing is also a passion for her. Most recently, she is hosting Karaoke shows and singing with Just The Three Of Us. Please register at 617-730-2770.

AFTERNOON "FUNDAY"



On Wednesday, February 1 at 1:15pm at the Senior Center, join Program Assistant Kristine Farley for a fun afternoon playing a variety of games. Please register at 617-730-2770.

SPECIAL EVENTS IN FEBRUARY

CREATE AN ETHICAL LEGACY STATEMENT TO CONVEY YOUR LIFE LESSONS AND VALUES

(AKA "ETHICAL WILL")



On **Wednesday, February 22 at 1:00pm at the Senior Center**, join Dr. Miriam Diamond for this helpful presentation. We each have a unique set of values and life lessons that guide our decisions, how we interact with people, and the way we deal with setbacks. In this program, we will articulate and prepare to convey our cherished principles and wisdom to inspire family, community members, and future generations. Please register at 617-730-2770.

FIFTIES RHYTHM & BLUES, PT 1



On **Monday, February 27 at 1:00pm**, John Clark and his Great American Music Experience presents this **music education program**. The story began in the late 1940s when music by black artists was first identified as "rhythm & blues." Then the early and mid-1950s saw many R&B songs released by white artists. After Elvis broke through in 1956, Little Richard ("Long Tall Sally") and the Coasters scored several pop hits as did the Platters ("Great Pretender") and Brook Benton who capitalized on a smooth style from an earlier era. By the end of the decade, gospel-based black artists like Ray Charles and the Drifters ("There Goes My Baby") had achieved mainstream success. James Brown was a fifties R&B star but would have to wait until the sixties to cross over to pop. Please register at 617-730-2770.

RESTAURANTS FOR BROOKLINE PROGRAM



The Senior Center, in collaboration with the Brookline Chamber of Commerce, is offering the Restaurants for Brookline Food Assistance Program this month. Local restaurant Grainne O'Malleys will be donating meals to the Senior Center on **Wednesday, February 8 for an 11:00am pickup**.

We appreciate the generosity of the restaurant as well as the generous funding from ARPA. Please note that registration is limited to 50. To register, please call 617-730-2770.

RAFFLES, RAFFLES, RAFFLES!



The Senior Center has a nice selection this month of gifted items we will be raffling off at the following February events:

- Valentine's Day Traditions in Boston: 2/8
- Black History Month Lecture: 2/13
- Winter & Woo Concert: 2/23

Raffle tickets are 1 for \$1 or 6 for \$5, cash only. Please see the staff and volunteers at the above programs to purchase your tickets.

Earnings will go to benefit the programs and services of the Brookline Senior Center. We thank you in advance for your helpful donations!

Brookline
Adult &
Community
Education



www.brooklineadulthood.org
617-730-2700

*Join us,
new classes
starting soon!*

SPECIAL EVENTS IN FEBRUARY

VALENTINE'S DAY TRADITIONS IN BOSTON

Continued from P.1



From Ancient Rome with the pagan festival of Lupercalia on February 15 to ensure fertility for the people, fields, and flocks to the worldwide celebration of the holiday with the annual exchange of cards, candy, and flowers, we revel in its history and evolution through the centuries as a day of love.

Today, Esther Allen Howland, who produced delicate and fanciful Valentine's Day cards in the nineteenth century, is honored with the nickname "Mother of the American Valentine," with many citing her small card factory as the start of a multi-million-dollar industry.

Beginning in 2001, the Greeting Card Association has annually given the "Esther Howland Award for a Greeting Card Visionary," and they estimate that 200 million valentines are sent each year in the United States through major card companies such as Hallmark, Norcross, Gibson, and Rust Craft.

Mr. Sammarco will also discuss the more outré Sailor's Valentines, Vinegar Valentines, and Krampus Valentines. Please register at 617-730-2770.

JAPANESE SEASONAL SONG CLASS



Join us **on Wednesdays in February at 10:30am at the Senior Center**. Come enjoy the changing of the seasons through learning Japanese seasonal songs with Japanese singer-songwriter and composer Mikiko Sato.

We will be introduced to Japanese culture and language through song! Please register at 617-730-2770.

LATIN DANCING WITH KALINA

On **Wednesday, February 22 at 10:30am at the Senior Center**, join high school student volunteer Kalina for some dancing! Fun Latin dances will be taught and practiced. This interactive class is open to anyone from beginners to advanced and is a great way to relax and socialize. Register at 617-730-2770.

CONGRESSIONAL OFFICE HOURS



Stephanie Gray, Constituent Services Representative from the Office of Congressman

Auchincloss, will be holding Office Hours **at the Brookline Senior Center on Tuesday, February 14 from 11am-1:00pm**. You can bring your concerns and/or casework requests relating to any federal agency, including Social Security, Medicare/Medicaid, Veteran's Affairs, Housing, Health and Human Services, Department of Defense, Internal Revenue Service, the US Postal Service, Small Business Association, Passports, or Immigration. Please register for a 15-minute appointment at 617-730-2770.

COUNCIL ON AGING MEETING

The Council on Aging Board does not meet in February. The next hybrid COA Board meeting will be on **Wednesday, March 8, 2023 at 1:00 pm in Room 304 and via Zoom**.

Please note: The **April COA meeting** has been shifted due to Passover, and will now be on **Wednesday, April 19, 2023**.

ON VACATION



The Brookline Music School monthly concert and the Let's Go Out to Lunch Bunch will be on vacation in February. Both programs will resume in March so stay tuned!

ONGOING PROGRAMS

CROSSWORD GROUP

NEW DAY & TIME!



Love playing games such as the Crossword puzzle or Wordle? If yes, are you looking for a group of friends to play with? Easy! Join us **every Thursday from 11:00am-12:00pm at the Senior Center** with your game face and thinking cap on. Led by volunteer Isabelle Prescott, these weekly meetings are an exciting resource for people to get out of the house and play brain exercising games, all while hanging out and meeting new people. Please register at 617-730-2770.

MANDARIN CHINESE LESSONS



Please join us for free Chinese lessons **at the Senior Center every Monday from 10:00am-12:00pm**. Learn Mandarin reading, writing and speaking from scratch or at any advanced level. Our lessons teach you not only the Mandarin language, but more importantly the Chinese culture and traditions. We will try to make your learning Mandarin as easy as possible and give you a way to understand Chinese and to communicate in Chinese. New students can join in the class at any time and won't feel like they are missing anything. Led by Mr. Guotong Man. Register at 617-730-2770.

INFORMAL DISCUSSION GROUP

We invite you to join us for an informal gathering where you can schmooze with other seniors and share your thoughts or listen to others. This group meets **every Thursday from 1:00-2:00pm at the Senior Center**. These casual conversations are confidential, so you can offer your ideas in a safe space. Participants have enjoyed and appreciated the sharing that has taken place. We welcome new voices!

KNITTING GROUP



On **Thursdays at 2:30pm at the Senior Center**, join this peer-led group of knitters from beginner to advanced. Learn new techniques and have fun with friends knitting items for yourself, loved ones, and the community. You are welcome to bring your own supplies but there are also a variety of supplies available. Please register at 617-730-2770.

MEDICAL INSURANCE CLAIMS AND APPEALS

DO YOU KNOW WHAT TO DO?

Do you want to file a medical insurance claim or an appeal? On **Mondays, between 10am-2pm, Senior Center** volunteer Cynthia will help you organize your questions for Medicare, your health care supplement plan, and/or your prescription drug supplement plan.

You should bring a single folder/envelope with as much information as you have, including health insurance cards, receipts, contact information for your doctor and specialists, hospital information (including diagnoses and treatments involved), and anything else that you believe will be helpful. If possible, create a chronological timeline of the dates involved. After dealing with advocacy issues herself, Cynthia would like to share her success with the community.

Disclaimer: This advice is solely for general informational purposes and is not intended to provide, and should not be relied on, in lieu of professional advice or services. Before making any decision or taking any action that may affect you, you may want to consult a qualified professional advisor. The Brookline Senior Center and its volunteers shall not be responsible for any loss sustained by any person who relies on this assistance. Please register at 617-730-2770.

TUESDAY AFTERNOON FILM SERIES

Come to the Senior Center on Tuesdays in February at 1:00pm for a fine feature film.



Tuesday, February 7

Grey Gardens (1975)

1hr. 35min.

Meet a mother and daughter, high-society dropouts, reclusive cousins of Jackie O., managing to thrive together amid the decay and disorder of their East Hampton, NY, mansion, making for an eerily ramshackle echo of the American Camelot.

From: <https://www.imdb.com/title/tt0073076/>



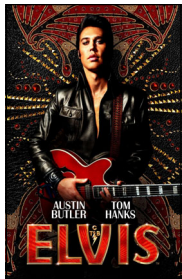
Tuesday, February 14

Lovely, Still (2008)

1hr. 32 min.

A fable that tells the story of an elderly man discovering love for the first time.

From: <https://www.imdb.com/title/tt1150947/>



Tuesday, February 21

Elvis (2022)

2hr. 39min.

The life of American music icon Elvis Presley, from his childhood to becoming a rock and movie star in the 1950s while maintaining a complex relationship with his manager, Colonel Tom Parker.

From: <https://www.imdb.com/title/tt3704428/>



Tuesday, February 28

What About Bob? (1991)

1hr. 39min.

A successful psychotherapist loses his mind after one of his most dependent patients, an obsessive-compulsive neurotic, tracks him down during his family vacation.

From: <https://www.imdb.com/title/tt0103241/>

WEDNESDAY MOVIE LOVERS



Watch a movie at home one week and then join a discussion on the following week. Bonnie Lass, the group facilitator, will email the name of a movie to the group from the free streamed movies on Kanopy, a service hosted by the Brookline Public Library. You can access the movie on your computer and watch at your convenience.

On the **following Wednesday at 3:00pm via Zoom**, the group will meet for a lively discussion about the movie.

Please contact Bonnie at 617-734-9702 or bonnieklass@gmail.com with questions, schedule, and requests to be included in the fun.

AARP TAX AIDE APPOINTMENT UPDATE



The Senior Center still has a few AARP Tax Aide appointments left for this tax season. To schedule an appointment, call 617-730-2777.

BROOKLINE SENIOR CITIZEN POLICE ACADEMY

Continued from p. 4

This program is designed to give participants an understanding of the Brookline Police Department and its operations. Meet members of the Brookline Police Department in their various roles, learn crime prevention strategies for protecting yourself from crime (including scams and social media safety), and learn about other departments that work with the Police to ensure safety (such as the Fire Department and SRT (Special Response Team) For the last session, participants will get a tour of the Public Safety Building. Space is limited, so please register at 617-730-2770.

FITNESS PROGRAMS

JOIN THE FITNESS CENTER!



If you are interested in joining the Fitness Center, please contact Coordinator Courtney Johnston at cjohnston@brooklinema.gov or 617-730-2106.

KARATE FOR SENIORS



Join Noah Lucia from Boston Budo at the Senior Center on Fridays from 12:30-1:15pm. This system of self-defense develops total body awareness, control and confidence, formatted with seniors in mind.

Class techniques and concepts focus on thoughtful movement, stances, balance, blocks, kata, strikes and other techniques, as well as having a cultural experience.

The Senior Center is offering classes in 8 week sessions. The winter semester will run through February 17 (no class 1/27). Next 8 week session begins on March 3 (no classes on 4/7 and 4/21).

Cost is \$7 per class. Free for Brookline Housing Authority residents and other eligible participants. Please register with Jamie at jjensen@brooklinema.gov or 617-730-2770.

A TASTE OF QIGONG



Join us at the Senior Center for Qigong on Tuesdays at 10:30am. Qigong ("chee-gung") is the practice of cultivating mental and physical balance through the coordination of breath, movement and awareness. Simpler than taiji (which combines aspects of qigong and Chinese kung fu), Qigong can be practiced throughout one's entire life to promote overall health and well-being. Questions? Contact Jamie: 617-730-2753.

EXERCISE CLASSES WITH SHARON DEVINE IN THE FITNESS CENTER

Tuesdays

11:00am-12:00pm

Exercises for Aching Joints

1:00pm-1:45pm

Building Balance Skills



Wednesdays

12:30-1:00pm (February Only)

Exercises for Hand and Foot Mobility (Best done in bare feet. While seated, be able to put your ankle on the opposite knee. Bring lotion.)

1:00-1:45pm

Chair Yoga

Thursdays

11:00am-12:00pm

Chinese Exercises for Health and Rejuvenation

1:00pm-1:45pm

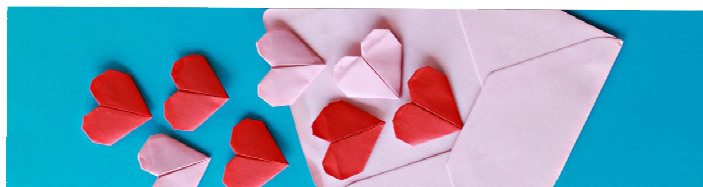
Building Balance Skills

All classes include some activities for flexibility, strengthening, stretching, and balance. Space is limited, so register with Sharon at 617-454-4985.

CHAIR DANCE



On Thursday, February 9 at 1:00pm at the Senior Center, join certified yoga instructor Caitlin Moore. Get your cardio right from your chair! Dance to your favorite tunes while improving your posture, strengthening your muscles, and fine-tuning balance and coordination. Each class includes a warm-up and cool-down. Please register at 617-730-2770.





BROOKLINE HEARING SERVICES



The staff from Brookline Hearing Services will be coming **to the Senior Center on Thursday, February 16 from 1:30-2:30pm**. They will provide hearing aid cleanings, maintenance and patient counseling at no charge. They will also be selling all sizes of hearing aid batteries for \$5 per pack. All services will be provided on a first come, first served basis.

FREE BLOOD PRESSURE CLINIC AT 11 PIERCE STREET



On the **first monthly Wednesday from 2:00-3:00pm**, the Brookline Department of Public Health offers a free blood pressure clinic **at their office at 11 Pierce Street** in Brookline.

PODIATRY CLINIC



Routine foot care (nail trim, callous trim) with Dr. John McLoughlin is available at the Senior Center. To inquire about appointments, please call 617-730-2777.

BROOKLINE SENIOR CENTER ONLINE MINDFULNESS PRACTICE



The Brookline Senior Center offers **online** mindfulness practice sessions twice a week. All are invited to practice mindfulness with other members of the community by joining a Zoom call (by computer or phone) **any Wednesday and/or Friday from 10:00-10:30am**. No previous experience is needed! Sessions are facilitated by Michael Allen, LICSW.

Mindfulness practice helps with relaxation, bolsters attention, and supports insight, all of which are needed now more than ever these days! To join by video go to: <https://brooklinema.zoomgov.com/j/1617380928> Please contact Michael at 617-730-2754 or mallen@brooklinema.gov with any questions.

LOW VISION SUPPORT GROUP



On the **3rd Wednesday of each month**, the Low Vision Support Group through MAB Community Services has **conference telephone calls**. They provide practical and emotional support and information on low vision resources. For information on how to **call-in**, please contact Laurie Werle at 617-926-4268.

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

ASK A GERIATRICIAN

Dr. Suzanne Salamon, Chief Associate of Clinical Geriatrics at **Beth Israel Deaconess Medical Center**, answers your **general** questions about aging and geriatric medicine in this column every month. Editor's note: *If you have questions, e-mail them to me at mdeery@brooklinema.gov or call 617-730-2790. I will make sure that Dr. Salamon gets the questions and answers them in the Newsletter.*

I'd like to discuss one of the most important problems that affects more than half of people over age 65--hearing loss.

There are several causes of hearing loss: loud noises from snow or leaf blowers, listening to loud music with headphones, working in noisy environments, such as airports or in sports arenas, or normal aging. These loud noises can also contribute to tinnitus, the constant ringing or buzzing that people hear that comes from their ears rather than from the outside.

Hearing loss gets worse as we get older. Sometimes it runs in families. It has also been exacerbated during the COVID pandemic with so many people wearing masks.

If the eardrum is blocked with wax, or infected or punctured, this can also decrease the ability to hear.

There are some medicines that can cause hearing loss, such as some antibiotics, some heart medicines and very high doses of aspirin.

People often don't realize or don't want to admit that their hearing is not good. This can become a bigger problem when it interferes with conversations with friends and family and can lead to loneliness and depression.

Now there are even more reasons to address hearing loss-it has recently been found that hearing loss can lead to dementia as well as worsening gait and increased falls.

How do we know if our hearing is declining? Some signs are having trouble hearing on the phone, asking people to repeat themselves, turning up the volume on the T.V., thinking that everyone mumbles, and having trouble hearing when there is background noise.

If you suspect you are having trouble hearing, or more often, if someone tells you that you need to have your ears checked, try to take this seriously. Your doctor can refer you to an ENT doctor, whose audiologist can test you and help determine if you need hearing aids. These can be so helpful in getting you back into society!

Only 14% of people who need hearing aids use them. Part of the reason is cost, but this is true even in the UK, where hearing aids are free. Sometimes people feel there is a stigma attached to hearing aids. As of this month, hearing aids can be bought over the counter in many pharmacies, Costco, etc. They are much less expensive and don't need a prescription or a hearing exam. Ask before you buy if there is a money back return policy if they don't work out. Some people with severe hearing loss can benefit from cochlea implants-these are not just for children anymore. There are also hearing devices called bone anchored hearing devices when one ear is completely deaf.

So don't dismiss warning signs that you may have some hearing loss. Get examined. It could make a world of difference.

EYEGLASS COLLECTION UPDATE



We are pleased to announce that we are resuming our eyeglass collection program this month in collaboration with I Care International, Inc. You are once again welcome to drop your old eyeglasses off in the reception area of the Senior Center. Please note that the program no longer accepts broken eyeglasses or parts.

TRANSPORTATION

BROOKLINE TRANSPORTATION PROGRAM WITH LYFT



This program offers 4 subsidized rides per month on Lyft to older adults in Brookline. The program is currently limited to income eligible seniors, aged 60 and over (individual \$78,300 maximum; couple \$89,500 maximum). Lyft is a ridesharing transportation company that offers curb-to-curb service nationwide. The program offers four discounted rides per month of up to \$10 per ride. The passenger will pay the first \$2; the coupon will pay up to the next \$10. The coupon will automatically download each month into the Lyft app on your smartphone. This option will be available 24/7 without any restrictions on miles or pick up location.

BROOKLINE TRANSPORTATION PROGRAM WITH GOGO



This program offers 4 subsidized rides per month with GoGo, a national company that provides dispatch service for Uber/Lyft vehicles in our area from your landline or "flip" phone. The program is currently limited to income eligible seniors, aged 60 and over (individual \$78,300 maximum; couple \$89,500 maximum). The program offers four discounted rides per month of up to \$10 per ride. The passenger will pay the first \$2; the coupon will pay up to the next \$10. This option will be available 24/7 but is limited to trips within Brookline and to select medical facilities.

For more information on either of the above programs, contact Maria Foster, Transportation Coordinator for the Council on Aging at mfoster@brooklinema.gov or 617-730-2644.

MEDICAL TRANSPORTATION



The Brookline Senior Center is working with Modern Ride (a local taxi cab company) to continue to provide FREE non-emergency medical transportation services to older Brookline residents. Transportation requests to medical appointments should be left on **617-879-4878**, our medical transportation phone line, at least 3—30 business days in advance. Please leave your name and phone number with detailed appointment information. Email appointment requests can be sent to coamedicaltrips@brooklinema.gov. Your request will be confirmed within 24 hours.

This service is curb-to-curb and available for rides within the Town of Brookline and to select medical facilities (including the Longwood Medical Area, Harvard Vanguard-Kenmore, Mass General, Mass Eye & Ear, Faulkner Hospital, Boston Medical Center, the VA Hospital, and St. Elizabeth's). **Hours are Monday-Friday from 9:00am-5:00pm.**

Note: Medical transportation is not available on days when the Senior Center is closed. This service provides both shared and individual rides.

NEED A RIDE TO THE SENIOR CENTER?



If you need a ride to the Senior Center, please call the Senior Center Van Reservation Line at 617-730-2750 at least one business day in advance. Please include the following information for all rides: name, phone number, pickup/drop off address, requested date/time for pick up. Donations are welcome to help offset the cost of gas. We appreciate your support!

Please note: The Senior Center uses a variety of transportation systems to get residents to and from the Senior Center.

TRANSPORTATION, ETC.

RMV REAL ID UPDATE

The Massachusetts Registry of Motor Vehicles (RMV) is alerting the public that the U.S. Department of Homeland Security (DHS) has extended the REAL ID requirement date to **May 7, 2025**.

Now beginning on May 7, 2025, every air traveler 18 years of age and older will need a REAL ID compliant driver's license or identification card, or another TSA-acceptable form of identification, for domestic air travel and to enter certain federal facilities. TSA publishes a list of its acceptable identification documents on its website: <https://www.tsa.gov/real-id>.

TRUSTED TRANSPORTATION PARTNER (TTP)



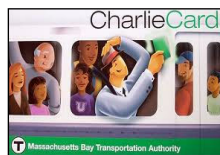
The Council on Aging receives an ITNAmerica "Trusted Transportation Partner" grant, with support from Regeneron Pharmaceuticals. Through this grant, the COA's HELP program provides free transportation for Brookline residents to scheduled eye care appointments in the Greater Boston area.

To access, please contact the HELP line at 617-730-2752 AT LEAST 1 BUSINESS WEEK before your scheduled appointment, as a home visit to sign up for the HELP program is required.

CHECK YOUR CHARLIECARD, LICENSE/ID AND PASSPORT!

We wanted to remind everyone to make a plan to renew ID cards and passports. We realize that the pandemic interrupted many routine activities, but keeping your identification documents up-to-date and in a safe place is very important. If you have questions about the process of renewing your state identification, CharlieCard or passport, please reach out to Maria at (617)-730-2644.

DO YOU NEED A SENIOR CHARLIE CARD?



Apply for a Senior Charlie Card with us! Volunteers from the TRIPPS Program at the Senior Center will be on hand in February to help process new and renewal Senior Charlie Cards **with the MBTA online application form**. Senior Charlie Cards offer a 50% discount on the subway, bus and commuter rail. Assistance with applying/renewing is available by appointment **at the Senior Center on February 15 and March 15, 10:00 – 10:45AM**. Please call 617-730-2644 to schedule an appointment. For more information about applying online <https://www.mbta.com/fares/reduced/senior-charliecard?from=global-search&query=senior%20charlie%20card&facets=>

FUEL ASSISTANCE

The Low Income Energy Assistance Program (LIHEAP) is still accepting applications to help with home heating bills. **Eligibility guidelines are based upon gross annual income and household size:** one person cannot exceed \$42,411; two persons cannot exceed \$55,461; three persons cannot exceed \$68,151 and four persons cannot exceed \$81,561.

This application is also the way to apply for weatherization, conservation, arrearage management and discount rates. For more information or to apply by phone, call Boston ABCD at 617-357-6012 or visit their website at www.bostonabcd.org

We have a limited number of appointments **at the Senior Center** at 617-730-2777 to schedule an appointment.

FROM THE DIRECTOR

If I've learned anything during the COVID-19 pandemic, it is that what we do matters. Whether we are serving grab and go lunches, helping someone find housing, or maintaining social connections in the community—we are proud to be a vital part of Brookline. We are providing essential services to our older adults, as well as programs and activities to fend off social isolation.

Recently I received a letter from a participant that captures our work:

"I am writing to you to let you know how much I appreciate you and your staff. Under your marvelous leadership, the Senior Center has become the wonderful Center it is today. When people realize that I live in Brookline they reply, 'You have a terrific Senior Center!' Their reply makes me feel so proud. Thank you so much for your dedication and hard work."

I am taking a moment to recognize the importance of our work. I would like to thank this incredible community of people who continue to help deal with COVID-19 and all of its consequences: board members, staff, volunteers, and donors. Each plays a vital role in helping vulnerable older adults. The community's response to our fundraising appeals has been particularly heartwarming. Your donations truly make a difference and we are grateful.

According to the Massachusetts Department of Public Health, the state is seeing an early increase in flu prevalence and severity. Additionally, there has been a recent spike in COVID-19 cases. With seasonal illnesses circulating, the recommended strategy is to get vaccinated. The Brookline Department of Public Health also offers the following tips to help residents stay healthy this winter:

- Wear a high-quality mask when indoors around others. Masking is an effective way to slow the spread of respiratory viruses like flu and COVID-19, especially for those at higher risk for severe illness or those who care for or live with individuals at higher risk.
- Get vaccinated against COVID-19 and the flu.
- Stay home and away from others if you feel ill and are experiencing symptoms of the flu and COVID-19.
- Take a COVID-19 test if you are experiencing symptoms. Tests are available at the Brookline Senior Center.
- Increase ventilation where possible. This could include opening windows indoors.
- Wash your hands often.

I continue to be concerned about the freezing temperatures of February and the high cost of utilities. If you have turned down your thermostat to save money, make sure you wear some warm fleece. If you are having trouble with your heating bills, please call our information and referral desk to apply for fuel assistance. We are also helping with SNAP food stamp applications. Don't forget about our food commodity program that makes available 35 pounds of non-perishable items monthly. In addition, for frugal living, sign up for our grab and go lunch on Monday through Friday, and attend one of our free programs! As always, if you are concerned about a friend or neighbor, please contact us at 617-730-2777 or info@brooklineseniorcenter.org.

A wonderful reminder that the days are getting longer as the light returns this month: On January 1st, the sunset was at 4:22 pm, and on February 1st, 4:59 pm. By February 28th, the sunset will be at 5:33 pm giving us more sunshine each day even though we are still in the midst of winter.

Warmly,

Ruthann Dobek, Director

ASK THE CLINICAL DIETITIAN

Sharon Nicholson, M.S, R.D, LDN, with over 40 years experience as senior clinical dietitian at St. Elizabeth's Medical Center, will write about diet and nutrition for seniors. If you have questions, email mdeery@brooklinema.gov and Ms. Nicholson will answer in the newsletter.

In the last nutrition column, two components of a healthy diet, eating “low on the food chain” and consuming adequate fiber were explored. We now turn to choosing healthy fats. To understand this somewhat complex issue, a short primer is in order.

Lipids, a synonym for fat, are classified by chemical structure as saturated and unsaturated. Both continue to receive much scrutiny in regard to their influence on heart and artery disease and on inflammation (the latter is important in promoting many chronic illnesses which arise as we age, a topic for a future nutrition column). Saturated fat is generally regarded as unhealthy by promoting an increase in artery-harming “bad cholesterol” (LDL cholesterol) and by fostering chronic inflammation. Unsaturated fat is generally regarded as healthy by dampening inflammation and supporting levels of heart healthy “good cholesterol” (HDL cholesterol). Unsaturated fats are further categorized according to their chemical structure as mono- and poly- unsaturated. Polyunsaturated lipids (PUFAs) are still further divided into omega-6 and omega-3 fats. While all PUFAs confer health benefits, omega-3's are thought to be especially powerful. (A quick review: saturated and unsaturated; unsaturated as mono and poly-unsaturated (PUFAs); PUFAs as omega-3 and omega-6.)

How does this translate into a prescription for a healthy diet?

- 1) Limit foods high in saturated fat. This includes red meat (beef, lamb, pork and processed meat), lard, butter and tropical oils (coconut, palm and palm kernel).
- 2) Replace saturated fat with unsaturated. Keep in mind that all fats are calorically dense and should be consumed in moderation to avoid undesirable weight gain.

Monounsaturated fat: Avocado, peanuts and their oil, nuts and seeds, “high oleic” sunflower oil and olive oil (extra virgin is especially healthy).

Polyunsaturated fats (PUFAs): Omega-3 versus omega-6. Here recommendation gets a bit murky. What we know- Both of these fats must undergo modification by the body in order to be utilized. Both decrease risk for artery disease and keep inflammation from being excessive, with omega-3 fats being especially helpful in these areas. High intake of omega-6's interferes with the processing of omega-3's so that their maximum benefit cannot be well-realized. What remains unclear is whether, at some level of intake, omega-6's may actually promote inflammation and increase artery disease risk. This is an ongoing question and, like many issues in the study of nutrition, more research is needed.

Where does this leave practical advice? Use fats high in omega-6's (vegetable oils like corn, safflower and sunflower) in moderation. Emphasize high omega-3 food sources. These include walnuts and walnut oil, canola oil, soybean oil and soy products (such as tofu, tempeh and edamame), and seeds such as pumpkin, flax, sunflower and chia. An even more efficient way to obtain omega-3 fat is to eat eggs which are marketed as being high in omega-3's and by consuming fatty fish. All these present the body with a form that can be used directly and does not need to be altered. The American Heart Association suggests consuming three ounces cooked or $\frac{3}{4}$ cup flaked of high fat fish/shellfish at least twice a week to reap health benefits. Good choices are anchovies, fresh water trout (such as Lake or Rainbow), herring, mackerel (NOT King), mussels, whitefish, pollack, wild and canned salmon, Skipjack and canned *lite* tuna.

Continued on p. 26

FOOD RESOURCES



NEED GROCERIES?

The Brookline Food Pantry is open to **Brookline residents** who are in need of food assistance. To qualify for emergency food assistance, individuals **must be a Brookline resident** (proof of address required) and meet financial and food insecurity guidelines such as (**but not limited to**) receiving services from Masshealth, SNAP, RAFT, and SSI. If unsure of whether you qualify, please call Elizabeth Boen, Director, at 617-800-5339.

If you do not live in Brookline, the Greater Boston Food Bank can help you find a pantry in your area. Contact them at 617-427-0146 or visit: <https://www.gbfb.org/>

Clients are permitted to shop at one of our pantry locations once a week and you must have a valid ID to shop. Please note: Masks are required at all pantry locations.

55A Egmont Street, Community Room

Thursday: 3 PM - 7 PM

Saturday: 10 AM - 1 PM

226 High Street, Community Room

Tuesday: 3 PM - 7 PM

15 Marion Street

Wednesday: 2 PM - 5 PM

Friday: 10:30 AM - 1 PM

Healthy adults, 18-85,
Needed for noninvasive study of
Emotion and Memory.

Research conducted at Boston College

Complete pen-and-paper and computerized tasks.
Receive \$10/hr. For information, call Sarah Scott at
617-552-6949 or e-mail canlab@bc.edu.

FOOD COMMODITY

The Senior Center conducts a monthly Food Commodity program **outside the Senior Center**. Our next distribution is on **Wednesday, February 15 from 9:00-11:00am**. Registered participants are assigned a pick up time.

If you are a low income senior, aged 60 or older, and you would like to participate in this program to receive 35 pounds of shelf stable food on the **third Wednesday of each month**, please contact Jamie Jensen at 617-730-2753 or jjensen@brooklinema.gov

EARN MORE SNAP DOLLARS WITH THE HEALTHY INCENTIVES PROGRAM (HIP)!



Spend your SNAP dollars on farm-fresh fruits and vegetables at participating HIP retailers and have the amount of your purchase instantly added back to your EBT card!

Includes farmers' markets, farm stands, mobile markets, and CSA farm shares. Your receipt will show the amount of additional SNAP dollars you've earned so you can spend your earned benefits anywhere that accepts SNAP. Visit www.mass.gov/hip for a directory, call Project Bread's FoodSource Hotline at 1-800-645-8333, or look for the HIP logo.

MOUNT PLEASANT HOME



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who need a little help**

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617.522.7600 301 South Huntington Ave, Jamaica Plain, MA
www.MountPleasantHome.org

FROM THE BOARD PRESIDENT

I am inspired and awed by the Town's commitment to the Brookline Senior Center. Whether it's generous donors, valuable volunteers, dedicated Council on Aging staff, or stalwart sponsors, each makes an important contribution to the well-being of our older residents.

Thanks to your generosity during our 2022 appeal, we were able to raise money to help provide for our vulnerable adults this winter. But more is needed. If there's someone in your life you'd like to remember, please consider making a gift to the Brookline Senior Center in their honor or memory. If you know someone who needs our services, please ask them to call the Senior Center at 617-730-2777.

I care deeply about the future of the Brookline Senior Center and as a result, have included the Senior Center in my estate planning. Perhaps you'd like to do that as well. It's relatively easy—see the bold paragraph below my signature for suggested bequest language. You can bring this to your attorney or estate planner. You may also consider making the Brookline Senior Center a beneficiary of your life insurance policy, IRA or 401K. If you're over 70 and ½, you can apply part or all of your Required Minimum Distribution (RMD) tax-free to the Brookline Senior Center.

By planning ahead now, you can help ensure a vital Senior Center for years to come. Be sure to let us know that you've included the Brookline Senior Center in your will or trust so we can recognize your generosity and include you in our Ambassador Club. I, the Board, and the entire Senior Center family thank you!

Betsy Pollock, President, Brookline Senior Center Board

SUGGESTED BEQUEST LANGUAGE FOR GIVING (Please consult with your lawyer or financial advisor) "I give \$_____ (or percent of my estate or percent of the remainder of my estate) to Brookline Multi-Service Senior Center Corporation (EIN 04-2719972), a Massachusetts non-profit corporation, currently located at 93 Winchester St, Brookline, MA 02446 to be used for its general purposes."

GALLERY 93

Hours M-F 8:30-5:00 pm



ART FOR PLEASURE GROUP EXHIBITION

SHIRLEY ABRAMS,
JOEL COVITZ,
ELENA KHANINA,
JENNIFER LIPPAY,
RENEE MARSHALL,
LYUDMILA RUDYAKOV,
NANCY VAN ZANT,
KEA VAN DER ZIEL,
CLAIRE WESTON

TECHNOLOGY ASSISTANCE

VIBRANT ACCESS TECHNOLOGY PROGRAM



The Massachusetts Association for the Blind and Visually Impaired (MABVI) is proud to offer the VIBRANT Assistive Technology program in partnership with the Centers on Aging and the Brookline Senior Center.

VIBRANT is assistive technology guidance that empowers you. If you are losing your vision, we provide applied instruction on current technologies to help you accomplish your everyday goals. This specialized assistive technology training can help with reading, walking, personal finance, and more.

Anyone with low vision or blindness is welcome, as well as those interested in how we are serving the spectrum of vision loss.

In-person lessons at the Senior Center are on **Wednesday and Thursday afternoons; remote training is also available.** If you are interested, call Ashley Colburn at 617-906-3042 or acolburn@mabcommunity.org.

TECHNOLOGY UPDATES

- Assistive hearing devices and disposable earplugs are available for any programs held in Room 304. Please request from staff upon arrival in Room 304.
- Some programs may be available via Zoom. Requests for virtual/recorded programs are dependent on presenter permissions and barring any technical difficulties. Please email requests to Jamie at least two business days before a program at jjensen@brooklinema.gov

ONE-ON-ONE COMPUTER ASSISTANCE AT THE BROOKLINE SENIOR CENTER



Are you computer phobic or just need some tech assistance? Have you tried a computer class but are still frustrated with using technology? Do you have questions about setting up email, using your devices, or navigating the internet? We have a variety of assistance options for you!

Dan Siagel, one of our computer volunteers, is available **at the Senior Center on the 2nd and 4th Monday of each month from 11:00am-1:00pm (30 minute appointments)** to help people with the basic to the more complex operations of their smartphones, laptops and tablets, including Apple Windows or Android operating systems. To **schedule an appointment**, please call 617-730-2777.

Alan Shepro, a retired career IT customer service specialist, is available at **the Senior Center on Tuesdays from 1:30-3:30pm (30 minute appointments)** to provide assistance with a variety of technology issues, however he **does not provide assistance with Android devices.** To **schedule an appointment**, please call 617-730-2777.

BROOKLINE HIGH SCHOOL TECH-ASSISTANCE PROGRAM

Ava, our wonderful high school volunteer, is ready and waiting to assist you with basic features on your smart phone, tablet, or laptop. Please call 617-730-2770 to **schedule an appointment at the Senior Center.**

COMPUTER LAB UPDATE

The Computer Lab is open for public use. Please check the schedule in the lobby for all open computer lab times or call 617-730-2770. *Please note that the Computer Lab will be closed on Tuesdays for AARP Tax Aide appointments.

ONGOING PROGRAMS

FILE OF LIFE



This program provides individuals with emergency medical identification cards to be used both at home and away from home. Having FILE OF LIFE cards will allow medical personnel to treat you quickly and with greater certainty should you have a medical emergency.

For more information on the FILE OF LIFE, call 617-730-2777 with your contact information and you will receive a return call.

REMEMBERING STEFFI SHAPIRO

Steffi Shapiro, our wonderful, longtime BACEP Yoga instructor, sadly passed away in 2022, but her family reached out and wanted to share a lovely gift of remembrance with the community. Steffi had made a video and several audio recordings of her offerings that can be found here: <https://youtube.com/@wellelder>



Enrich. Engage. Together.
Embracing the aging experience for seniors in the Boston area, guided by our mission & core values.

Join us for lunch and a tour!



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SHINE



SHINE (Serving the Health Information Needs of Everyone) offers free, confidential, unbiased health information assistance and counseling to Medicare beneficiaries and their caregivers.

SHINE counselors:

- Review present coverage
- Review eligibility for financial assistance
- Provide benefits comparisons
- Prevent consumers from buying unnecessary or duplicate coverage
- Help to prepare health benefit claims forms, appeals and applications (including for Medicare)

We have 4 SHINE counselors, Sybil Levisohn, Steven Maas, Valerie Zimmer and Sonia Wong offering remote appointments (**phone or Zoom**) and we are pleased to welcome Chris Leonesio, our new SHINE counselor, who will be offering **in-person appointments at the Senior Center.**

To schedule an appointment call 617-730-2777.

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AROUND TOWN

A SPECIAL SECTION FOR THE COMMUNITY-AT-LARGE

FROM TOWN HALLWAYS

COOLIDGE CORNER SOON TO SEE NEW AFFORDABLE HOUSING

With government funding secured, the owner of a parcel at 108 Centre St., on the edge of Coolidge Corner, is about to begin construction of a seven-story building whose 54 units will be offered at subsidized rents—a highly sought-after commodity in this town, with its sizable share of multimillion-dollar homes.

Center Communities of Brookline, part of Hebrew Senior Life, is already home to more than 550 residents in mixed-income apartments, which includes the Julian and Carol Feinberg Cohen Residence at 112 Centre St., the Marilyn and Andre Danesh Family Residence at 100 Centre St., and the Diane and Mark Goldman Family Residences at 1550 Beacon St.

Nestled between HSL's high-rise buildings at 100 Centre St. and 112 Centre St. is a large ramshackle Victorian home that was purchased by HSL 20 years ago. The wood-frame residence over the years was used for storage and, at one point, construction headquarters when the 112 Centre building was being renovated. When the house was deemed of no architectural historic value, HSL set to work on converting the tight site into multi-unit housing.

The surrounding neighborhood was in on the planning. Approximately 20 community meetings were held at the 100 Centre St. building, according to James Brown, executive director of Center Communities of Brookline, who oversees the HSL Center Communities of Brookline campus.

"We made sure everyone knew what we were planning," Brown said. "We worked to educate really well and listen to feedback. Everyone really seemed to understand how this will benefit the town of Brookline."

With that support in hand, HSL headed to Town Hall and a series of hearings before the Zoning Board of Appeals regarding the design of the building, its impact on area traffic, and environmental considerations. After securing that board's approval in October 2021, HSL in January 2022 applied to the state Department of Housing and Community Development for the needed funding and received a notice of funding in the summer of 2022.

Brown estimates that construction of the new building will take 18 to 24 months and is likely to start in February/March of this year. There will be 54 one-bedroom apartments for adults age 62-plus. Sixteen of the units will be allotted for residents with income below 30 percent area mean income, and the remaining 38 units will be allotted for residents with income below the 60 percent area mean income.

Applications will be done through a lottery process that will start approximately six months before the building opens. The lottery will be well advertised in the extended community allowing ample time to apply.



An architect's rendering shows the apartment building planned for 108 Centre St. in the town's Coolidge Corner neighborhood.

Continued on Page 24

PROFILES IN COMMERCE

IT TAKES A VILLAGE VINYL TO BRING MUSIC TO OUR EARS

Step into the confines of Village Vinyl & Hi-Fi in Coolidge Corner, and you might think you're walking back in time, musically speaking, given the rows of bins brimming with long-playing vinyl records.

Owner Jonathan Sandler will quickly disabuse you of that notion, citing the new-found and now-ongoing popularity of a music medium that not so long ago had been relegated to the dustbins of recorded-music history.

LPs, as those big, black, circular vinyl records were referred to back in the day, were, for some years, eclipsed by tape cassettes and then compact discs. But according to Sandler, there has been a steadily increasing demand for the vinyl product over the past decade.

"There's the fullness of the sound on the vinyl; it sounds better than Spotify or streaming services," said Sandler, referring to the music that followed the cassettes and the CDs. "And, of course, you have to have a turntable." (Village Vinyl sells new turntables and refurbishes old ones.)

The store made its debut about 5½ years ago in Brookline Village (thus the name of the business). Within a year in that location, it had outgrown the space, and Sandler found his way to 307 Harvard St., along a very busy stretch of Coolidge Corner.



Village Vinyl owner Jonathan Sandler seems pleased to be presiding over the renaissance of LPs.

That neighborhood, he has found, has improved noticeably in the years since Village Vinyl opened. "There are fewer banks and cell-phone stores, and we're sitting in a non-chain bar," he said of the nearby tavern where the Around Town interview took place.

The customer flow is constant, Sandler reports. "The regulars come in almost daily; then we see weekly customers, tourists, and people from other states."

Given the longevity of vinyl, do those patrons skew older? "Au contraire" came the reply. "The average customer is in the late 20s or early 30s." Their musical tastes range from the Beatles, the Rolling Stones, Miles Davis, and other musicians of that era to Taylor Swift ("currently the most popular"), Beyonce, and Tyler the Creator. "We've got people into everything," Sandler said.

Village Vinyl's price points may be part of the draw – anywhere from \$1 to \$50, with the average record costing about \$20. The condition of a record figures importantly in its price.

The inventory of 20,000 records is a mix of the vintage and the popular, with the latter occupying those rows of bins and the backlog being in the basement. "We wouldn't want to do only used or only new," said Sandler, adding that "overbooked pressing plants" suggest there's no slackening of demand for new LPs.

This 51-year-old entrepreneur is a native of central Massachusetts and a graduate of Boston University, who, in his words, "stuck around." He and his wife make their home in Brookline Village with their two sons, one a drummer and the other a guitarist. Does their father play a musical instrument? "Not well," he conceded, "although I used to sing in a rock band."

Rock on.



Brookline's Village Vinyl looks to have a long future, selling long-playing vinyl records. Photo by Kelley Pope

MOVE IS ON HERE AND ELSEWHERE TO APPROVE VOTING-AT-16

By Diana McClure

Should 16-year-olds vote in local elections? Brookline thinks so. At the November 2019 town meeting, a home rule petition was approved, 142-71, making teenagers eligible to become town meeting members if registered to vote. But the town is still waiting for the state Legislature to approve its petition for special legislation affecting this town only.

At least six Massachusetts communities have done the same, although they, too, are waiting on the Legislature, and the Boston City Council on Nov. 30, by a vote of 9-4, joined the crowd. That measure stipulates that so long as the younger city residents meet all other legal qualifications, they should be able to vote. If Mayor Michelle Wu signs off, the measure will go to the Legislature.

If that petition were to win approval on Beacon Hill, Boston would not be the first U.S. city to permit voting at age 16, but it could become one of the largest cities in the country to do so. Worldwide, Scotland, Brazil, Austria, Germany, and Argentina allow 16- to 17-year-old voting to varying degrees.

Why should 16-year-olds vote? Some argue that youth enfranchisement at age 16-17 helps develop more robust and long-lasting voting habits and leads to greater rates of civic engagement and voting in the future. Lifelong voting is the “pathway to democracy,” Boston City Councilor Julie Mejia noted during the council’s deliberations in November.

Seventeen other states permit 17-year-olds to vote in primary elections and caucuses if they will be 18 by election day. All states allow someone not yet 18 to preregister to vote; Massachusetts allows it at 16.

The 2020 U.S. Census shows that 19.5 percent of this state’s population is under 18. Proponents of the Boston petition stressed that many 16-year-olds are already working, paying taxes, and driving a car, yet they have no voice in determining policies that affect and regulate their lives. The Scotland experience, allowing 16- and 17-year-olds to vote in the Scottish independence referendum, has led to a dramatic increase in voter participation and engagement.

According to Charlotte Bizup, a Brookline High School student who in 2019 received a Sara K. Wallace Leadership Award from the League of Women Voters of Brookline, her survey of 51 Brookline residents under 18 indicated that 76 percent would vote if allowed. She also surveyed 92 students from surrounding towns, with 84 percent saying they would vote. According to her survey, only 27 percent of Brookline youth, and 19 percent of nonresident youth, believe that their identities are adequately represented in local politics.

According to vote-at-16 advocates, young people need to mobilize statewide and lobby the Legislature to pass the home rule petitions – or pass legislation providing that right to vote, obviating the need for home rule petitions.

Diana McClure is communications director for the Brookline League of Women Voters. The LWV’s mission is to encourage informed civic engagement, civil discourse, and active participation in government.

BROOKLINE RESIDENTIAL REAL ESTATE TRANSACTIONS

NOVEMBER 16- DECEMBER 15

THE FOLLOWING INFORMATION IS PROVIDED BY THE WARREN GROUP,
A MASSACHUSETTS-BASED NATIONAL REAL ESTATE AND MORTGAGE DATA PROVIDER.

77 Pond Ave., Unit 601: Alice Lowenstein to Rynat Sibahatau and Katsiaryna Talstashova, \$950,000

195 Davis Ave., Unit 2: Kim E. Kaufmann to Meredith Malinn and Eileen S. Oboy, \$526,000

19 Englewood Ave., Unit 2: Diana G. Tsomides to Libo Huang and Haiyan Liang, \$536,000

20 Perry St., Unit 2: Carol Iancu to Henning Tiemeier, \$680,000

21 Crowninshield Rd., Unit 11: 21 Crown LLC to Brian and Katy Owen, \$305,100

7 Lanark Rd., Unit 3: 7-3 Lanark Rd RT and Dale A. Ciavati to Yizhong Hu, \$555,000

106 Franklin St., Unit 3: Scott B. Logan and Una Creedon to Edward Langer, \$727,000

1861 Beacon St., Unit B: Mency and Timothy Brauns to Kara B. Brennan, \$1,120,000

30 Longwood Ave., Unit 101: Alan Agresti and Jacalyn Levine to Ezzat Samih-Hallal, \$1,120,000

69 Walnut St., Unit 4: Kenwood Investments LLC to Gennady and Mariana Korchmar, \$1,250,000

69 Walnut St., Unit 5: Kenwood Investments LLC to Gennady and Mariana Korchmar, \$1,200,000

45 Longwood Ave., Unit 405: Ramesh A. and Arjun G. Shivdasani to Nadege Stpaul and Arthur R. Schleipman, \$980,000

6 Hamilton Rd., Unit 2: Joshua and Elyssa Benedikt to Mitchell Hall and Jessica Schneider, \$1,050,000

1496 Beacon St., Unit 4: Ali Tavakkoli to Adam and Adriana Healy, \$705,000

697 Boylston St.: Milan J. Merhar and Elissa G. Barr to Kat Florida RE Hldg LLC, \$1,935,000

71 Jordan Rd.: Marguerite Brackley and Kunal Jajoo to David C. and Luisa Q. Sholkovitz, \$2,215,000

7 Washburn Ter.: Brenda Pearl and Sivanne P. Wasserman to Emily and Nathan Spunt, \$2,470,000

136 Wolcott Rd.: Mark G. and Jane E. Zuroff to Kevin T. Huang and Josephine H. Li, \$1,515,000

194 Tappan St.: Kimberly A. Goldstein to Kunal Jajoo and Marguerite Brackley, \$3,255,000

151 Longwood Ave., Unit 3: Anders and Anastasiya P. Tveteraas to Anshul K. Srivastava and Monisha M. Rajinikanth, \$1,375,000

35 Shaw Rd.: Wendy S. Epstein to Roy and Jenny Youn, \$1,900,000

10 Claffin Rd., Unit 3: Judith Haber to Benjamin K. Sovacool, \$999,000

11 Garrison Rd., Unit 4: Michael Orlov to Cong Li and Julien L. Grondin, \$1,030,500

43 Hammond Pond Pkwy., Unit 43: Dalvir Singh and Amandip Kaur to Jinghui Zhao and Yi Yan, \$919,000

1887 Beacon St., Unit 3: David M. Chelton and Mary L. Hill to Martina Beccari and Jessica Gereige, \$1,000,000

83 Cypress St.: Barry S. Nusbaum and Melanie May to Walter F. and Velvizhi R. Heine, \$2,300,000

20 Clinton Rd.: David A. and Alexa E. Martin to Nori F. Reidt-Mehta and Shreyas N. Mehta, \$3,321,000

77 Kenwood St., Unit 77: Benjamin R. and Emily B. Mintz to Jiachen Gu, \$2,615,000

332 Washington St.: Widdy S. Ho to Patrick E. Stock and Josefina I. Delmarmol, \$1,255,000

33 Pond Ave., Unit 901: Roy and Jenny S. Youn to Ann M. Lynch, \$445,000

20 Chapel St., Unit C901: Kathleen A. Schilp to Ellen E. Remmer 2021 IRT and Anne R. Cole, \$2,450,000

185-195 High St., Unit 302: David L. Campbell to Xuehao Ma, \$850,000

21 Crowninshield Rd., Unit 17: 21 Crown LLC to Wei Miao, \$1,945,000

32 Marshal St., Unit 1: Kelsey Gripenstraw and Sten Hansen to Michael and Laura Orlando, \$584,000

185 Pleasant St., Unit 3-2: Anoop G. Olikara and Meenakshi Mahan to Jinjun Huang and Ling Qiu, \$1,070,000

50 Green St., Unit 402: Rhoda Shur 2021 T and Sheryl Swankin to Richard A. and Susan D. Rubin, \$890,100

130 Fuller St., Unit 5: Daniel Bernstein and Anyuan Guo to Iva Jandova, \$759,000

Continued on Page 24

CONSTRUCTION IS SET TO BEGIN ON AFFORDABLE APPARTMENTS

Continued from Page 20

Brown was clearly pleased to announce that the program received Passive House Certification for its extensive work in creating a building that focuses on dramatic reduction of energy used for heating and cooling. The building will be fossil fuel-free except for domestic hot water.

On the ground floor will be what Brown described as “a fairly large community space.” HSL will be looking for partners, including its neighbor at 93 Winchester St., the Brookline Senior Center, to collaborate on the use of that space for the benefit of the community. Other community-oriented spaces will include a fitness center, a large activities room, and a relaxing gathering space.

Landscaping improvements are also envisioned, with a design that will create extensive walking paths on the HSL campus and grassy areas to be used for outdoor programming.

The goal, Brown emphasized, is “resident-based interaction,” ensuring that the new building and its occupants will be very much a part of the HSL campus and the neighborhood beyond.

RECENT RESIDENTIAL REAL ESTATE TRANSACTIONS IN BROOKLINE

Continued from Page 23

16 Ackers Ave., Unit 16: Albert W. and Pamela P. Chan to Nithya Vaduganathan, \$2,150,000

64 Sewall Ave., Unit 101: Judy Weiss and Jessica Goldhirsch to Lauren R. Elias, \$2,025,000

1080 Beacon St., Unit 1A: Red Sky Development LLC to Elizabeth Haselwandter, \$1,845,000

1 Strathmore Rd., Unit 1: Trax On Strathmore LLC to Heidi Soumerai and Martin Horovitz, \$1,450,000

120 Seaver St., Unit B301PH: Davis FT and Lisa Predella to Robert and Marcy Haber, \$7,300,000

6 Juniper St., Unit 3: Shawn D. Hayes to Ling Chu, \$345,000

26 Gibbs St., Unit 4: Alina Roytberg to Amy Zintl, \$1,200,000

159 Aspinwall Ave., Unit 1: WC Aspinwall 159 LLC to Jill Smith, \$3,300,000

18 Gibbs St., Unit 1: Steven D. and Melodie W. Henderson to William and Linda Heinemann, \$1,150,000

1080 Beacon St., Unit 5E: Margaret H. Shaw and Robert W. Jannino to Mary L. Dequeant, \$755,000

25 Marion St., Unit 34: Honey K. and Kenneth L. Sacks to Hitomi and Hiroaki Kaido, \$995,000

27 Stanton Rd., Unit 2: Shreyas and Nori Mehta to David Martin, \$1,385,000

136 Thorndike St., Unit 1: Ruty Bakor to Coolidge Corner NT and Alexandra J. Gold, \$1,850,000

485 Washington St., Unit 2: Zhi Yan and Feng Wei to Hongyu Ma, \$830,000

10 Bradford Ter., Unit 7: Scott and Laura Sample to Ambareen R. Landa, \$710,000

197 Rawson Rd., Unit 2: Yu Ft and Rong Yu to Mehmet K. and Anil A. Samur, \$1,275,000

255 Dudley St.: Cristina V. Depieretti and Cristina V. Pieretti to Jeremiah and Elizabeth Daly, \$10,375,000

159 Aspinwall Ave.: WC Aspinwall 159 LLC to Donald R. and Caroline C. Young, \$3,200,000

27 Chilton St.: Mihm Martin C Jr Est and Leo J. Cushing to Dolphia N. and Matthew Arnstein, \$3,300,000

22 James St., Unit 5: John J. Billowitz and Mary Shields to Yihong and Biao Ni, \$1,075,000

50 Willard Rd.: Michael H. and Ilene Bunis to Willard Road 50 RT and Alec W. Sherman, \$4,395,000

CARD AND BOARD GAMES AT THE SENIOR CENTER



SEEKING MAH JONG PLAYERS & INSTRUCTOR

The Senior Center has had inquiries from both beginners wanting to learn how to play Mah Jong as well as more skilled players looking to play with their peers.

If you are someone willing to teach beginners, a beginner looking to learn, or a skilled player looking for a group, please reach out to Jamie Jensen at 617-730-2770 or jjensen@brooklinema.gov as we hope to bring back this popular game to the Center! **Please note:** we are also seeking skilled players in Chinese Mah Jong to join their peers as well!

CHESS

Mondays and Thursdays (with leader Tony Dinosse) **1:00-3:00pm**. We are also seeking a **backup volunteer**. Please contact Jamie at 617-730-2753 or jjensen@brooklinema.gov

BRIDGE FOR EXPERIENCED PLAYERS

Fridays 9:00am sharp– Please register to ensure full tables with Kristine Farley at 617-730-2783 or kfarley@brooklinema.gov

RUMMIKUB

Fridays 9:00-11:00am with Hedwig Baillie, our Rummikub coordinator

SCRABBLE

Wednesdays at 1:00pm— Please bring a board and tiles if you have them.

BINGO

Tuesdays from 1:00-2:00pm

LET'S PLAY SOME PING PONG

Wednesday and Friday afternoons from 2:00-4:00pm— Come drop in for a quick game!

VIRTUAL PROGRAMMING

DANCE



Online Dance Party with Lynn Modell: Thursday afternoons from 1:00-1:30pm

Lynn plays music from 40s, 50s, and 60s, as well as some from film musicals, and we'll dance together. You don't need much space in your home to participate. Just make sure there aren't any scatter rugs, uneven floor surfaces or objects on the floor that are trip hazards. For information on how to connect, please contact Lynn at lemodell@gmail.com

EXERCISE



Combo Dance Fitness/ Let Your Yoga Dance: Wednesdays at 10:00am

Emily Brenner, our former Zumba Gold instructor, offers a **FREE VIRTUAL** Combo Dance Fitness/Yoga Dance class **to Brookline seniors** thanks to the sponsorship of the Brookline Multiservice Senior Center.

Emily is also offering some other **VIRTUAL** donation-based classes (\$5 per class):
Monday at 10:00am: Low Impact Zumba®
Tuesday: 10:00 am: Strength/Low-Impact Fitness (chair suggested, light hand weights or cans/water bottles as light weights optional)

For more information on how to connect, please email: emily.brenner@comcast.net



The Senior Center's Etsy page "Brookline Bazaar" showcases a diverse collection of antique and vintage treasures and collectibles from around the globe- including many one-of-a-kind pieces.

100% of Brookline Bazaar proceeds go to support the Brookline Senior Center.

Click the following link to take a look around the shop:

<https://www.etsy.com/shop/brooklinebazaar>

ONGOING PROGRAMS

ASK THE CLINICAL DIETITIAN

Continued from p. 15

Some species of fatty fish should be avoided or eaten rarely because of environmental contaminants. Swordfish, shark, King mackerel, farmed salmon, marlin, orange roughy, Chilean sea bass and several tuna species (Albacore, Big Eye, Blue fin and Yellow fin) fall in this category. For those who especially enjoy white canned tuna, the Environmental Defense Fund recommends a safe intake as six ounces three times a month.

The subject of healthy fat is not quite straight forward. Best advice can be summarized as: Minimize saturated fat, use omega-6 fats in moderation, emphasize fats high in mono-unsaturates and omega 3's (especially extra virgin olive oil and canola oil), eat fatty fish at least twice a week.

The next nutrition column will further explore the question of healthy fats with a discussion of hydrogenated fat and where dairy, eggs and cholesterol fit in, and will conclude with a consideration of the effect of processed foods on overall health.

SHORT STORY SOCIAL



A good short story can provide the basis for a great discussion! We will send you the story by email or hard copy to read at your leisure. Then we will meet up **via Zoom every other**

Monday at 10:00am. Bring your own coffee and we will supply the forum for a fun and enlightening hour.

For more information and to sign up for the story and discussion, please contact Jamie Jensen at jjensen@brooklinema.gov or 617-730-2753.

SUPPORT FOR ALZHEIMER'S CAREGIVERS



The Alzheimer's Association offers virtual caregiver support groups, including a Thursday evening group by longtime facilitator Ted Sturman.

Ted is also available by phone to support caregivers who are coping with the stress and demands of caring for a loved one who is struggling with Alzheimer's or another form of dementia. If you need support around caregiving issues and resources, please call Ted Sturman at 617-803-6105. For more information, please visit <https://www.alz.org/manh>

ARTMATTERS ONLINE PRESENTATIONS



The Senior Center's enhanced membership account with ArtMatters allows Brookline Senior Center participants access to two new prerecorded presentations each month, as well as access to the **entire** ArtMatters video library. Choose from over 40 different subjects, covering artists, art movements, historical eras, and themes (updated regularly)!

To view the account, please go <http://artmatters.website> website and click "Log In" on the top right corner of the page. **For email, enter info@brooklineseniorcenter.org and 93winchester as the password.** From here, you will see a couple of options on the top of the screen. Under "Communities," click on Brookline COA and **enter password BrooklineCOA93** to view the video library. This program is made possible thanks to the Brookline Multi-Service Senior Center.

VOLUNTEER OPPORTUNITIES

SHOP STUDENTS HELPING OLDER PEOPLE

The SHOP Program, a collaboration between the Brookline Senior Center (BSC) and Brookline High School (BHS), has been a community service program at BHS for many years. High school student volunteers are matched with seniors to do their grocery shopping for the school year. In turn, seniors help the students fulfill their community service requirements. Frequently, these become meaningful multigenerational relationships. Some students have shopped for the same person throughout high school and consider their elder an important part of their life.

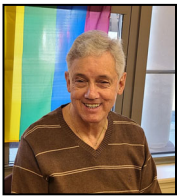
If you are a senior who would like to have a student shop for you, please call Valerie Graf, Volunteer Coordinator, at 617-730-2743 or email her at vgraf@brooklinema.gov

INFORMATION & REFERRAL (I&R)/RECEPTION DESK VOLUNTEERS

The Brookline Senior Center is seeking volunteers to staff our Information & Referral and Reception desks. Tasks include answering telephones, registering people for programs, assisting with/triaging visitors' requests as appropriate, and light clerical work.

Volunteers must possess basic computer skills and strong customer service skills. Supervision and training will be provided as needed. Available days and times vary, but the general time commitment is a 2-4-hour shift. For more information, contact Volunteer Coordinator Valerie Graf at vgraf@brooklinema.gov or 617-730-2743.

VALUED VOLUNTEER: MITCHELL DRUCKER



With a master's degree in psychology, Mitchell Drucker built a career in health-related endeavors, most recently at a local behavioral health insurance company that provides coverage for people with mental health challenges and substance abuse.

Nearing age 70, this Brookline resident decided to call it quits from the working world three years ago and set about keeping busy in retirement. He soon discovered that "being retired can be boring," he said, "so I tried to find a part-time job." When no such opportunity presented itself, Mitchell came to the Brookline Senior Center about a year ago and inquired about volunteer work.

When Volunteer Coordinator Valerie Graf was showing him around the Center, the brightly colored rainbow flag hanging from a front window of the Winchester Street building caught Mitchell's eye. He asked if there was any programming for LGBT seniors, and she told him that there had been, but due to COVID-19, those programs, like many others, were on hiatus.

Last June Mitchell launched a weekly Wednesday discussion group for LGBT folks. "People enjoyed the free-ranging discussion," he said of the event, now scheduled for the third Wednesday of each month. He is hoping it will continue to draw in participants.

Three days a week Mitchell also makes calls to people using the Council on Aging's medical transportation services to remind them of their appointments. He estimates he makes about 10 to 15 calls a day—a statistic that speaks to the popularity of that service with Brookline's seniors. Mitchell's friendly demeanor provides added support for those anxious about medical transportation. Mitchell combines his volunteerism with regular visits to the Senior Center's Fitness Center. We are grateful for all of our volunteers. If you would like to discuss volunteer opportunities at the Brookline Senior Center, please be in touch with Valerie at vgraf@brooklinema.gov or 617-730-2743.

ONGOING PROGRAMS

LGBTQ+ DISCUSSION GROUP



NOTE: The Senior Center LGBTQ+ discussion group is on hiatus until the spring.

LIVING OUR VALUES

Tom Faulhaber's much beloved discussion group "Living Our Values" **meets online on Wednesdays from 9:00-10:00am**. To obtain a copy of the discussion material and for information on how to connect, please email Tom at editor@businessforum.com

CLUTTER CORNER: FREE CLUTTER CONSULTATIONS!



Many of us have a complicated relationship with our stuff. Life gets busy, our possessions feel valuable and meaningful, and things start to pile up. You may be familiar with the term "hoarding," but what does that term actually mean?

The DSM-5, the standard psychology diagnostic manual, notes that clutter becomes hoarding when we have consistent difficulty discarding or parting with possessions regardless of value; this difficulty comes from feeling a need to save the items or distress from letting them go and this clutter has begun to effect someone's life emotionally or practically.

Even though "hoarding" may sound scary, the experience is common and likely relatable.

Is your stuff piling up? Clutter is common and the Council on Aging is here to help. If this is something that is hard for you, as it is for so many, call 617-730-2752 to ask about a free, one-time social work visit to help you make a plan for what to do with your stuff.

METROWEST LEGAL SERVICES LEGAL CLINIC



On the last Thursday of each month **from 12:00-4:00pm (this month February 23)**, schedule a private, **FREE** half hour legal **PHONE**

consultation. MetroWest Legal Services provides free legal aid to seniors on housing, public benefits and social security matters; durable power of attorney, health care proxy and simple probate matters; Medicaid, nursing home issues, limited domestic relations; consumer issues and bankruptcy.

*Please note for registration that sharing a one-or-two word subject matter will help the attorney in her preparations and this information will remain absolutely confidential.

To schedule your telephone consultation, contact Program Manager Jamie Jensen at 617-730-2753 or jjensen@brooklinema.gov

CURRENT EVENTS



Current Events meets **at the Senior Center on Friday mornings from 10:30am-12:00pm**. Come share your thoughts and hear those from others about what is going on in today's world. If you want to be added to the group's distribution list, please email Mike at mkt128@rcn.com

CRAFT-ALONG WITH THE PUBLIC LIBRARY OF BROOKLINE

The Friends of the Brookline Public Library are offering **paper quilling craft-along kits** for Brookline seniors this month. Please call Jamie at the Senior Center at 617-730-2753 to obtain a kit.

Please Note: The library will no longer be offering the kits after this month, but we are so appreciative of their offering of the kits since the pandemic!

ONGOING PROGRAMS

SPORTS FAN FORUM



Calling all sports fans! The Senior Center hosts a weekly sports discussion group on **Wednesdays at 10:00am at the Senior Center.**

Whether you are a casual observer or an armchair expert, the Fan Forum is open to all who wish to share the joy, frustration, and excitement of Sports Fandom.

We will gather to discuss the news of the day, relive memorable moments in sports history, and share our predictions of what may come to pass. The group is facilitated by Conor McDermott Welch, LCSW. Register with Conor at cwelch@brooklinema.gov or 617-730-2751.

WINTER NATURE WALKS



Brookline Recreation offers walks designed for adults over the age of 55! Stay physically and socially active this winter, and learn about the unique characteristics of our local parks.

"Restfulness in Nature": Tuesday, February 14 from 10:30-11:30am at Ward's Pond at Olmstead Park. Transportation from the Senior Center is included in admission. Cost is \$5.00. Please dress for the weather and bring a water bottle!

Join Brookline Recreation's naturalist visiting this glacial kettle-hole pond, an excellent urban oasis for native plant and wildlife species. Enjoy a stroll through this beautiful park and relax through gentle movement and meditative moments. To register, visit <https://tinyurl.com/2p9rsfx4>. Questions? Call Recreation at 617-730-2069.



BROOKLINE BEES



The Brookline Bees are buzzing along on those two baby quilts. We asked Ruthann what themes she wanted: "lions and tigers if possible." No sooner said than done! But you'll have to wait until next month to see a finished photo -- unless, of course, you would like to come help? Come join us on **Tuesdays from 10:30am-12pm at the Senior Center.** Looking for a quilt? Email your request to brooklinebeehive@gmail.com.

Jan finished another beautiful comfort quilt. Whitney shortened some slacks. Claire is nearly finished with her velour jacket. We repaired some jeans for one of the lunchroom volunteers. Renee is making a beautiful apron. Betty and Cynthia are busy assembling the 230 squares we made for the baby quilts.

Susan Rack brought in a bag of beautiful scarves that had belonged to her late mother. She wanted to make throw pillows for four close relatives to remember her mother. We all participated in organizing colors and designs. Each pillow cover includes bits of three scarves. She told us, "Thanks to your coaching and the design talents of all the ladies, my family was in awe and LOVED them." Check out this picture of her masterpieces!



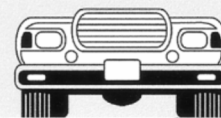
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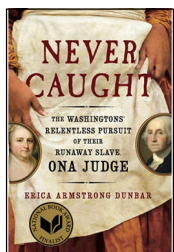
BOOK DISCUSSION GROUPS

COUNCIL ON AGING BOOK GROUP AT PUTTERHAM LIBRARY

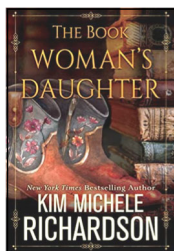
This group is held on the third **Monday of the month at 2:00pm**. The group is **in person and online**. For more information on how to connect via Zoom, visit:

<https://us02web.zoom.us/meeting/register/tZ0kc-utpzwuGdwwSb6ZE0JSaLo23jGDkq-A>

Please contact Batia Bloomenthal, Branch Supervisor at the Putterham Library, for updates and questions, at 617-730-2721 or bbloomenthal@minlib.net



Monday, February 13, 2023
Never Caught: The Washingtons' Relentless Pursuit of Their Runaway Slave, Ona Judge
by Erica Armstrong Dunbar



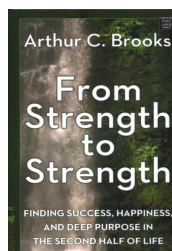
Monday, March 20
The Book Woman's Daughter : A Novel
by Kim Michele Richardson

PUBLIC ISSUES NONFICTION BOOK DISCUSSION GROUP

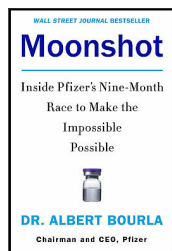
Tom Faulhaber is challenging your thinking every month with a nonfiction book discussion group centered on public issues, history, current events, and other nonfiction topics. Suggestions for future titles are encouraged.

The group is held **online** on the **fourth Tuesday of each month from 9:00-10:00am**.

For information on how to connect, please email Tom at editor@businessforum.com



Tuesday, February 28
From Strength to Strength: Finding Success, Happiness, and Deep Purpose in the Second Half of Life by Arthur C. Brooks (Portfolio | Penguin Random House, LLC



Tuesday, March 28
Moonshot: Inside Pfizer's Nine-Month Race to Make the Impossible Possible by Dr. Albert Bourla (Harper Business | HarperCollins Publishers)

HEALTHCARE APPS & DEVICES FOR SMARTPHONES

Continued from p. 4

This course for Smartphone users (iPhone and Android) will describe and demonstrate a variety of healthcare apps and home medical devices for Smartphones. Each one-hour session (one per week) will focus on a particular health theme: (1) Health, Exercise, Medical Data & Provider Access, (2) Medication Management, (3) Vision Aids, (4) Hearing Aids & Verbalization, (5 & 6) Blood Glucose, Carbs and Weight, (7) Heart Health, (8) Respiratory Health. Seniors that use Smartphones, and are familiar with downloading and installing apps on their phone, can register for one or more or all sessions. To register, call 617-730-2770 and provide your name, Smartphone number, email address, and which sessions you are interested in attending. Please direct questions to Jamie Jensen at jjensen@brooklinema.gov or 617-730-2770.

SPRINGWELL LUNCH PROGRAM

Springwell lunch program participants have the option to take their “grab and go” lunch home with them OR to have their “grab and go” meal warmed up in the kitchen so they can eat lunch with others in our dining room.

PLEASE NOTE: We need to know one business day in advance before 10:30am which option you prefer. Due to the preparation involved, you will NOT be able to change your decision on the day of your lunch reservation.

If you are calling in your lunch reservation, please leave your name, telephone number and state whether you plan to take your meal home or whether you plan to dine in that day.

If you are filling out a monthly menu, please check the box marked “GG” if you are going to take your meal home or “DR” if you are planning to eat in the dining room that day.

You DO NOT have to choose one option or the other for the entire month. You can choose to eat at home one day and in the dining room another day, but you DO have to notify us of your choice one business day in advance before 10:30am.

You can make your reservation by calling 617-730-2747 or you can pick up a monthly menu at the Senior Center. Suggested donation is \$2.50 per meal.

NOTE: Copies of the full printed menu can be picked up at the Senior Center or be viewed on our website: <https://www.brooklinema.gov/2296/Springwell-Lunch-Program>

FEBRUARY LUNCH UPDATES

Tuesday, February 13: Valentine Day Special

Monday, February 20 Presidents Day: NO MEAL SERVICE



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A Benchmark Senior Living Community

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ChestnutParkAtClevelandCircle.com



PROGRAMING AT THE LIBRARY

An Evening with Sena Desai Gopal
The 86th Village: Thursday, February 2 at 7:00pm at the Coolidge Corner Library

<https://www.brooklinelibrary.org/events/event/the-86th-village-an-evening-with-sena-desai-gopal/>

Black History Month Talk with Dr. Rebecca Hall, Author of Award-Winning Graphic Novel WAKE: The Hidden History of Women-Led Slave Revolts - **Saturday, February 11 at 2:30 pm**, virtual <https://www.brooklinelibrary.org/events/event/black-history-month-talk-with-dr-rebecca-hall-author-of-award-winning-graphic-novel-wake-the-hidden-history-of-women-led-slave-revolts/>



Consumer Talks



THE PUBLIC LIBRARY
OF BROOKLINE

Identity Theft & Fraud Prevention

Hosted by The Public Library of Brookline

Contact: Ginger O'Day: 617-730-2370

February 7, 2023, 7:00PM - 8:00PM

361 Washington St. Brookline, MA 02445

Scammers are targeting everyone! Do you know how to keep your identity safe?

Join the Office of Consumer Affairs and Business Regulation and the Public Library of Brookline as they provide you with essential information to stay steps ahead of fraudsters and to inform you about the latest scams they are seeing.



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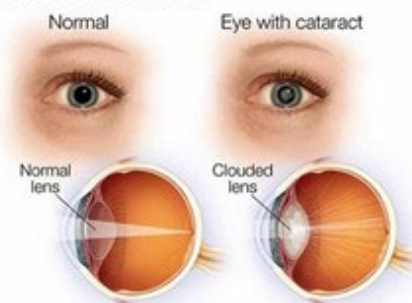
Ocular Plastic Surgery
Functional and Cosmetic Surgery

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Cornea Specialist
Lasik Surgeon
General Ophthalmology

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- Nutritional Counseling by our full-time Dietician
- Complex wound management
- Fully appointed patient rooms with complimentary cable/phone/ Wi-Fi
- Ongoing Patient/Family Educational discharge planning
- Rehab therapy tailored to the needs and capabilities of each in-patient, 7 days a week
- In-house Chaplain and a remarkably committed staff with longevity
- Expressive Therapy Department including award-winning Music Therapy Program
- Beautiful patio, award-winning Thompson Family Serenity Gardens
- Convenient, minutes from major Boston hospitals, accessible by public transportation; free parking

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More information on our website: www.SherrillHouse.org



ARTS OFFERINGS

INTERGENERATIONAL STORYTELLING



The Brookline Senior Center collaborates with the Brookline Interactive Group (BIG) and Steps to Success for an ongoing intergenerational storytelling experience. This project has seen students interviewing Brookline seniors on immigration, COVID-19, careers, and other topics of interest about seniors' life experiences. The project continues to look for interested seniors who would like to share their stories, both in person or via Zoom.

If this sounds interesting to you, please contact Jamie Jensen at 617-730-2753 or at jjensen@brooklinema.gov. Please also contact Jamie if you would like her to email you the YouTube link to previous stories from this project.

SENIOR CHORUS



The Senior Chorus always welcomes new members to add to its already enthusiastic roster of singers. There are no auditions. Just come **Fridays at 10:30am at the Senior Center** and make a joyous sound with the group led by Joe Reid.

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BROOKLINE ACOUSTIC WEDNESDAY EVENING JAM

Do you play an acoustic instrument and/or sing? Brookline Acoustic meets **at the Senior Center on Wednesday nights from 6:00-8:00pm** for an informal jam.

For more information, please visit: <https://boston.craigslist.org/search/ccc?query=%22brookline%20acoustic%22>

ISRAEL TAKES ON WORLD MUSIC A MONTHLY DISCUSSION GROUP



Many well-known Israeli songs were originally popular tunes in other countries and languages. **On the 4th Monday of the month at 7:30pm online**, join Dr. Miriam Rosalyn Diamond to explore the intersection of Israeli and world music.

Our auditory travels will take us to Europe, Latin America, East Asia, and even the U.S. No knowledge of Hebrew necessary. We'll discuss and listen to classic and modern Israeli songs - something for everybody! To join, please contact Jamie at jjensen@brooklinema.gov

SINGING TOGETHER VIRTUALLY

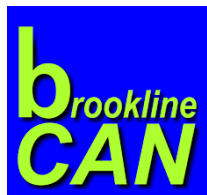


The Sing-a-long Group on **Zoom** will be singing on **Mondays, February 6 and 27 at 4:00pm**. We sing mostly folk songs from times gone by and have several instrumental players to lead the songs. Don't worry if you don't know the words, as they will be displayed in your screen. And don't worry if you think you can't sing, as everyone but the leader is muted, so you can listen or sing along.

For information and the Zoom link, contact Judy Chasin at hearojudy51@yahoo.com

ONGOING PROGRAMS

JOIN BROOKLINECAN'S LIVABLE COMMUNITY ADVOCACY COMMITTEE (LCAC)



Join us to discuss the challenges facing Brookline's government today, including the special concerns of Brookline's older residents and other key Town

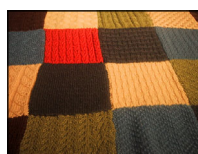
issues, with Select Board Member candidate Paul Warren on **Monday, February 6 at 3:00pm on Zoom**. There will be a lengthy period for questions and discussion with Mr. Warren.

This is one of a special series of LCAC chats with candidates running for the two Select Board seats up for election on May 2, 2023. If you are not currently a member of the LCAC and wish to attend this meeting via Zoom, please email Susan Granoff, Chair of the LCAC, at susangranoff@msn.com by February 5.

REAL ESTATE TAX EXEMPTION INFORMATION DROP-IN HOURS

Sandy Spector, who is trained by the Assessor's Office, will have information for seniors on real estate tax exemptions and abatements on **Tuesdays, February 7 and 21 at the Senior Center from 10:00am-12:00pm**. Feel free to drop by with your questions.

WELCOME BLANKET



Welcome Blanket participants will be having an exhibit of their work on Saturday, February 4 at Kehillath Israel (284 Harvard Street, Brookline) during the morning service. For more information, please contact media@welcomeblanket.org

Now embracing a larger community

For more than 40 years Springwell has been helping older adults, people with disabilities, and their caregivers in eight greater Boston & MetroWest communities. Springwell has recently merged with BayPath, which will allow us to serve more people in MetroWest. *We are still Springwell, now proudly serving 22 communities.*



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ONGOING PROGRAMS

EQUIPMENT LOAN FUND: MEDICAL SUPPLIES!

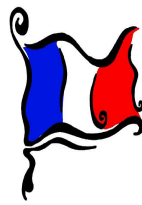


The Equipment Loan Fund has **recently expanded and now has a large supply of NEW medical supplies**, including wound care, barrier cream, gauze, and more! The fund continues to have a large supply of durable medical equipment as well as incontinence supplies. Anyone is eligible to take what they need from our stockpile for any reason. This month's "equipment of the month" is a gait belt. Please call 617-730-2752 to ask about what is available.

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 special accommodations, contact the Council on Aging at 617-730-2777.

VIRTUAL FRENCH CONVERSATION GROUP



Meets **via Zoom** on **Tuesdays from 1:00-2:00pm**. New members, regardless of level of proficiency in speaking French, are invited to join. For questions and to connect, please email Monique Richardson at mona647@comcast.net

ESL CLASS



Dick Morse, ESL instructor, hosts his weekly classes **for intermediate English learners at the Senior Center on Tuesdays from 1:00-3:00pm** and **for advanced English learners on Wednesdays from 1:00-3:00pm**. He welcomes new students and can be reached at richard_p_morse@msn.com or 617-734-5113.



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GODDARD HOUSE PARKINSON'S PROGRAMS

LIVING ARTFULLY WITH PARKINSON'S

No art experience required! Join us on **Mondays from 12:45-1:45pm** for some artmaking fun in a welcoming, small group setting and explore various artistic mediums such as paint, collage and printmaking. Living Artfully with Parkinson's is facilitated by Goddard House Art Therapist Meredith Griffiths.

LIVING MUSICALLY WITH PARKINSON'S

Music therapist and neuroscientist Joshua Min specializes in working with older adults, and those living with Parkinson's, to help improve their quality of life through the power of music. Join us **via Zoom on Tuesdays at 10:30 through April 25.**

TAI CHI FOR PARKINSON'S

Join us **on Zoom Wednesdays at 10:00am through May 31.** Enjoy the privacy and focus of a virtual, small group tai chi program designed specifically to improve strength, balance, flexibility, mental focus and emotional tranquility. Instructor Ruth Schechter is an experienced tai chi teacher.

To register for these programs, contact Christine Nagle, Director of Community Partnerships: cnagle@goddardhouse.org or 617-731-8500 x 143.

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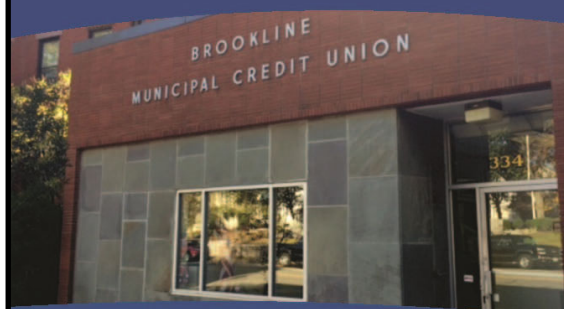
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