

THE BROOKLINE BEACON



A MONTHLY PUBLICATION OF
THE BROOKLINE COUNCIL ON AGING

Published with the support of the Brookline Senior Center Foundation

JUNE 2025

JUNETEENTH AND THE TRANSITION FROM SLAVERY TO FREEDOM, 1863-1877



On **Thursday, June 5 from 1:00-2:30 pm**, join historian Dr. Tess Bundy for a talk and discussion of the history of Juneteenth. Her talk will explore the end of slavery in the United States and the complex path from enslavement during the period of the Civil War and Reconstruction. She will explore the role that enslaved people played in securing their own freedom during the Civil War, the ways in which free people defined freedom, and the challenges they faced in gaining safety and rights in the post-Emancipation era.

Continued on P. 4

PRIDE, PIZZA & IMPROVISATION GAMES



On **Monday, June 9 from 1:00-2:00 pm**, join us at the Senior Center with host Julie Nowak (she/any), LGBTQIA+ Initiative Coordinator, Springwell elder services, and enjoy some delicious pizza and give your wits a good workout with some hilarious improv games! Rainbow elders and allies are warmly welcome to join the fun.

Continued on P. 4

ANNUAL SIDEWALK SALE



The annual yard sale will be on **Wednesday, June 25 from 10:00 am-2:00 pm**, rain or shine. All proceeds will benefit the programs and services of the Brookline Senior Center. If you are interested in making donations for the sale, please do so in the bins located outside the Council on Aging offices on the second floor of the Senior Center. Note, we do not accept items with plugs, clothing, linens, and large items. For questions, call 617-730-2753 or email jjensen@brooklinema.gov.

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JUNE OBSERVANCES

Sunday, June 15 is Father's Day

Tuesday, June 17 is Bunker Hill Day (We are open).

Thursday, June 19 is Juneteenth (We are closed in observance of Juneteenth). **There will be no lunch or transportation.**



The Brookline Senior Center is a Welcoming Community.

Brookline Senior Center
93 Winchester Street
Brookline, Massachusetts 02446

Council on Aging Information Hotline
617-730-2777 617-730-2770
Senior Center Van 617-730-2750

Brookline Council on Aging
<https://brooklinema.gov/245/Council-on-Aging>
www.brooklineseniorcenter.org

Brookline Community Aging Network
www.BrooklineCAN.org

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To view our website scan the QR code or use the link: www.brooklineseniorcenter.org/

FROM THE DIRECTOR

Dear Neighbors and Community Partners,

As we step into June, a month marked by the start of summer to stock up on summer books, attend outdoor concerts, and enjoy the warm (but not too warm) weather, I want to take a moment to acknowledge the intersecting threads of social justice that run through our work at the Brookline Council on Aging and Senior Center. June is Pride Month, a time to honor the perseverance and triumphs of the LGBTQ+ community. It's a powerful reminder that the fight for equality and respect is ongoing and deeply personal for many of us. At the Senior Center, we are committed to creating a space where everyone feels valued, regardless of their sexual orientation, gender identity, or background. We recognize that many LGBTQ+ older adults face unique challenges, including isolation, healthcare disparities, and a lifetime of potential discrimination. Together, we can ensure our center is a place of belonging for all.



This month offers an opportunity to celebrate progress and advocate for greater inclusion as the landscape for funding senior programs is confronted by new and ongoing challenges. By confronting ageism — a bias that, like homophobia, can quietly limit lives and potential — we open the door to a society where everyone is valued at every stage of life. Ageism influences how we see ourselves and each other, but through our programs, advocacy, and everyday actions, we are building a more age-friendly world. In fact, Governor Healy just last month signed an Executive Order releasing a new age-friendly state plan which outlines improved ways for Councils on Aging and other Massachusetts agencies to address the needs of its older residents as a priority. As we also commemorate Juneteenth, we honor the resilience of those who came before us and reaffirm our commitment to justice, equity, and dignity for all — including older adults whose voices and experiences continue to shape our shared future. Be sure to read through this newsletter and our website for special programming and celebrations this month.

On behalf of the staff and volunteers, I want to extend our deepest thanks to the Brookline Senior Center Foundation for their incredible generosity and commitment to our mission. The funds raised from the Appreciation Celebration honoring Ruthann Dobek and the Boston Marathon runners allows us to expand our programs, enhance our services, and create a space for all to enjoy. Thank you Divya Rajaraman and Thomas Smythe for your incredible effort and generosity in running the Boston Marathon to support our programs. Together, the runners exceeded their goal and raised over \$10,000. What a remarkable achievement from your dedication. It not only reflects physical endurance, but also a profound commitment to the older adults in our community. Thank you for going the extra mile for Brookline seniors!

Sincerely,
Emily Williams

COFFEE HOUR WITH THE DIRECTOR

Emily Williams holds a monthly coffee hour on the first **Monday of the month (June 2) at 2:00 pm**. Join her to share your ideas for the future of the Senior Center.

EVENTS

JUNETEENTH

The talk will include a discussion of primary sources from the time period and plenty of time for discussion and questions. Dr. Bundy teaches courses in African American and recent U.S. history at Emmanuel College. She completed her PhD from the University of Maryland in 2013. She is passionate about all aspects of African American history.

Please register at 617-730-2770.



All proceeds will benefit the Brookline Senior Center

Yard Sale

Wednesday, June 25
10:00am - 2:00pm
Brookline Senior Center
93 Winchester St.
Brookline

Deals on household goods, antiques, collectibles, jewelry & much more!

If you have items to donate, please leave them in the bins outside the Social Work offices on the 2nd floor.

No clothes, furniture or items with plugs accepted

FOOD & MOOD



Monday, June 30 from 11:00 am-12:00 pm.,
join registered dietitian, Judy Palken,
MNS,RD,LDN from eternalHealth .

Nutrition plays a vital role in emotional wellbeing of seniors. A balanced diet rich in nutrients can help stabilize mood, improve cognitive function, and reduce feelings of anxiety or depression. Please register at 617-730-2770.

PRIDE, PIZZA & IMPROVISATION GAMES

JUNE IS PRIDE MONTH!

Whether you're a seasoned performer or just want to try unusual, easy-to-learn games join us on **Monday, June 9 from 1:00-2:00 pm.**

To find out more about Pathways events hosted weekly online and in person, and get connected to web of support and social events for rainbow elders and allies reach out to Springwell's LGBTQIA+ Initiative Coordinator, Julie Nowak (she/any) at 508-573-7288 direct line w/confidential voicemail) or jnowak@springwell.com. Please register for this event at 617-730-2770.

ANNUAL SHREDDING EVENT

By Appointment Only

We are pleased to announce that the mobile shredding truck (Bay State Shredding) will be back at the Senior Center on **Thursday, June 5 from 11:00 am to 2:00 pm**, courtesy of Norfolk District Attorney, Michael Morrissey.

Clean out your file cabinets, declutter your house and shred personal documents safely and free of charge. The truck does shred onsite, but due to the volume of people who are registered, people will not be allowed to stay and watch their materials being shredded.

To schedule your appointment, please call 617-730-2770.

REGISTRATION INFORMATION

Program registration is helpful for planning purposes (space limitations, food, etc.) and in the event of a cancellation. We also do phone registration in order to accommodate all seniors regardless of technology savviness. Thanks for understanding!

EVENTS

FLEECERS, SWINDLERS, & CON ARTISTS: A HISTORY OF FRAUD THROUGH THE AGES



From ancient Greece to today, from seagoing merchants in the Mediterranean to Charles Ponzi in 1920 to Bernie Madoff in the 1990s to

bitcoin on the internet, people have wanted to get rich quick. They wanted easy money. They were no pickpockets looking for a few bucks. They wanted big money. And they didn't want just any money. No, they wanted your money, your friends' money, everybody's money. The money you sweated to make and then had the discipline to save. This presentation, on **Monday, June 2 from 1:00 pm-2:00 pm**, is the story of swindlers. Presenter Bob Ainsworth was raised in New Jersey, earned a BS in Accounting from Boston College, an MBA in Finance from Northeastern University, and had his CPA. Please register at 617-730-2770.

COUNCIL ON AGING COMMITTEE MEETING

Wednesday, June 11 at 1:00 pm. Guest speaker will be Zachary Tesler, Economic Development & Long-Term Planner with the Town of Brookline. Zachary will present on the Centre Street Lots Project. Please check the Town calendar for agenda and updates. Join ZoomGov Meeting

<https://brooklinema.zoomgov.com/j/1606782764>

Meeting ID: 160 678 2764

To join by phone: 1-646-828-7666

MARATHON CELEBRATION ICE CREAM SOCIAL!



Join us on **Tuesday, June 3 from 4:00 pm -4:45 pm** as we honor our Marathon runners Thomas Smythe and Divya Rajaraman, who together raised \$10,694, \$694 over the \$10,000 goal, for the Brookline Senior Center Foundation!

Weather-pending, come outside on our porch or inside in the Coffee Lounge to thank the runners as you indulge in flavors like "Totally Thom Chocolate" and "Distance Divya Vanilla." **Please register at 617-730-2770.**

BAKING CLASS

Join us on **Wednesday, June 4 from 1:30 pm-2:30 pm** as we stir up something sweet in our new baking class! Together, we'll make simple, delicious recipes while enjoying good conversation, sharing memories, and listening to nostalgic tunes. It's a warm, welcoming space—no baking experience needed, just a little curiosity and a love for friendly faces. **Space is limited, so please register at 617-730-2770.**

GRIEVING FORWARD

On **Tuesdays, June 3 through July 22 from 2:30 pm-3:30 pm**, Hadassah Margolis, LICSW, will facilitate a bereavement support group. Share your experiences with the grief process and give and receive feedback from peers also impacted by loss. Discussions may focus on how to cope with the pain and/or shock of loss while being expected to proceed with one's "normal" life. Participants are also invited to share stories about the person they have lost in the service of continuing to honor them. Please register at 617-730-2770.

EVENTS

YOU DESERVE A MOMENT FOR YOU: JOIN OUR SELF-CARE & CONNECTION CIRCLE



Self-care isn't just bubble baths and quiet nights (though we love those too!) it's also about being seen, feeling heard, and finding connection in shared experiences.

Join us in a warm, welcoming space where we'll slow down, share stories, and explore what self-care looks like — both individually and in community. Whether you're new to self-care or it's something you've been practicing for years, you belong here.

Each week, we'll enjoy: A peaceful 2–5 minute guided meditation to ground ourselves, open-hearted group conversations around weekly topics, thoughtful discussion questions to spark meaningful sharing, and a supportive, judgment-free space where your voice matter,

Maryam Hassoon, LCSW, will be leading the group at the Senior Center on **Wednesdays 1:00 pm—2:00 pm from June 4 through July 2**. Registration is mandatory and **space is limited**, please call 617-730-2765 to reserve your spot. We'd love to have you with us.

DVINCI SOUL CONCERT

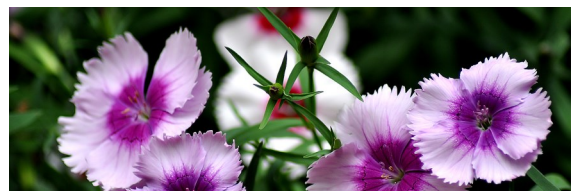


DVinci Soul will visit the Senior Center on **Monday, June 23 from 1:00 pm-2:30pm**. DVinci Soul is a six-piece

soul band that plays danceable Motown, Jazz and classic R&B favorites. Get ready to listen and move to classic, soulful songs from the 60's through the 90's. Prepare to 'Shake it Up and Go' with DVinci Soul! Please register at 617-730-2770.

MYTHOS RISING—WRITING THE WORLD ANEW: A TWO-YEAR COUNTRY-WIDE THEATRE ARTS PROJECT BEGINNING IN BROOKLINE!

Join us at the Senior Center on **three Wednesdays this Summer: June 4, July 9, and August 6, from 1:00 pm-2:30 pm**, for workshops where we will ask many of life's big questions: Who am I? Why am I here? Where did I come from and where do I go when I die? The purpose of the workshops is to discover themes and storylines for an as-yet- to-be-written Epic Musical that explores how humanity is evolving, and how the old paradigm appears to be shifting into something different. The word mythos refers to the broad cultural or collective narrative framework that represents the worldview, values, and beliefs of a culture or society. Can we come together to begin writing a new story based on the best of the myths and legends from the past while creating an inspiring vision of the future? Bring a sense of humor! In the workshop setting we will discuss, write and perhaps even act out our views of what life is and what it could be. This type of theatre work is called, "derived theatre." Mythos Rising is a two-year project which lifts off in Brookline before heading to a couple of other states in the Fall. Production is slated for 2028. Elle Morgan, summer resident of Brookline, will be leading the three sessions. She is a Public Speaking Instructor at Penn State University as well as a playwright, Theatre director and actor. Please register to attend all or select groups at 617-730-2770.



EVENTS

BOOMERS & BEYOND TRAVEL CLUB

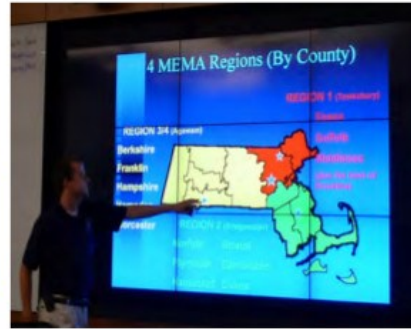
Due to high demand for the Senior Center's monthly trips and a desire to be fair for all and allow more participants to enjoy these opportunities, we enter all registrants into a free staff-supervised raffle. If you are part of a pair, this does not guarantee both registrants' attendance. For those who need caregiver assistance, please call Jamie at 617-730-2753.

MASSACHUSETTS EMERGENCY MANAGEMENT AGENCY (MEMA) TOUR:

On **Tuesday, July 8 from 10:00 am-11:30 am**, join us on a tour of the Massachusetts Emergency Management Agency (MEMA) in Framingham.

The Massachusetts Emergency Management Agency is headquartered in a cold-war era bunker in Framingham, MA. During the early 1960s, President John Kennedy devised a plan for each state to have a facility to ensure continuity of state government following a nuclear attack. Massachusetts was the first in the nation to have an underground blast-proof State Emergency Operations Center.

MEMA provides Massachusetts residents and visitors emergency preparedness resources, emergency alerts, and information during and after emergencies and disasters. MEMA coordinates with federal, state and local government agencies, non-profits and businesses to prepare, respond and recover from emergencies and disasters. **The raffle date is Friday, June 27.** Please register for the free raffle for attendance at 617-730-2770



WELCOME TO BLOOMIN' 4 GOOD

As a nonprofit partner in the Stop & Shop Bloomin 4 Good Program the Senior Center will receive a \$1 donation for every specially marked \$11.99 Bloomin' 4 Good Bouquet sold at the 155 Harvard Street.



COMING UP THIS MONTH

BEING SEEN BEING HEARD CLASS

On **Wednesdays from 10:30 am-12:00 pm**, join us for this class series of creative and expansive exploration into movement, theater improvisation, voice and the spoken word. We all have so much history to share and so, we return to the intelligence and intuition of our bodies to welcome, express, and trust the stories that will unfold. No experience necessary. All that is needed is your curiosity and an open mind. Bring a notebook and pen. Wear comfortable shoes and clothing to move in. Please register at 617-730-2770.

Performance June 25 at 11:00 am.

AFTERNOON CONCERT OF YIDDISH MUSIC



On **Wednesday, June 18 from 1:00-2:00 pm**, Arnie Glick, accompanied by pianist David Sparr and clarinetist Glenn Dickson, will present a concert and educational program about

Yiddish songs. The program will feature folk tunes and songs from the Yiddish theater, including one that started out in Yiddish and then later was re-written with English lyrics to become a huge worldwide hit. (Hint: the Andrew Sisters recorded it.) And, in recognition of the recent off-Broadway theatrical success of *Fiddler on the Roof* performed all in Yiddish, the program will include songs from that production. In addition, Arnie will share background information about the songs and their composers, and he will explain the meaning of the lyrics of each song. Please register at 617-730-2770.

DIAMOND ART SEAHORSES



Summer time is upon us and in this class, we will make Diamond Art Seahorses key rings/charms. A great Father's Day gift to give or enjoy making for yourself. Seahorses are the most mysterious sea creatures that continue to leave us spellbound and capture our imaginations with their mythical charms. Seahorses are often viewed as powerful symbols of Good Luck, Good Health, Good Fortune, Strength, and Courage. Kelley. Instructor is offering two classes. **Tuesday-June 3 from 1:00 pm-3:00 pm and Monday-June 16 from 10:00 am-2:00 pm.** To be fair names will be drawn by raffle, and you will be called to confirm your place in class. One entry per person **All supplies provided Please register for the raffle at 617-730-2770.

PET THERAPY VISIT



Enso the Goldendoodle looks forward to meeting you in the Coffee Lounge with his handler Liz Linder on **Mondays June 2, 16, and 30, from 11:00 am-12:00 pm.** Otherwise known as the 'Curly Coated Gentleman' Enso is sweet, sensitive and earnest, and has worked as a therapy dog for the past two years.

JUNETEENTH

COMING UP THIS MONTH

MEMOIR WRITING - A MUSICAL MEMORY

Join us on **Thursday, June 12, from 1:00-2:30 pm**. We often have experiences that include music - from instrumental pieces, symphonies and theatre to songs, prayer - even commercial jingles. Perhaps the tunes were unexpected and incidental, like background melodies at events. Or music could have been the focus of the experience, as a concert or personal recital. In this session, Dr. Miriam Rosalyn Diamond will provide the opportunity to write about a lasting memory where music played a role. Please register at 617-730-2770.

ART CLASS WITH ARTIST ILANA

Ilana is a high school student. She is passionate about art and has recently launched her own business, IVP Designs, where she creates custom portraits for her clients. She has experience teaching art as a volunteer at 2Life Communities and the School is Cool in Brookline. She is looking forward to hosting a classes on **Thursdays, from 3:30 pm-4:45 pm**. Please register at 617-730-2770. **Note: No class on Thursday, June 19 due to the holiday.**

LOOKING FOR CONNECTION, CONVERSATION, AND COMPANIONSHIP?

Are you a friend/family member looking for more connection, conversation and companionship? Our new Visiting Volunteer Program matches seniors in our community with compassionate and trained volunteers for weekly home visits. To sign up or for more information, please reach out to our social worker, Sharon Sandalow, at ssandalow@brooklinema.gov or at 617-730-2769.

MEMOIR & STORY WRITING

This summer, the Memoir & Story Writing class will begin! It will be running on **Friday afternoons from 3:00-4:00 pm**.

In this class of six, Ella will help each participant craft individualized stories that record the most important moments of their life, ultimately forming a short memoir/collection of stories. The intent of this class is not only to help with writing stories in the period but also to help members learn the skills for writing about their lives independent of support- if they so choose. This program will start June 6 and run through August, with the exception of June 20. Please register at 617-730-2770.

CHAMBER ORCHESTRA GROUP CONCERT

On **Friday, June 20 at 1:00 pm** join us for a Chamber Orchestra Performance which is a collaboration between Brookline High School and Newton North High School. They will play a variety of fun genres including old theme songs. Please register at 617-730-2770.

SUMMER PREPAREDNESS PROGRAM

Heat is the number one weather-related killer in the United States. Every year about 1,200 people die from extreme heat related causes. Most of these deaths can be prevented. Come learn how to prepare yourself to stay cool during the summer heat on **Thursday, June 26 from 11:00 am — 12:00 pm**.

The Brookline Office of Emergency Management will cover extreme heat, heat related illnesses, sun safety, ticks and mosquitos protection, and Lyme disease. Please register at 617-730-2770.

COMING UP THIS MONTH

FOOD PRESERVATION, COOKING & BAKING TIPS

On **Wednesdays from 12:15-1:45 pm**, join Zipora Vainstein to learn special tips for food preservation, cooking, and baking. You will learn how to grow food indoors, how to make jam from fruits and vegetables, how to keep fruits and vegetables fresh in the refrigerator, recipes for quick preparation, and how to make easy pastries. Videos for illustration will be used. Please bring paper and pen for note-taking and bring your questions. Let's make it interesting! Please register at 617-730-2770.

RECIPES FROM ZIPORA VAINSTEIN FOCACCIA BREAD

1 cup warm water
1 cup warm milk
2 packets of active yeast
2 eggs
1 teaspoon salt
1 teaspoon sugar
1/4 cup olive oil
Knead to rise for half an hour
Place in a mold and make shapes with your fingers



FRUIT CAKE IN A BOWL

3 whole eggs
1 cup sugar mix together.
Add 3 cups (plastic) flour.
White or other.
A teaspoon of vanilla
Half a cup of milk
Fruit 4-5 units (any fruit is possible)
) Mix everything together, pour into a pan and bake until brown.



DO YOU OR A LOVED ONE HAVE PARKINSON'S?



On **Thursday, June 12 from 11:00 am-12:00 pm** at the Senior Center, The Residence at Boylston Place senior living in partnership with Bayada Health will be offering a presentation on Parkinson's Disease. Join us to learn about the symptoms and stages of Parkinson's Disease, techniques to implement to enhance mobility and safety for those living with Parkinson's, and describe resources for symptom management. A unique opportunity for open discussion and questions! Please register at 617-730-2770.

-SAVE THE DATE-

"A WALK IN THEIR SHOES"

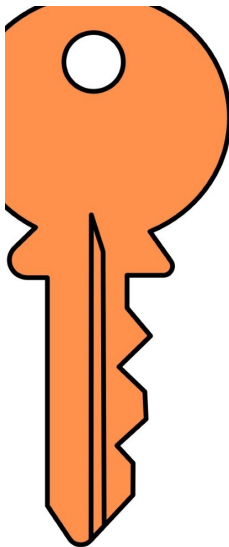
Allow us to take you through a simulation experience to better understand what living with Alzheimer's or other forms of dementia can be like. On **Wednesday, July 2 from 11:00 am-12:00 pm** at the Senior Center, we will guide you through the challenges of compromised vision, hearing and dexterity, which all affect cognition. Led by Certified Dementia Practitioners at The Residence at Boylston Place - A unique opportunity for open discussion and questions! Please register at 617-730-2770.



COMING UP THIS MONTH

SENIOR PROM: DANCE HITS OF THE 1950'S & 1960'S

On **Thursday, June 26 from 1:00-3:00 pm**, join us as John Clark offers a 2-hour version of his usual music history presentations, but this time with an added Dancing portion! John will share about teen-oriented dances and the songs named after them from the period between Elvis and the Beatles, roughly 1958 to 1964. These include the Stroll, Twist, Swim, Mashed Potatoes, Hully Gully, Watutsi, Monkey. Jerk, Loco-motion, Hitch Hike and many more. In addition to the narration, the songs and videos will be played in their entirety, suitable for audience participation, for actual dancing. You may want to watch the screen and actually attempt to learn the dance steps, or you can make up your own steps (or just watch those people out on the dance floor!) Think of it as an educational record hop or dance party, so feel free to dress up in gowns and suits and join us for a new twist on the "Prom Night" tradition. Please register at 617-730-2770.



WHERE COMMUNICATION IS KEY! The Brookline Senior Center

The Brookline Senior Center knows that **Communication is Key** and we now have created 3 digital publications to keep **YOU** updated!

We have

The Brookline Beacon - a monthly program publication

The Spotlight - a weekly update notice

The Navigator - an in depth publication with articles and updates regarding the BSC Foundation; distributed periodically.

It's easy and **FREE** to receive all 3 of these. Just use the QR code below or visit brooklineseniorcenter.org, click the subscribe button and complete the short application.

Want to sign up now or wish to have a paper version of **The Brookline Beacon** sent to you? Simply fill out the form below and return it to the BSC.

To learn more about our publications, programming, services and how to stay informed visit brooklineseniorcenter.org or call 617-730-2770!

Name _____
Street _____
Town, Zip _____
Email _____
Phone _____

I Want A Paper Copy Mailed to Me For \$12/yr
(check a box to indicate a new or renewed subscription)

Mail or Drop Off This Sheet w/check if applicable

Brookline Senior Center, 93 Winchester Street
Brookline, MA 02446

☐

New

☐

Renew



Expanding the way we communicate!

GALLERY 93



Palimpsest 14, archival ink jet print

EXPLORATIONS

Photographs by David Weinberg

June 2 – August 27

Hours Monday-Friday

8:30 am-5:00 pm

RECEPTION

Tuesday, July 15

4:30-6:00 pm

Artist's talk at 5:00 pm



Are you looking for a unique gift? Well, you are in luck! We are offering another fun way to find that perfect gift or treat yourself while providing much-needed support to the Senior Center. The Brookline Senior Center has opened up shop on Etsy—a global online marketplace for vintage, handmade, custom and unique items—under the name

BROOKLINE BAZAAR

Brookline Bazaar showcases a diverse collection of antique and vintage treasures and collectibles from around the globe- including many one-of-a-kind pieces. New items are added weekly.

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

<https://www.brooklineseniorcenter.org/>

In fact, your support has allowed us to provide many of our virtual programs including, our monthly ArtMatters membership videos, and Emily Brenner's Combo Dance Fitness Class!

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

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

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.*

QUESTION: Is there anything I can do to prevent dementia or, if I already have some memory problems, slow down the progression?

ANSWER: Last month I wrote about the causes of dementia/memory loss. We used to believe that there was nothing we could do to prevent memory loss and that this was just a fact of normal aging. However, more and more researchers have discovered that in fact there are many things we can do to keep our brains healthy, decrease the risk of dementia or slow down memory loss. Here are a few of them:



Dr. Suzanne Salamon

-PHYSICAL ACTIVITY. A recent study at Johns Hopkins found that as little as 35 minutes of moderate to vigorous physical activity per week (5 minutes per day!), compared to zero minutes per week, was associated with a 41% lower risk of developing dementia. Dementia risk decreased with higher amounts of physical activity. If you increase your activity to an hour/week, the risk drops to 60%! No age is too late to start.

-WHAT YOU EAT. A diet of vegetables, whole grains instead of white flour (think white bread, white pasta, donuts, pastries), olive oil instead of other oils, nuts for snacks, fruits instead of other sweets, reduced amount of red meats (bacon, hot dogs, sausage, salami, etc). Of course, a once-in-a-while treat is fine, but the healthier foods you eat, the better.

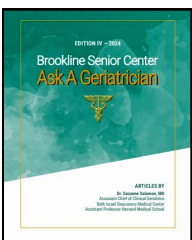
-ALCOHOL. Probably less is better, although an occasional drink is most likely fine. Smoking, of course, is nothing by bad news.

-HEALTH CONDITIONS. Controlling blood pressure, diabetes, weight, cholesterol, hearing and vision all contribute to better brain health.

-MENTAL STIMULATION. We're not sure if "brain games" help with dementia, but there is some evidence that reading, puzzles, etc. may help

-SOCIAL ENGAGEMENT. More evidence shows that conversations and social activities keeps the brain stimulated, which may slow down cognitive decline. This may be harder for people who tend to be more "introverted," but it's never too late to push yourself to try new activities.

There are so many things we can do to help prevent or delay memory loss, but they take some determination and willingness to pay attention to what you eat, drink and do. There's no time like the present to start! The weather is getting better-go for a walk!



Scan the QR code to read the newest edition of Ask the Geriatrician or click on the link www.brooklineseniorcenter.org/wp-content/uploads/2024/09/Ask-A-Geriatrician-IV-Edition-2024_WEB.pdf

HEALTH SERVICES

HELP Program



The goal of this program is to provide affordable, reliable, and flexible home care service to seniors living in Brookline. **Call 617-730-2752 or scan the QR code.**

File of Life



This program provides individuals with emergency medical identification cards to be used both at home and away from home. For information call 617-730-2777 or stop by the Senior Center on the 2nd floor.

Blood Drive

The Senior Center is hosting the American Red Cross for a Blood Drive on **Monday, June 30 from 9:00 am-2:00 pm**. To schedule an appointment, call 1-800-733-2767 or www.redcrossblood.org and enter sponsor code: SCBrookline. When you register, you will have to select your time and donation type ("blood" or "Power Red").

Podiatry Clinic

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

SHINE Program

The SHINE Program provides free health insurance information, counseling, and assistance to people who are eligible for Medicare and their caregivers. Certified, trained SHINE counselors, who are often volunteers, work with participants to help explore Medicare plan options and uncover ways to save money on both health insurance and prescription drug costs. Call 617-730-2777, To be connected to a local SHINE counselor see P. 41 For more information.

Low Vision Support Group

The group **will meet via conference call on the third Thursday in June**. The Low Vision Support Group through MAB Community Services has conference telephone calls. For information on how to **call in**, please contact Laurie Werle at 617-926-4268.

Mindfulness Group

Mindfulness is a way to learn how to focus on the present in everything we do. **Every other Thursday from 2:30-3:15 pm (due to the holiday this month June 5 and 12)**, at the Senior Center and via Zoom, join Debby Beck as she explores the different dimensions of mindfulness with us. Register at 617-730-2753 or

Brookline Hearing Services

The staff from Brookline Hearing Services come to **the Senior Center this month on Monday, June 16 from 10:30 am-11:30 am**. They provide hearing aid cleanings, maintenance, and patient counseling at no charge. They also sell all sizes of hearing aid batteries for \$5 per pack. All services will be provided on a first come, first served basis.

Equipment Loan Fund Medical Supplies

The Equipment Loan Fund has Rayovac hearing batteries for our June Equipment of the Month. Anyone is eligible to take what they need from our stockpile for any reason. Call 617-730-2752 to see what is available.

Support For Alzheimer's Caregivers

Alzheimer's Association volunteer Ted Sturman is 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 at 617-803-6105.

SERVICES

Metrowest Legal Services Clinic

On the **last Thursday of each month on June 26) from 12:00-3:00 pm**, schedule a private, FREE half hour legal appointment 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 their preparations and this information will remain absolutely confidential.

Please note: if you need to cancel your appointment, please let Jamie know as there is often a wait list.

To schedule your telephone consultation, contact scheduler Jamie Jensen at 617-730-2753 or jjensen@brooklinema.gov. **Space is limited!**

A Taste of Qigong

Join us for drop-in Qigong ("chee- gung") on **Tuesdays from 10:30-11:30 am**. Qigong is the practice of cultivating mental and physical balance through the coordination of breath, movement and awareness. Qigong can be practiced throughout one's entire life to promote overall health and well-being. You can Drop in anytime and learn something new.

ACCESSIBLE

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.

Clutter Corner: Free Clutter Consultations!

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.

Chair Massage

On **Mondays between 10:00 am-12:00 pm**, licensed massage therapist Jennifer Ma provides 15-minute chair massages to help relax tight muscles. Massages are \$30 (cash or Venmo). Thirty minute massages (\$50) are an option if there is availability. Call 617-730-2770 to schedule an appointment.

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 one business week before your scheduled appointment, for a home visit to sign up for the HELP program is required.

TRANSPORTATION

Brookline Transportation 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 \$92,650 maximum; couple \$105,850 maximum). The program offers four discounted rides per month of up to \$10 per ride. The passenger will pay the first \$2; the discount 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. Please call 617-730-2740.

Medical Transportation



The Brookline Senior Center is working with Modern Ride 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 business days in advance. Please leave your name and phone number with detailed appointment information or email your request to coamedicaltrips@brooklinema.gov. Your request will be confirmed within 24 business 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 8:00 am-5:00 pm. Medical transportation is not available on the days the Senior Center is closed. Call 617-879-4878 or

Need A Ride To the Senior Center



If you live in Brookline and you need a ride to the Senior Center, please call the 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, and requested date/time for pick up. Donations are welcome to help offset the cost of gas. We appreciate your support! **Note:** The Senior Center uses a variety of transportation systems to get residents to and from the Center. *****There is no Van on June 19.**

Apply or Renew Senior Charlie Card

Senior Charlie Cards offer a 50% discount on the subway, bus, and Commuter Rail. For more information about applying online, visit <https://www.mbta.com/fares/reduced/senior-charliecard> For more information please call 617-730-2770

Brookline Transportation 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 \$92,650 maximum; couple \$105,850 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. Available 24/7. Call 617-730-2740.

TECHNOLOGY ASSISTANCE

Do You Need Some Assistance?

Do you have questions about setting up email, using your devices, or navigating the internet? We have a variety of assistance options for you at the Senior Center!

Ken Fine

Our Tech Buddies Digital Navigator, offers one-to-one technology assistance on **Tuesdays, 11:00 am-12:30 pm, Wednesdays, from 10:00 am to 1:00 pm and Thursdays from 10:00 am to 1:00 pm. And Fridays, 11:00 am-12:30 pm. To schedule a technology assistance appointment, please call 617-730-2777.**

Dan Siagel

One of our computer volunteers, is available on **Mondays each month from 11:00 am-1:00 pm (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.

Alan Shepro

A retired career IT customer service specialist, is available on **Tuesdays from 1:30 pm-3:30 pm (30 minute appointments)** to provide assistance with a variety of technology issues, however he does not provide assistance with Android devices.

Lucas

Our high school volunteer, is available on **Fridays between 3:30-4:30 pm for one hour appointments.** He can assist you with basic features on your smart phone, tablet, or laptop.

Ella

Our high school volunteer is available on **Mondays between 3:00 pm-4:00 pm** for one hour appointments.

Note: Based on scheduling, some tech assistants are limited to two appointments per month.

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 from 1:00 pm-5:00 pm; remote training is also available.** Contact Ashley Colburn at 617-906-3042 or acolburn@mabcommunity.org We look forward to working with you soon!

Tablet Program

The Council on Aging has received a grant from the Brookline Community Foundation to provide a free tablet to low to moderate income Brookline seniors or adults living alone with a disability. Technical support will be provided. to applying to receive a tablet, call Sarah Kaplan at 617-730-2329.

Technology Assistance
At the Brookline Senior Center

- 552 hours of one to one tech support provided annually at BSC
- 225 tablets provided to low/moderate income older adults and disabled individuals through the Tech Buddies program
- 4,135 subsidized Lyft rides were booked by older adults using their smartphones

If you are in need of technology assistance, please call 617-730-2777

MEET THE STAFF

"If the door is open, come on in" Welcome New Director Emily J. Williams

By Miriam Rosalyn Diamond, COA Communications Specialist

Emily Williams has been Brookline's Council on Aging Director since March. Raised in Connecticut, she moved to Boston to study at Northeastern University. After relocating to Florida and then Washington DC, she heeded a friend's comment that "You belong in Boston." She has now been in the area for 23 years, currently residing in Quincy with her husband, "2 beautiful children" Joshua (age 8) and Morgen (age 6), along with cat Lafayette.



Raised in a musical family, Emily played viola. Now, "We love spending time in nature—hiking through the woods, going to the beach in Ogunquit, and soaking up the beauty around us. We're drawn to creativity, whether it's building with Legos or making art. I share watercolor with others, which is one of my favorite ways to relax. It's peaceful, fun, and endlessly inspiring."

She began working with seniors as a high school volunteer. Waking up at 5 am, she biked to a nursing home, delivering ice to bedbound residents. "One man said 'you brought me sunshine'. He needed someone to smile." She discovered "It was natural to be around older adults."

Drawn "to make the field of aging more fair for everyone – more equitable," Emily says "Seniors bring me joy – I love talking to them. I love learning about their past and who they've become – I feel so lucky to be part of their lives."

Previously, Emily served as Executive Director of Bridgewater's Council on Aging. She started when COVID started. I was pivoting on a daily basis which strengthened my ability to better understand individual and community simultaneously.

Currently reading Keith Morgan's book *Community by Design* about Brookline's history, Emily maintains that "We are a Community by Design. Over 20% of the population are older adults (the state average is 22 – 23%). We have superagers in town." A note on her desk states "Our seniors exceed the norm and we don't take the status quo."

She welcomes ideas and feedback about the Center. "We just started a suggestion box in the (1st floor) lobby and it's completely anonymous." She asserts "I would like (people) to view us as an active Center, physically, emotionally, spiritually... to be involved, people across the lifespan have a place at the Senior Center.

Regarding the future, "My goal is to utilize innovation and creativity to connect the community with the Center—and bring the Center into the heart of the community." For example, she hopes to collaborate more with community organizations to share space, transportation, and programs.

Emily emphasizes her commitment to inclusivity, noting, "I truly welcome diversity—for instance, we included the Pride flag in our newsletter." She would like to get to know everyone. "Stop by and say 'Hi.' I want to meet more people. If my door is open, come on in."

FROM THE BOARD PRESIDENT

Dear Friends of the Brookline Senior Center Foundation,

Kudos to Rock Voices Brookline for designating the Brookline Senior Center as their Spring Concert charity and raising \$938 in Raffle proceeds for the Brookline Senior Center Foundation! Thank You!

Did you know that June is National DJ Month? DJ's set the mood for special occasions and every day. Music moves us to sing, dance, reminisce, and relish the moment.

I've been having so much fun singing in Rock Voices Brookline, a chorus directed by Eric Tarlin. At the recent Rock Voices Brookline concert, along with a rock band, we performed a variety of songs, including: "I Will," The Beatles, "Seven Bridges Road," The Eagles, "Dance With Me," Orleans, "Shower the People," James Taylor, "What I Like About You," The Romantics, "Fool in Love," Fahrenheit, "Something to Talk About," Bonnie Raitt, and more.

I sang "Chain of Fools," by Aretha Franklin, a solo! Putting myself out there was a stretch, out of my comfort zone. Was it a little scary? Yes. Am I glad that I did it? Yes. I'm sharing this experience in hopes that you, too, will be inspired to try something new this June, something that makes you happy.



Betsy with Ruthann photo by Liz Linder

Having a "toolbox" for mental and physical health helps, especially during challenging times. Another fulfilling personal endeavor for me is serving as the Brookline Senior Center Foundation Board President.

Working with our talented new Director, Emily Williams, a dedicated Board, and extraordinary staff, my job is to advocate for older adults, and to secure funding to cover many essential needs: transportation services, relief from food insecurity, counseling, and a variety of programs that promote community building for our older residents.

Please join me in celebrating National DJ Month by creating meaningful playlists that brighten your days, and by supporting the Brookline Senior Center Foundation. Your contributions keep the music playing and the doors open at the Brookline Senior Center.

You can contribute any amount here: <https://brooklineseniorcenter.charityproud.org/Donate>

Thank you to all who organized the Rock Voices Raffle and contributed to the Brookline Senior Center Foundation! You truly do Rock!



Betsy Pollock



Rock Voices Concert, Photo courtesy of Luisa Oliveira

FILMS



Tuesday, June 3

1:00 pm

***Going in Style* (2017)**

1 hr. 36 min

Desperate to pay their bills and support their loved ones, lifelong pals Willy Davis, Albert Gardner, and Joe Harding risk it all by robbing the bank that absconded with the pension

money that they earned from working there for years.

Taken from: <https://www.imdb.com/title/tt2568862/>



Tuesday, June 24

1:00 pm

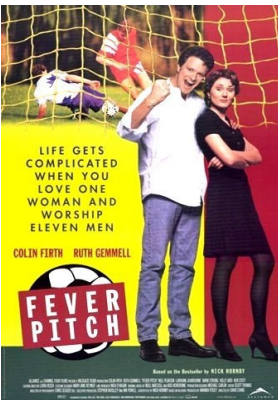
***Damsel* (2024)**

1hr. 50 min.

A young woman, Elodie, meets a handsome prince and they fall in love. At their wedding it is revealed that the prince had

more sinister reasons for courting her: she is to be sacrificed to a dragon that has been terrorizing the kingdom. Elodie now has to fight for her survival.

Taken from <https://www.imdb.com/title/tt13452446/>



Tuesday, June 10

1:00 pm

***Fever Pitch* (1997)**

1 hr. 45 min

A sports fan's romantic courtship clashes with his obsession with his favorite football team.

Taken from: <https://www.imdb.com/title/tt0119114/>

[tt0119114/](https://www.imdb.com/title/tt0119114/)



Tuesday, June 17

1:00 pm

***My Best Friend's Wedding* (1997)**

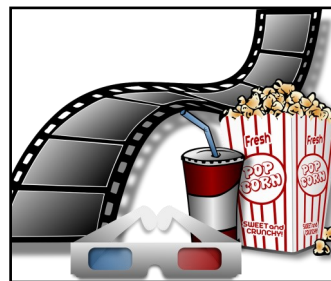
1hr. 45 min.

When a woman's long-time friend reveals he's engaged, she realizes she loves him herself and sets out to get him, with only days before the wedding.

Taken from: <https://www.imdb.com/title/tt0119738/>

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 from 3:00-4:00 pm, via Zoom**, the group will meet for a lively discussion about the movie.

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

HAPPY
Father's Day

ASK A 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.

One of summer's joys is the wide variety of produce, including organic. Are organic vegetables and fruit better for human health and the environment?



“Organic” products meet strict U.S. Department of Agriculture (USDA) guidelines. Genetic engineering and synthetic (petroleum-based) pesticides and fertilizers are prohibited (plant and animal waste are allowed), and soil must be free from synthetic products for at least three years. All this makes organic produce costlier. Farmers use biological pest control (such as insects and worms), which is more labor-intensive and expensive than synthetic. Organic farms tend to be small-scale operations, and their alternative farming practices result in lower crop yields (higher prices). The USDA also requires farmers to pay a fee for organic certification.

Is organic produce worth the extra cost? Nutritionally, no. However, there is increasing evidence that synthetic fertilizers and pesticides harm humans and the environment. Farm workers who experience occupational exposure to pesticides can suffer nervous system damage. The Environmental Protection Agency (EPA) has linked the pesticide chlorpyrifos to impaired nervous system development in children. It has issued an emergency order to suspend use of another pesticide, Dacthal, because of the potential for congenital disabilities. A further example is the weed killer glyphosate in the lawn and garden product Roundup. In 2024, a court ordered the EPA to revisit a safety review of glyphosate after finding the Agency had inadequately accounted for its possible cancer risk, and the EPA has ordered a partial ban on its use for farm crops. The manufacturer has paid out billions of dollars in the U.S. to individuals who claim it has caused the blood cancer non-Hodgkin Lymphoma.

As to the environment, synthetic pesticides and fertilizers remain in the soil and spread to lakes and rivers. They can harm soil fertility, nonfood plants, fish, birds, insects, and animals. In contrast, organic farming sustains soil and is healthier for the environment. Some organic growers have become creative in making their farms more profitable, but, for now, replacing conventional agriculture with organic would not be sufficient to provide adequate food supplies. It is beyond the scope of this column to tackle the critical question of how to make conventional farming practices safer. If you want to buy organic but it's not in your budget, there are ways to decrease exposure to synthetic pesticides.

Wash and scrub produce well to reduce surface chemicals. -Remove outer leaves of lettuce and leafy greens. -Selectively buy organic produce/avoid those most contaminated. The Environmental Working Group's website lists the Dirty Dozen (highest in synthetic residue) and the safer Clean 15. -Consider frozen organics, which are less costly than fresh. *Above all, eat plenty of vegetables and fruit, even if they're not organic.

VALUED VOLUNTEERS

This past January, we were fortunate to welcome Boston College psychology and communication major Hanan Sjah to the Brookline Senior Center as part of her Clinical Fieldwork in Psychology class.

Over the past several months, Hanan became a valued member of the Senior Center team. She started by assisting at the Reception and Information & Resource Desks, where she answered calls and helped seniors sign up for services and programs. She also contributed to our SHOP program by making mid-year check-in calls to seniors, conversations that often turned into meaningful exchanges and connection. “Even simple questions led to stories and advice,” she shared.



Beyond her administrative support, Hanan actively participated in several of our programs and events. She observed various support groups, joined a social worker on a home visit, and even designed and led a creative craft and poetry session. Reflecting on that experience, Hanan said, “The seniors showed me how much I can learn from others’ experiences and what they create. Their curiosity and creativity were inspiring.”

During her one on one interactions with seniors, Hanan observed firsthand the importance of meeting people where they are. “I really appreciate some of the seniors’ humor and wit. I learned about their careers, life experiences - it has been great!” Hanan reflected.

Hanan graduated in May from Boston College with her Bachelor of Arts in Psychology and Communication. We are grateful for her thoughtfulness, enthusiasm, and creativity, and we wish her all the best in her next chapter!

SHOP PROGRAM



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.

This program typically runs during the school calendar year, and resumes each fall. If you are in need of a shopper during the summer months, please contact Volunteer Coordinator Valerie Graf at 617-730-2743 or vgraf@brooklinema.gov, to inquire about the SHOP waitlist and other options.

VISITING VOLUNTEERS

Are you interested in weekly social visits with seniors in their home? Volunteers are matched with seniors in the community for weekly friendly visits to help with social isolation common for so many homebound seniors. Volunteers will receive initial training and ongoing support from a Brookline Senior Center Social Worker. Please reach out with our Volunteer Coordinator, Valerie Graf, at 617-730-2743 or vgraf@brooklinema.gov. If you or a family member could benefit from a weekly social visit, please reach out to our Social Worker, Sharon Sandalow, at 617-730-2769 or ssandalow@brooklinema.gov.

DANCE PROGRAMS

BROADWAY DANCE CLASSES

Join fitness instructor Denise Harrington on **Tuesdays from 9:00-10:00 am and Wednesdays from 11:00 am-12:00 pm.** Have fun dancing to Broadway show tunes. Props included!

Enjoy yourself in this fun movement class, but please make sure to wear comfortable shoes (no sandals or bare feet). Come Dance with Denise! Please register at 617-730-2770.

DANCE FITNESS WITH DENISE!

Our Broadway Dance instructor, Denise, is now offering a Dance Fitness class on **Mondays from 11:00 am-12:00 pm.** Come dance to a variety of music including popular songs from the 60's and beyond, as well as some Broadway tunes thrown in for fun. Get groovin' and movin'! Register at 617-730-2770.

BEING SEEN BEING HEARD CLASS

On **Wednesdays from 10:30 am-12:00 pm,** join us for this class series of creative and expansive exploration into movement, theater improvisation, voice and the spoken word. Please See P. 8

Dance

BALLROOM AND LATIN LINE-DANCE WITH DANCE CALIENTE

Dance Caliente returns in a new capacity. Instructors Eileen Herman-Haase and Raul Nieves, will use their well known humor, compassion, and teaching expertise to enhance your day with a series of Ballroom and Latin Line-Dances. In this workshop you will learn up to 3 dances that get your hips rolling, your breath deepening and your heart jumping for joy. Enjoy **Monday June 16 from 1:00 pm-2:30 pm Bachata; Waltz; and Swing.** Eileen and Raul will break down each dance into small doable parts until participants feel comfortable gliding through the whole dance. Their signature teaching technique "Oonka Ah" (a singing alternative to counting) keeps students laughing while they learn. With these workshops you can still enjoy Ballroom dancing (without a partner) side-by-side your friends and/or make new ones. You can exercise your body while exploring multi-cultural music and dance. Modifications will be offered to accommodate everyone's capabilities. This program is supported in part by a grant from the Mass Cultural Council for the Arts, a local agency which is supported by the Mass Cultural Council, a state agency. Please register at 617-730-2770. **Space is limited.**



MOVING WITH BALLET

Try a ballet class Tutus are not required! Beginner-friendly classes introduce basic exercises and body positions of ballet to help build strength, balance, posture, and flexibility. Modifications are welcome, and you can go at your own pace. Feel free to come in comfortable clothes! This class has a temporary facilitator during the gap between instructors. Join us on Fridays **June 6 and 20 from 1:30 pm 2:30 pm.** We welcome Maria Jane who is subbing these classes until the next facilitator begins in July. Please register at 617-730-2770.

FITNESS PROGRAMS

JOIN THE FITNESS CENTER!



If you are interested in joining the Fitness Center or if you have questions about eligibility, the application process, and fees, please contact our Fitness Coordinator

Courtney Johnston 617-730-2106 or cjohnston@brooklinema.gov Courtney's hours: Monday 11:30 am - 4:00 pm, Tuesday 11:00 am - 4:30 pm, Wednesday 12:30 - 4:30 pm, and Thursday 10:30 am - 4:30 pm.

FITNESS CENTER CLASSES

Sharon's class formats are a series model. Classes are through July 4 week. Space is limited Please register at 617-730-2770.

TUESDAY

Exercises for Aching Joints: 11:00 am-12:00 pm

Building Balance Skills: 1:00 pm-1:45 pm

WEDNESDAY

Building Balance Skills: 10:00 am-10:45 am

THURSDAY

Building Balance Skills: 1:00 pm-1:45 pm

Due to the overwhelming demand and popularity of classes, you can only register for ONE Balance class per series.



VIRTUAL FITNESS

VIRTUAL DANCE

Online Dance Party with Lynn Modell:

Thursday afternoons from

1:00-1:30 pm For information on how to connect, please contact Lynn at lemodell@gmail.com

VIRTUAL EXERCISE



Emily Brenner is offering a **FREE VIRTUAL Low Impact Zumba Gold®** class on **Monday from 10:00-11:00 am**. To connect, email her at:

emily.brenner@comcast.net

If you wish to take more classes with Emily please check her website:

<https://www.dancewithemily.org/>

TRIPS

WELLNESS OUTINGS

BROOKLINE RECREATION PROGRAMS

Castle Island Thursday, June 12
from 10:00 am-2:00 pm

Cost: \$10

Plum Island Thursday, June 26
from 9:00 am-3:00 pm

Cost: \$10

NATURE WALKS

Houghton Gardens Tuesday, June 3 & June 10
10:00 am-12:30 pm

Cost: 7.00

Hidden Meadows Hike June 17
9:30 am-12:30 pm

Cost: 7.00

Register at Brooklinerec.com or 617-730-2069.

GAMES

CHESS: Fridays 3:30-5:00 pm (with Brookline High Chess Club)

RUMMIKUB: Fridays 9:00-11:00 am (with coordinator Hedwig Baillie)

SCRABBLE: Wednesdays from 10:00 am-12:00 pm—Boards galore available!

PING PONG: on Wednesdays and Fridays from 12:00-4:30 pm

INTERMEDIATE MAH JONG: Thursdays from 2:15-4:30 pm. Please register 617-730-2753 jjensen@brooklinema.gov.

BEGINNER MAH JONG: new class will begin in the Fall to join the waitlist contact Jamie at 617-730-2753 or jjensen@brooklinema.gov.

BRIDGE FOR EXPERIENCED PLAYERS: Friday 9:00 am sharp until 12:00 pm! For more information, please contact Jamie at 617-730-2753 or jjensen@brooklinema.gov.

BEGINNER'S BRIDGE

Please register with Jamie at 617-730-2753 or jjensen@brooklinema.gov to connect with Bridge Coordinator to either learn or to get matched with experienced players.

Seeking advanced beginner/ intermediate bridge players 617-730-2753. jjensen@brooklinema.gov

CRIBBAGE: Mondays 1:00 pm-2:30 pm Drop on by!

Chess is looking for instructors for Tuesday or Thursday. If you are interested in teaching, please contact Jamie at 617-730-2753 or jjensen@brooklinema.gov

WORDS GALORE

Join Val Walker this month on **Mondays, June 9 and 23 from 11:00 am-12:00 pm** for this fun and lively hour of word play and brain twist-ers: a logophile's paradise! Learn new words, explore the history of old words, and delve into the origins of common phrases. Enjoy limericks, riddles, famous quotes, puns, and fascinating trivia about trendy words. Play guessing games with the dictionary and words-within-a-word games.

Val Walker, MS, is an author, educator, and consultant. A former rehabilitation counselor for 20 years, she is a contributing blogger for Psychology Today, and author of The Art of Comforting and 400 Friends and No One to Call. Please register at 617-730-2770.

BOARD GAMES WITH IVY STREET SCHOOL

The Ivy Street School students join us on **Thursdays from 1:00-1:45 pm**. These young adults will have games ready. Join us for some low key, intergenerational fun!



AROUND TOWN

BROOKLINE'S ELECTION SYSTEM

by John VanScoyoc, Select Board

The heart of any democracy is an electoral system that maximizes the influence of voters over their elected officials. Ultimately, many different rules and structures determine how public opinion is processed into election outcomes. In other words, election systems do not offer a mirror of public opinion but, rather, an approximation of it. Some systems, however, are better than others in channeling opinion into responsive institutions. Unfortunately, Brookline's system falls short in this regard. Our election system for Town Meeting and for Select Board is far from optimum in terms of facilitating voters' influence over their government.

There are three critical attributes of a democratic electoral system where Brookline's structure fails to provide to its voters.

Elections Should be Simple and Straightforward

Voters in the United States are faced with lots of elections. In addition to federal elections every two years, there are primaries before each of them. There can be special elections between regularly scheduled elections for ballot measures or for legislative seats that have become vacant. Election ballots are often quite long, with many offices and complicated ballot questions to decide upon. Municipal elections, like Brookline's, can be off-cycle and be the only election on a ballot. This off-cycle scheduling keeps turnout down.

Brookline's elections, held annually off-cycle in May, ask voters to be familiar with both Town Meeting candidates and Select Board candidates. Each has staggered terms, reducing voters' ability to "throw the rascals out" when there is a controversy in town. Town meeting elections—with 15 representatives per precinct—are relatively opaque, as only people who follow town politics closely know who their members are and how incumbents' views may differ from those of challengers. Political science scholarship is clear on the consequences of a system that is designed for low turnout, with candidates the average voter would know little about: such a system protects incumbents.

Elections Should Maximize Accountability.

Those who favor maintaining a Representative Town Meeting form of government argue forcefully that those elected to Town Meeting and Select Board are held accountable by the very fact of our yearly elections (though each individual member is only up for election every 3 years). In this interpretation, voters can use the ballot to kick them out of office if they don't like how our policymakers are performing.

This is unconvincing, as accountability is not an either/or attribute. Yes, we have elections that offer us a chance to vote policymakers out. But accountability also rests on knowing what our policymakers are up to. Understanding the government is not an easy task in a complicated structure like ours.

We believe Town Meeting is a romantic vestige of an earlier and simpler time. In a large community such as Brookline, with Town Meeting operating with esoteric meetings that go long into the night and are poorly attended by ordinary citizens, it's quite challenging to understand the very structure of decision-making, much less what the sides are.

Continued on P. 28

AROUND TOWN

WARNING: CONSTITUTIONAL CRISIS

Democracy at work – the May 6th town election was a vigorously contested election for the Select Board and School Committee, and many town meeting precincts. Yet of the 41,837 registered voters in Brookline, just 9,694 cast their ballots - about 23 percent of eligible voters.

The US will not remain the greatest democracy in history without free and fair elections, according to U.S. Rep. Jake Auchincloss, who represents parts of Brookline and 34 other cities and towns in the Massachusetts Fourth District. That's true, and your vote is your voice, but you need to use it!

Many agree, and the League of Women Voters of the US (LWVUS) is ringing the alarm bell, declaring on April 17th that the U.S. is in a constitutional crisis - "From the flagrant disregard for congressional authority and governmental checks and balances to defying Supreme Court orders to bring Kilmar Abrego Garcia back home, one thing is abundantly clear: our country is in a constitutional crisis".

"We the people must fight back. That is why the League of Women Voters is launching a powerful new initiative, Unite and Rise 8.5, to fight anti-democratic forces." As part of its Women Defend Democracy campaign, starting May 1st, the League aims to mobilize 8.5 million voters to combat an authoritarian takeover attempt through nonprofit protest and civic activism. It will showcase how voters can drive change, including legal and policy advocacy, mobilization, coalition building, civic education and engagement.

A Harvard study from the Carr-Ryan Center for Human Rights found that "Nonviolent protests are twice as likely to succeed as armed conflicts...and those engaging a threshold of 3.5% of the population have never failed to bring about change."

According to the University of Florida, approximately 245 million Americans were eligible to vote in the 2024 general election. If 3.5% of these eligible voters – 8,575,000 people – engage in nonviolent protest and civic activism, the League believes we will bring about meaningful change.

The League is known for its nonpartisan stance during elections, never endorsing or opposing any candidate or political party. But, once elected, they are no longer just candidates – they are public servants, responsible for representing all their constituents, regardless of party. Holding elected officials accountable to the public interest is not a partisan act; it is a vital function of a healthy democracy.

• **What can you do right now:** Protect democracy -tell your senators to oppose the anti-voter Safe-guard American Voter Eligibility (SAVE) Act, requiring citizenship documentation to register to vote.



Continued on P. 29

AROUND TOWN

Continued from P. 26

GOVERNMENT SHOULD BE TRANSPARENT

A primary reason why Brookline elections are problematic is because Brookline government is complex. Almost all municipalities in the United States are governed by either a mayor-city council system or a city council-city manager structure. Both have a single executive and a small legislative body. But Brookline, with its Representative Town Meeting form, has a multi-member Select Board, a Town Administrator, and a 255 person legislature. This is a confusing mélange of both overlapping and diffuse responsibilities. For the typical voter, knowing what the Select Board is responsible for and what Town Meeting is in charge of is daunting. The Town Administrator ostensibly works for the Select Board but, in reality, exercises some power in his own right. There is no reason to believe that this three-ring government offers superior performance. But what it does do is to make it more difficult to understand who in the Brookline government is in charge of what. Confusion is never a good characteristic of government.

A Path Forward: A Charter Commission

Today Brookline's government offers a dizzying array of elected and appointed leaders: An elected five-person Select Board, an appointed Town Administrator, and a 255- person elected legislature. But who is responsible for the day-to-day operations of our municipality? Who do we call at Town Hall?

For many Brookline residents, particularly the 80% of voters who do not regularly participate in Town elections, not to mention the large non-citizen population, the answers are unclear.

We have focused on enduring, structural problems with Brookline government. But there are also urgent policy-related problems that need to be addressed by a robust government with the capacity to act in meaningful ways. These challenges include schools that consistently face revenue shortages despite our status as a high-income community; housing costs that push out seniors, families, and young professionals; climate change that threatens our existence on this planet; a tax base that is almost entirely dependent on property taxes; and a development process that makes it difficult for new commercial enterprises to get built.

We don't believe Town Meeting—which usually meets just two times per year—is the best structure to address these issues. A new form of government will not solve all problems but it offers a better way in which Brookline residents can have their voices heard by those in office.

Our Committee did not sufficiently study the comparative advantages and disadvantages of the mayor-city council and city council-city manager forms of government. We believe an elected Charter Commission is the proper place to undertake that study and to make a recommendation as to which alternative would best suit Brookline. We hope that residents here will soon have the opportunity to choose a governmental structure they believe will best work for them in the future.

Jeffrey M. Berry, Chair, Moderator's Committee on Forms of Government

Catherine Donaher, Vice Chair, Moderator's Committee on Forms of Government

Katherine Haenschen, Town Meeting, Precinct 17

Lisa Shatz, Town Meeting, Precinct 11

AROUND TOWN

Continued from P. 27

WHAT CAN YOU DO?

However, voters in every state are already required to affirm or verify their citizenship status when registering. The Senate must reject this bill to prevent it from becoming law.

- **Raise your voice about illegal deportations:** join mobilizations around immigrant rights and due process with organizations like the National Partnership for New Americans, United We Dream, and others.
- **Tell Congress not to gut Medicaid.**
- **Turn up the heat on elected officials:** Connect directly with your representatives on the issues that matter via Town Halls and other opportunities.
- **Act locally:** Join local organizations like your state or local League to act on the issues that matter in your community.

Resources: LWV Declares United States in a “Constitutional Crisis,” Announces New Initiative to Mobilize Voters – 4.17.25; LWVUS April Newsletter; Ben Kaufman, Town Clerk; Rep. Auchincloss communications

PROTECT YOUR IDENTITY, MONEY & INFORMATION

Received Notification of an Online Greeting Card? Be Cautious!

By Miriam Rosalyn Diamond, Council on Aging Communications Specialist

Will you be celebrating your birthday or a life event soon? Is a holiday nearing? Many people like to send online greetings these days. Beware! What looks like a friendly greeting may in fact be something else.



Description of the Scam

What appears to be an online greeting card may contain malware that can harm electronic devices or access private data and put the sender or viewer at risk of identity theft.

Spot the Scam

E-Card notifications may specify the name of the sender. Or the notice may state that the card was sent by an “admirer.”

Stop the Scam

Do not open links to cards if you are unsure who sent them.

If you know the “sender,” before clicking the link contact that individual directly to confirm that the message did in fact come from them.



Want more tips on staying safe from Scams? You can access a copy of the Protect Your Identity, Money & Information! How to Spot and Deal with SCAMS publication, available at the Senior Center and online at: https://www.brooklineseniorcenter.org/wp-content/uploads/2025/01/PROTECT-FROM-SCAMS_WEB-1.pdf

OLDER ADULT LOBBY DAY AT THE STATE HOUSE IN BOSTON

On May 13, Yolanda Rodriguez, Brookline Council on Aging Chair, Emily Williams, Director of the Brookline Council on Aging, and Maureen Deery, editor of the Beacon, joined older adults from all over Massachusetts at the State House in Boston for Older Adult Lobby Day. Thanks to Agilio Monteiro's superior driving, we arrived early enough to stop and visit with the many people who wanted to congratulate Emily on her new role as Brookline Senior Center Director.

Seniors filled the Great Hall to push for more affordable housing, in-home care, transportation, and a higher monthly stipend for nursing home residents. After the inspiring speeches, we met with Brookline legislators Representative Greg Schwartz, his legislative aide Ellen Panarese Gibson, Esq., and his summer intern from Georgetown University. We then set off to meet with Representative Tommy Vitolo. We discussed issues important to Brookline Seniors and requested the support of our legislators for current age-friendly legislation

The event showed how crucial senior advocacy is; We hope more Brookline older adults will join us next year. In the meantime, we can influence our legislators by getting involved locally. As Diana McClure, Communications Director of the League of Women Voters of Brookline, writes Act locally: Join local organizations like your state or local League to act on the issues that matter to you. See P. 29.



WORLD ELDER ABUSE AWARENESS DAY
Report Abuse of Adults Aged 60+
1-800-922-2275

cbes
Central Boston Elder Services
Your connection to care

**4TH ANNUAL
WORLD ELDER
ABUSE
AWARENESS
DAY WALK**

Walk is on
FRIDAY
JUNE 13, 2025 | 10AM
Schoolmaster Hill,
Franklin Park

Join Us for Our 4th Annual World Elder Abuse Awareness Day Walk!

Help us raise awareness, support older adults, and unite against elder abuse. This free community event is made possible by our generous sponsors. Wear purple and walk alongside us to create a positive impact!

Our Partners & Sponsors: Together, we can prevent elder abuse.

ACE+ | Age Strong Commission

BOSTON SENIOR HOME CARE

HEARTH | ENDING ELDER HOMELESSNESS

BREWSTER | AMBULANCE SERVICE

METRO | CREDIT UNION

Hebrew SeniorLife

WORLD ELDER ABUSE AWARENESS DAY
Building Strong Support for Elders

To Register, Call James Sullivan at
617-780-5852
or simply

Scan the QR Code Below

Report Abuse of Adults Aged 60+
24/7 Hotline (800) 922-2275



Yolanda, Emily, Taylor Jansen, PhD UMass Gerontology Department and students

CONGRATULATION RUTHANN!



Ruthann Dobek Brookline Rotary's 2025 Distinguished Public Service Award Winner, with husband Glenn Boghosian and Brookline Rotarians
Photo Liz Linder Photography, Inc



Rep. Tommy Vitolo awarding Ruthann with a Talking Resolution
Photo Liz Linder Photography, Inc

LANGUAGE PROGRAMS

ESL CLASS

Dick Morse, ESL instructor, hosts his weekly class for advanced English learners on **Wednesdays from 1:00-3:00 pm**. **Please Note:** Dick is no longer running the intermediate class on Tuesdays but please call him if there is any interest. He welcomes new students and can be reached at richard_p_morse@msn.com or 617-734-5113.

VIRTUAL FRENCH CONVERSATION GROUP



This group meets via **Zoom on Tuesdays from 1:00-2:00 pm**. 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

SPANISH 1 LESSONS



Now is the best moment to learn Spanish because the majority of the population of Spanish speakers has increased. It can help you in a number of ways to communicate in Spanish.

On **Thursdays from 2:30-3:30 pm**, Soledad Phelan offers the opportunity to learn basic phrases, words, etc. that you can use when interacting with people. Soledad is from Peru and has a lot of experience teaching both in Peru and in the US with multiple populations. This is a very good practice to activate your brain when you try to learn a new language. Please register at 617-730-2770.

JUNE AT A GLANCE

PLEASE NOTE: EVENTS WITH A * REQUIRE REGISTRATION 617-730-2770

Monday, June 2

11:00 am—12:00 pm Pet Therapy Visit
1:00 pm—2:00 pm Fleecers, Swindlers, & Con Artists *
2:00 pm Coffee Hour with the Director

Tuesday, June 3

⇒ 10:00 pm—12:30 pm Houghton Gardens (Rec. Dept.) *
1:00 pm-3:00 pm Diamond Art *
4:00 pm-4:45 pm Ice Cream Social *

Wednesday, June 4

1:00 pm—2:30 pm Mythos Rising *
1:30 pm—2:30 pm Baking Class *
2:00 pm—4:45 pm Hello Dolly *

Thursday, June 5

11:00 am—2:00 pm Annual Shredding Event *
1:00 pm—2:30 pm Juneteenth and the Transition from Slavery *
2:30 pm—3:15 pm Mindfulness Group *

Friday, June 6

9:00 am—10:30 am Moving with Ballet *

Monday, June 9

1:00 pm—2:00 pm PRIDE, Pizza & Games *

Wednesday, June 11

1:00 pm COA Hybrid Meeting

Thursday, June 12

⇒ 9:00 am—3:00 pm Castle Island (Rec. Dept.)*
1:00 pm-2:30 pm Memoir Writing - A Musical *

Friday, June 13

⇒ 10:00 am Elder Abuse Walk See P. 30
12:00 pm Mending Workshop

Monday, June 16

10:00 am—2:00 pm Diamond Art *
11:00 am—12:00 pm Pet Therapy Visit
1:00 pm—2:30 pm Dance Caliente *
2:00 pm COA Book Group * (Putterham)
1:30 pm—2:30 pm Brookline Hearing Service

Tuesday, June 17

⇒ 9:30 am—12:30 pm Hidden Meadows * (Rec. Dept.)

Wednesday, June 18

9:00 am—11:00 am Food Commodity *
1:00 pm—2:00 pm Concert of Yiddish Music *

Thursday, June 19

Senior Center Closed In Observance of Juneteenth

Friday, June 20

9:00 am—10:30 am Moving with Ballet *
1:00 pm—2:00 pm Brookline/Newton H S Orchestra *
3:00 pm—4:00 pm Memoir & Story Writing *

Monday, June 23

1:00 pm—2:30 pm DVinci Soul Concert *

Tuesday, June 24

9:00 am—10:00 am Public Issues Book Group *

Wednesday, June 25

10:00 am—2:00 pm Annual Side Walk Sale
10:30 am Being Seen Being Heard Performance *

Thursday, June 26

⇒ 9:00 am—3:00 pm Plum Island (Recc. Dept.)*
11:00 am—12:00 pm Summer Preparedness *
12:00—3:00 pm Metrowest Legal Clinic *
1:00 pm-3:00 pm Senior Prom *

Friday, June 27

3:00 pm—4:00 pm 3:00-4:00 pm Memoir & Story Writing *

Monday, June 30

9:00 am—2:00 pm Blood Drive *
11:00 am—12:00 pm Pet Therapy Visit
11:00 am-12:00 pm Food & Mood *

JUNE ONGOING WEEKLY & BI-WEEKLY EVENTS

PLEASE NOTE: EVENTS WITH A * REQUIRE REGISTRATION 617-730-2770

Monday

10:00 am-11:00 am Virtual Short Story Social*
10:00-11:00 am Virtual Low Impact Zumba Gold®*
10:00 am-12:00 noon Chair Massages*
11:00 am to 12:00 pm Pet Therapy Visit (June 2, 16, 30)
11:00 am-12:00 pm Fitness with Denise *
11:00 am-12:00 pm Words Galore (June 9 & 23)
1:00 pm-2:30 pm Ukulele* (June 9 & 23)
1:00 pm-2:30 pm Cribbage
2:30-3:30 pm Brookline Band*

Tuesday

9:00 am -10:00 am Broadway Dance*
10:30-11:30 am Drop-in Qigong
10:30 am-12:00 pm Brookline Bees
1:00 pm-2:00 pm Virtual French Conversation*
1:00 pm-3:00 pm Tuesday Afternoon Film Series
2:30 pm-3:30 pm Grieving Forward *

Wednesday

10:00 am-11:00 am Sports Fan Forum *
10:00 am-12:00 pm Scrabble
10:30 am-12:00 pm Being Seen Being Heard*
11:00 am-12:00 pm Broadway Dance*
12:15 pm-1:45 pm Food Preservation Class *
12:00 pm-4:30 pm Drop in Ping Pong
1:00 pm -2:00 pm You Deserve a Moment *
1:00-3:00 pm ESL Advanced
3:00 pm-4:00 pm Virtual Wednesday Movie Lovers (every other week)
3:00 pm-4:00 pm Investors Group (June 3 & 18)
3:15 pm-4:45 pm Art Class with Ilana *
3:45 pm-5:00 pm Amateur Classical Jam* (June 11 & 25)
4:00 pm-5:00 pm Singing Together Virtually (June 10)
6:00 pm-8:00 pm Acoustic Jam

Thursday

1:00-1:45 pm Board Games With Ivy Street
1:30-4:30 pm Knitting Group
2:00-3:00 pm Mindfulness Group * (June 5 & 12)
2:15-4:30 pm Intermediate Mah Jong*
2:30-3:30 pm Spanish 1 Lessons*
3:30-4:45 pm Art Class with Ilana *

Friday

9:00-11:00 am Rummikub
9:00 am-12:00 pm Bridge for *experienced* Players
10:30 am-12:00 pm mending Workshop
10:30 am-Noon Current Events
10:30 am-Noon Senior Chorus
12:00 pm-4:30 pm Drop in Ping Pong
1:00-3:00 pm Origami
3:00-4:00 pm Memoir & Story Writing *

All events are at the Senior Center unless otherwise noted.

*** Registration Required**

⇒ **Not At the Senior Center**

Tribute to Ruthann by Carol Pineiro

The pansies perked up as people sat down
Ruthann, the director, wearing a 'crown',
Watched as Brookliners came in smiled
Bill and Bo playing music all the while
The buffet was sumptuous, all laid out
And guests partook without a doubt
of tapas from countries near and far
With sauces and flavors that 'passed the bar'
Speeches were made praising Ruthann's tenure
Four decades of service given without measure
The Senior Center she helped to construct
By raising money and requesting 'big bucks'
From companies and organizations a sum
For seniors who needed a place to come
It took a few years, but \$4 million came through
The Senior Center was finally on the news
We toast her and honor her foresight and views
As she retires and finds more goals to pursue!

FOOD RESOURCES

NEED GROCERIES?



The Brookline Food Pantry is open to **Brookline residents** who are in need of food.

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 as to 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 currently optional at all pantry locations.

226 High Street
Community Room
Tuesdays: 3:00-7:00 pm

210 Harvard Street
United Parish
Wednesdays: 2:00-5:00 pm
Thursdays: 10:30 am-1:00 pm
Friday: 10:30 am-1:00 pm



SEEKING ART SUPPLIES!

The Brookline Senior Center is seeking donations of both acrylic and watercolor paints, as well as watercolor paper, primed canvases, and any brushes in good condition. Please leave items in the donations bins outside the Council on Aging offices on the 2nd floor.

FOOD COMMODITY

The Senior Center conducts a monthly Food Commodity program. Our next distribution is on **Wednesday, June 18 from 9:00-11:00 am**. 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 If you do not have a vehicle, please bring a folding shopping cart to carry the items. If there are items you do not wish to take, these can be left for others.

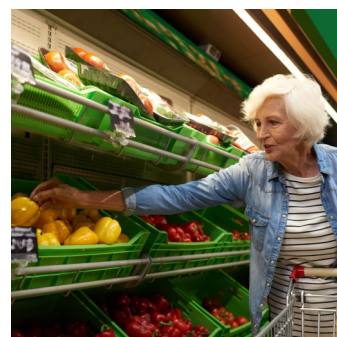
PROJECT BREAD FOODSOURCE HOTLINE



Project Bread's FoodSource Hotline (1-800-645-8333) is a confidential resource line designated to help people access a variety of food resources including SNAP.

Our hotline counselors can offer SNAP eligibility screenings and provide over-the-phone application assistance. They also provide information on food pantries, community meals and other low cost food programs.

The Hotline is open **Monday-Friday, 8:00 am-7:00 pm** and **Saturdays, 10:00 am-2:00 pm** and they have interpreter services in 180 languages.



FOOD RESOURCES

SPRINGWELL LUNCH PROGRAM

Participants have the option to take their “grab and go” lunch home (HOT lunch choice only) OR to have their “grab and go” meal warmed up in the kitchen so they can eat lunch with others in our dining room **Monday-Friday from 12:00-12:30 pm. PLEASE NOTE:** We need to know one business day in advance before 10:30 am which option you prefer.

You can make your reservation by calling 617-730-2747 or you can pick up a monthly menu at the Senior Center. The menu can also be viewed on our website: <https://www.brooklineseniorcenter.org/whats-for-lunch/>

Suggested donation is \$2.50 per meal. If you are calling in your lunch reservation, please leave your name, telephone number, whether you want a hot or cold entrée, and state whether you plan to take your meal home or to dine in that day.

If you are filling out a monthly menu, please write your name on the menu, circle “GG” to take your meal home or “DR” to eat in the dining room that day and select a hot or cold entrée.

Please note that cold lunch choices are for dine-in guests only, per Springwell guidelines.

Thursday, June 19 No Meal Juneteenth the Senior Center is closed.

LET’S GO OUT TO LUNCH BUNCH

On **Tuesday, June 24**, we will be going to Joyful Garden from **12:00-1:30 pm (leaving Senior Center at 11:30 am)**. Participants pay for their own meal and tip. **Space is limited**, so please register at 617-730-2770.

FARMER'S MARKET COUPON DISTRIBUTION



We are very excited to announce that the Brookline Health Department is running their Farmers Market coupon program, also known as Brookline Bounty, for the fifth year in a row! To receive coupons for our 2025 season you must register with Brookline Commu-

nity Health. Brookline Bounty is run by Brookline Community Health (a wing of the Brookline Health Department).

- Coupons are available to income-eligible residents of Brookline or to families whose children attend Brookline schools.
- These coupons are **ONLY** redeemable at the Brookline Farmers’ Market - no other farmers market will accept them.
- These coupons have no connection with SNAP or HIP.
- Eligible individuals will receive \$50 in paper coupons. Eligible households of 3 or more will receive \$100.
- The coupons are worth \$2 each. Our vendors cannot give change for the coupons.
- The coupons are redeemable **starting on June 5 and expire at the end of 2025.**

For more information on the program and how to register, please visit: <https://www.brooklinema.gov/2057/Food-Coupon-Program> or email Darlene Johnson at djohnson@brooklinema.gov or call 617-730-2301
Coupon Registration Events: TBA
(To register you must bring a government-issued ID)

IN APPRECIATION

Annual Appeal Donors:

Franklin and Rita D'Entremont
David Dorer
Maria Nobrega
Frank Olney
Kate Poverman
Martin Rosenthal
Joel and Dvorah Smith
David Lieb and Sally Solomon
David Stern
Melissa Trevvett
Elizabeth True Browder
Patricia Tyler
Ethel Wong Halloran

In Honor of Ruthann Dobek Fund from:

Patricia Levi
Susan Rack
Allen Waxman
Joseph and Colin-Ruthann's cherished
twin grand sons.

In Honor of Olga Sliwa From:

Reva Katz

In Honor of the AARP Tax Preparation Program from:

Sherry Lee
Reva Katz

In Memory of:

Celia Liberman, from Julie Falsioni
Barbara Gold Randolph, from
Arthur Gold
Marcia Shanbaum and appreciation for
"Drawing for Pleasure" class, from
Cindy Lee
Aaron Seidman, from Constantine Bialik
and Margaret Guyer
Esther White, from Charlotte Alkon

BrooklineCAN

Margaret Cain
James Franco
Janet Gelbart
Bambi Good
Gail Gordon
Nancy Heller
Louise & John Loewenstein
Mary Mullarkey
Judith Sher
Donald Sherak
Patty Sullivan

<p>DONATIONS MADE AFTER THE 15TH OF THE MONTH WILL BE POSTED IN THE NEXT ISSUE</p>

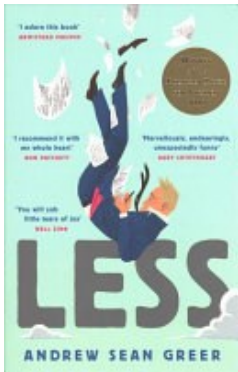
BOOK GROUPS AND CURRENT EVENTS

COUNCIL ON AGING BOOK GROUP

This group is held on third or fourth Monday of each month. The group meets at **2:00 pm both online and in-person at the Putterham library branch.**

For more information on how to connect via Zoom, visit: <https://us02web.zoom.us/join/join?secret=1234567890>

Please contact Ginger O'Day, Branch Supervisor at Putterham Library, for updates and questions at 617-730-2385.



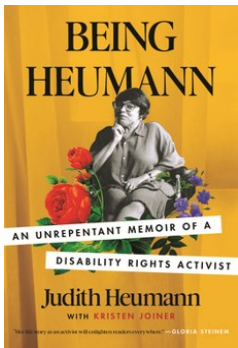
Monday, June 16

Less

Andrew Sean Greer

WINNER OF THE PULITZER PRIZE FOR FICTION 2018

'You will sob little tears of joy'
Nell Zink 'I recommend it with my whole heart' Ann Patchett
'I adore this book' Armistead Maupin 'Charming, languid and incredibly fun.'



Monday, July 21

Being Heumann

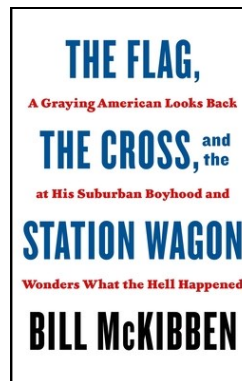
Judith Heumann, Kristen Joiner

Monday, August 17

How to Age Disgracefully
Clare Pooley

PUBLIC ISSUES NON-FICTION BOOK DISCUSSION GROUP

Volunteer Cindy Palmquist is challenging your thinking every month on the **4th Tuesday of the month from 9:00-10:00 am** with our non-fiction book discussion group centered on public issues, history, current events and other non-fiction topics. The Public Library of Brookline (Coolidge Corner Branch) will have copies of the books available several weeks ahead of each meeting. Suggestions for future titles are encouraged.



Tuesday, June 24

The Flag, the Cross, and the Station Wagon:

Bill McKibben

A Graying American Looks Back at His Suburban Boyhood and Wonders What the Hell Happened

CURRENT EVENTS



Current Events meets every **Friday morning 10:30 am-12:00 noon**. Come share your thoughts and interact with others about what is going on in today's world, whether it be local, national or international. It is a fun and informative event for all.

We are all rewarded when our group attendance reaches a specified number. That reward is in the form of a pizza party, held once a month, on the Friday following our attendance goal. Come and join us!

BROOKLINE LIBRARY AND COOLIDGE

THE LIBRARY CONNECTION

CAN'T COME TO THE LIBRARY? LET THE LIBRARY COME TO YOU!

The Public Library of Brookline has re-launched The Library Connection, a program providing increased access to information and library services through delivery of library materials by volunteers to Brookline residents who are permanently or temporarily homebound.

If you are interested in receiving this service, or have general questions about the program, please contact Sarah Durkin, at sdurkin@minlib.net or at 617-730-2355.

GENTLE CHAIR YOGA WITH KEITH BEASLEY

Join us at the Putterham Library for Gentle Chair Yoga with the amazing Keith Beasley, every **Friday from 10:30 am -11:30 am**. New attendees are always welcome.

Gentle Chair Yoga is designed for those seeking improved strength, flexibility, and balance with gentle movements and gently performed yoga postures. Attendees remain seated in chairs for the duration of the program with some optional standing.

SENIOR THURSDAYS ARE HERE AT THE COOLIDGE



All regularly priced, feature films playing **before 4:00 pm on Thursdays** are just \$9 for our senior (ages 65 and above) and disabled patrons.

JUNE LIBRARY EVENTS

June 2 at 6:00 pm Pride Printmaking with Alex Makes Art **BV**

June 3, 10, 17, 24 at 10:30 am English Club **BV**

June 3, 19, 17, 26 1:30 pm Caffè Italiano **CC**

June 4, 18 9:30 am 50+ Job Seekers Networking Group **Virtual**

June 4 11:00 am A Taste of Poetry **BV**

June 4, 11, 18, 25 1:15 Movie Matinee **CC**

June 5 6:00 pm My Immigrant Story: Messages of Hope Exhibit Launch **BV**

June 8 2:00 pm Welcome Blanket **CC**

June 12 6:00 pm A Year in the Life of Hall's Pond: Photographs by Lane Turner **BV**

June 12 7:00 pm Queer Reading Group Queer Reading Group **BV**

June 12 7:00 pm Queer Reading Group **Virtual**

June 13 12:00 pm Wisdom Café **PUT**

June 18 1:00 pm Get to Know Your Government: The Mass Office on Disability **BV**

June 21 1:00 pm Pride at the Library **BV**

Location:

BV Brookline Village

CC Coolidge Corner

PUT Putterham

For more information please call 617-730-2378 or email: <http://brooklinelibrary.org>

BROOKLINE FIREFIGHTERS LOCAL 950 PUBLIC INFORMATIONAL

Brookline Firefighters Union will be presenting results of a commissioned GIS report involving data from the Town involving the fire department and its citizenry. On **Monday, June 2 from 5:30 pm — 7:30 pm** at Putterham Meeting Room. **Note: this is a non library event at the library.**

MUSIC PROGRAMS

SENIOR CHORUS

The Senior Chorus always welcomes new members to add to its already enthusiastic roster of singers. There are no auditions. This group is led by Joe Reid on **Fridays from 10:30 am-12:00 pm.**

BROOKLINE BAND

The Senior Center invites instrumentalists to join the Brookline Band! Join us on **Mondays from 2:30-3:30 pm** to play songs from the great American songbook. To register or for more information, please call 617-730-2770.

SINGING TOGETHER VIRTUALLY

The Sing-a-long Group **on Zoom** will be singing on **Tuesday, June 10 from 4:00-5:00 pm.** 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 on 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 Zoom link, contact Judy Chasin at hearojudy51@yahoo.com

BROOKLINE ACOUSTIC WEDNESDAY EVENING JAM

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

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

ISRAELI MUSIC ON THE WORLD STAGE: THE EUROVISION SONGS

Since 1973, Israeli singers have performed in the famed international Eurovision contemporary song competition. From poignant and topical to romantic, upbeat and silly, Israelis have presented a wide variety of musical numbers.

Join Dr. Miriam Rosalyn Diamond to explore these songs as well as the artists, stories, and controversies behind them. Knowledge of Hebrew is not required.

The group meets via **Zoom on the fourth Monday of the month from 7:30 - 9:00 pm.** To register, email jjensen@brooklinema.gov

AMATEUR CLASSICAL MUSIC JAM

Looking for participants, particularly violinists! Attendees play together and sight read for meetings that take place **on the 2nd and 4th Wednesdays of the month from 3:45-5:00 pm (this month on June 11 and June 25).** Please bring your stands and music if you would like to play with others. If you are interested, please contact: Jamie at jjensen@brooklinema.gov

UKULELE

The Ukulele class will meet on **two Mondays: June 9 and June 23.** As usual, the newer participants will come at **1:00 pm** and the others will join us at **1:30 pm.** **Note: We are not adding more first-time players at this time, but will hopefully start a new class in the fall.**

This class includes learning the basic chords and strums while having fun singing easy songs to improve your playing skills. It is never too late to learn an easy musical instrument.

For more information, contact Judy Chasin at hearojudy51@yahoo.com

SOCIAL GROUPS

Knitting Group

On **Thursdays from 1:30-4:30 pm**, 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.

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 from 10:00-11:00 am**. 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 at jjensen@brooklinema.gov

Sports Fan Forum

Calling all sports fans! The Senior Center hosts a weekly sports discussion group on **Wednesdays from 10:00-11:00 am**.

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, LICSW. Register with Conor at 617-730-2751 or cwelch@brooklinema.gov

Investors Group

Investors, come join us on **Wednesdays, June 4 and 18, from 3:00-4:00 pm**. Whether you are a casual investor, a billionaire or just curious about investing and stocks, join us to talk about ideas, investment products, high and lows of the markets and the excitement of investing. NOTE: We will not pool funds or make investments together, nor will we give investment advice Please register at 617-730-2770.

Brookline Bees



June is bustin' out all over! Finally the weather is warming up! And the Brookline Bees are buzzing with new tricks and new patterns.

This month we are working on half-square triangles, one of the primary building blocks of quilting designs. Most patterns are a combination of rectangles, squares, and half-square triangles – take a square and slice it diagonally to create two triangles. Then assemble these shapes in different colors to make thousands of designs!

As we begin the next raffle quilt, we will also learn how to make perfect half-square triangles and broaden our repertoire of quilt designs.

Got a new baby coming to your orbit? Let us help you make the perfect gift to welcome that newcomer!

Come join us and get creative!

Downsizing? We welcome donations of fabric, notions, and equipment in good working condition. Bring us those UFOs (UnFinished Objects) from your closet and we will be happy to help you bring them to fruition.

Watch for mending workshops on Fridays too.

Mending Workshop

Bring your mending challenges to this workshop on **Friday, June 13 from 10:30 am-12:00 pm**. Please register at 617-730-2770.

Social Walking Group

We welcome both active walkers and strollers to meet up with peers for a variety of walks in and out of the area. To be included on the group's email list to exchange ideas for future walks with each other, please contact jjensen@brooklinema.gov

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SHINE

Medicare options when working past age 65



Most people first become eligible for Medicare when they turn 65, but many choose to continue working past that. There is a Medicare Special Enrollment Period for people still working past age 65. If you are currently employed and covered through your employer group health plan, you may delay enrolling in Medicare without a penalty. This also applies if you are covered through your spouse's current employment. (Note that delaying Medicare coverage may not be practical if your employer has fewer than 20 employees, because Medicare will be your primary insurance.) However, once employment ends, other coverage, such as COBRA or a Health Connector plan, will not prevent the penalty. Schedule your appointment with a SHINE counselor to confirm if your current coverage will protect you from any penalties.

For further assistance about this or any Medicare issue, contact the SHINE Program.

Continued on the next column.

Trained SHINE volunteers offer free, confidential counseling on all aspects of Medicare and related health and drug insurance programs. To schedule a SHINE appointment, call your the Senior Center 617-730-2777. For other SHINE related matters, call 1-800-243-4636. Once you get the SHINE answering machine, leave your name and number. A volunteer will call you back, as soon as possible.

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Click "Programs" and then "Hire our Teens"

SOMETHING TO REMEMBER...

If you come in early for a program (oh my goodness, you found parking in Brookline!), please sit in the Coffee Lounge and relax with a cup of coffee, etc. Please don't come into a program until 10 minutes before to get your spot as this gives us time to reset rooms. Thanks for understanding!

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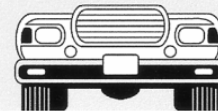
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Dialysis Center Now Open!

In June 2024, we opened DaVita Kidney Care at Sherrill House, a six-chair hemodialysis center.

For more information or to schedule a tour, please contact Admissions at 617-735-1775.

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– L.Y., Family Member of Resident



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