

FROM THE DIRECTOR

Dear Friends and Community Members,

As we enter November, I want to take a moment to wish everyone a very Happy Thanksgiving. This season reminds us to pause and reflect on the many things we're grateful for—our health, our community, and the connections that make life meaningful.

November is also National Family Caregivers Month, a time to recognize and honor the millions of family members and friends who provide care and support to loved ones. Here at the Brookline Senior Center, we want to especially thank all the caregivers in our community. Whether you are supporting a spouse, parent, friend, or neighbor, your care and compassion are at the heart of what makes Brookline such a strong and caring town. The work you do—often quietly and without recognition—makes a tremendous difference every single day.

If you are a caregiver, please remember that you don't have to do it alone. The Brookline Senior Center is here to support you. Our social work team can help you navigate services, find respite options, and connect with local and national resources. You can reach our social workers by calling 617-730-2777.

Our partner Springwell also provides valuable caregiver support, including programs, counseling, and education for those caring for older adults. Contact Springwell's Caregiver Program at 617-926-4100 or visit www.springwell.com.

In addition, the National Family Caregiver Support Program and the National Caregiver Resource Center (www.caregiveraction.org) offer helpful tools, webinars, and community connections for caregivers across the country.

I also want to extend my deep appreciation to our incredible staff and volunteers at the Brookline Senior Center, Council on Aging, and Brookline Senior Center Foundation. Their dedication, creativity, and kindness bring life to everything we do—programs, meals, transportation, and so much more. Every smile, every ride, every conversation helps make the Center a welcoming third place for all.

From all of us at the Senior Center—thank you for being part of our community. Wishing you and your loved ones a joyful and peaceful Thanksgiving season.

Please be well and always be sure to check in on your neighbors.

Emily J. Williams
Director

