

# THE BROOKLINE BEACON



A MONTHLY PUBLICATION OF  
THE BROOKLINE COUNCIL ON AGING

Published with the support of the Brookline Senior Center Foundation

## FEBRUARY 2026



### **CELEBRATING BLACK HISTORY MONTH: WOMEN AND GENDER IN THE CIVIL RIGHTS MOVEMENT, 1945-1970**

**Monday, February 2, 1:00-2:00 pm**

Join historian Dr. Tess Bundy for a lecture on the history of women's roles in the Civil Rights Movement of the mid-twentieth century. Women played critical roles as organizers, thinkers, and outspoken leaders, often pushing the Movement to expand its approach, and yet they are too often overlooked in histories of this critical time period. In addition to key issues and moments of the Civil Rights Movement, we will discuss leaders like Rosa Parks, Ella Baker, Fannie Lou Hamer, Angela Davis, Mae Mallory and many others, whose work often bridged multiple social justice movements. Please register at 617-730-2770.



### **VALENTINE'S DAY DANCE WITH DENISE**

**Wednesday, February 11, 1:00-2:30 pm**

Our Broadway Dance instructor Denise will be DJing a Valentine's Day-themed dance so wear your red and pink and dance the afternoon away to favorite love songs and songs to groove by. Refreshments will be served. Please register at 617-730-2770.

# SENIOR CENTER INFORMATION

## DID YOU KNOW?

You don't have to be a member of the Senior Center to come to our programs. We don't even have a membership! You can, however, learn how to receive our printed newsletter by calling 617-730-2770 or by stopping by the Council on Aging offices.

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



To view our website scan the QR code or use the link: [www.brooklineseniorcenter.org](http://www.brooklineseniorcenter.org)



The Brookline Senior Center is a Welcoming Community.

## A NOTE ABOUT OUR NEWSLETTER

While we strive for accuracy, information may change or contain errors. Please contact the Brookline Senior Center directly with any questions. We do not endorse the services or companies featured in our advertisements or programs.

## INFORMATION HOTLINES

617-730-2777 617-730-2770

**COA Van**

617-730-2750

**Brookline Community Aging Network**

[www.BrooklineCAN.org](http://www.BrooklineCAN.org)

**The Brookline Beacon is a monthly publication of the Brookline Council on Aging**

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## HANDICAP ACCESS

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

## FROM THE DIRECTOR

Dear Friends,

For many in our community, the national conversation around immigration and activity has been deeply unsettling. We know that for some, it has brought fear, anxiety, grief, or painful memories—whether for yourselves, your families, your neighbors, or loved ones. We want to acknowledge that these feelings are real, valid, and heavy.

The Brookline Senior Center exists first and foremost as a place of welcome, dignity, and belonging. No matter where you were born, what language you speak, or how long you have called this community home, you are valued here. In moments like these, connection matters more than ever. Isolation can deepen worry, while community can help carry it. We encourage you to lean on one another, to join us for programs, meals, conversation, and quiet companionship. Sometimes simply being together is an act of resilience.

Please know that support is available. Our staff and social workers are here to listen and to help connect you with trusted resources if you are feeling overwhelmed, anxious, or unsure where to turn. You are not alone in navigating these uncertain times. Even when the world feels heavy, we continue to believe in the strength of community, in compassion, and in caring for one another. Together, we can create moments of calm, understanding, and hope—right here, every day.

Later in February, we will be launching our Needs Assessment Survey, an important opportunity for you to share your experiences, priorities, and ideas. Your feedback will directly help guide our programs, services, and planning for the years ahead. I encourage everyone to participate—your voice truly matters to us. The survey will be available online and in print later this month.

We are also looking forward to celebrating Lunar New Year on February 9, a time centered on renewal, hope, and community. This year's celebration highlights the Year of the Horse, a symbol often associated with energy, resilience, and moving forward with confidence. We hope you'll join us as we mark this joyful occasion together.

February is also Black History Month, a time to honor the achievements, resilience, and contributions of Black leaders and communities, past and present. As we reflect, I'd like to share a quote that means a lot to me and speaks to the power of kindness and mutual respect:

**“Do the best you can until you know better. Then when you know better, do better.”**

— Maya Angelou

May this reminder inspire us to continue supporting one another with empathy, curiosity, and care. Please be sure to always check in on your neighbors.

Sincerely,

*Emily J. Williams*

Director



# FROM THE BOARD PRESIDENT

Dear Friends of the Brookline Senior Center Foundation,

Thank YOU! Because of the time, talent, and perseverance of many of you, we are celebrating the Brookline Senior Center's 25th Anniversary. 2026 marks the milestone of the opening of the Brookline Senior Center—the building, lifeline for many, and an inspirational culture.

I hope you will join us on April 30th to recognize this essential community resource and secure its future. Sponsorships are available. Tickets will be sold at a later date. Look for details here: <https://tinyurl.com/93WinchesterStreet>

I am fortunate to have been one of the Founders. We were a feisty, phenomenal bunch. On Thursday, April 30th, 5:00 - 8:00 pm, at "Built to Last, 25 Years on Winchester Street," our 25th Anniversary Celebration, we will honor these Founders.

## These dedicated leaders made 93 Winchester Street a reality:

### Select Board

Joseph T. Geller, Chair  
Donna R. Kalikow  
Gilbert R. Hoy  
Deborah B. Goldberg  
Robert L. Allen  
Richard J. Kelliher\*

### Building Commission

Janet Fierman, Chair  
Louis Wilgoren  
George Cha  
Kenneth Kaplan  
James Nickerson  
Anthony Guigli

### Council on Aging

Agnes Rogers, Chair\*  
Arlene Stern, Director\*

### Friends of Brookline Seniors

Barr Jozwicki, Director

### Project Senior Center

Donna R. Kalikow, Co-Chair  
Gordon I. Hurwitz, Co-Chair  
Ruthann Dobek, Project Liaison

### Brookline Multi Service Senior Corp., Inc., now the Brookline Senior Center Foundation

Elizabeth (Betsy) Pollock, President  
Michael W. Merrill, Campaign Chair

### Architect

cbt/Childs Bertman Tseckares, Inc.  
Maurice F. Childs\*

### Gift of Land

Roger Stern\*

### Contractor

Vertec Corporation

\*deceased

Together, we'll honor the past and secure the future.

With gratitude,

*Betsy Pollock, MSW*  
Board President



# IN APPRECIATION

## THANK YOU FOR ALL YOU DO!

### ANNUAL APPEAL DONATIONS

Harold Adams and Tom DeLong Merrill Adler  
Christine E. Anderson  
Joan D. Arnott  
Chaia Bekefi  
Ron Blackman and Katie Hope  
Elizabeth True Browder  
Anne Butler Gloria Carrigg  
Mark E. Chadbourne  
Michele F. Charbit  
Margaret R. Chapman Barbara Cone  
Cynthia and Harvey Creem  
Norman and Clarice Cubell  
Kathryn Harris and Thomas Venman  
Timothy Dailey Nancy Daly and Kevin Cavanaugh  
Linda and Jonathan Davis  
David Decter  
Dennis J. Dewitt  
Susan and Joseph Ditkoff  
Ruthann Dobek  
Nancy and Dale Donchin  
Mitchell Drucker  
Susan Erickson  
Barbara Falk  
Jack and Sandy Fleishman  
Susan E. Flynn  
Bonnie and Richard Friedman  
Harry Friedman  
Peter Frumkin  
Janet Gelbart  
Laurence and Yurika Geffin  
Barbara Gerbert Michael Goldstein and Hadassah  
Margolis  
Barbara D. Goldwasser Rachel Goodman  
Sandra Gradman  
Susan Granoff  
Ann Helwege  
Elizabeth Hutton  
Kirk James

Renata Kalnins  
Patricia Krol and Stephen Chiuementi  
Nicholas and Helen Kelley  
Elaine K. Kwiecien  
Judith and Alan Leichtner  
David and Ilana Lescohier  
Deborah Levey  
John and Louise Loewenstein  
Sean Lynn-Jones  
Susan Macht  
Jodi and Mike Maciag  
Alexander & Bette Mandl  
Hugh and Arlene Mattison  
Patricia Meaney  
Mary McGoldrick  
Nancy and Craig Miller Edmund Mroz and Celia  
Shapiro  
Mary M. Mullarkey  
Timothy Naimi  
Tobias and Alisha Nanda  
Sharon Nicholson  
Bebe and Nick Nixon  
Maria Nobrega  
Frank Olney  
Jon and Kristin Palace Marie Payton  
Joseph Perkell and Ruth Ginsberg  
Fran Perler  
Ellen and James Perrin  
Carol Pineiro  
Eleanor Port  
Kate Poverman  
Anne Power  
Michael and Susan Rees  
Hanson Reynolds and Sharon Gray  
Clint Richmond and Suzanne Federspiel  
Lynn A. Rosenberg  
Martin Rosenthal  
Rob Rudnick and Connie Everson  
Lin C. Sasman

## IN APPRECIATION

### ANNUAL APPEAL DONATIONS CONTINUED

Elizabeth Skavish and Michael Rubenstein Cheryl Snyder and Balam Willemsen  
Devorah Sperling Diana Spiegel Wendy Stahl  
Emily Stahler  
David Stern  
Toni Strassler  
Elizabeth and Lawrence Sulak  
Betsy Tarlin and Marcos Rosenbaum  
Charles Terrell Avi and Sylvia Tuchman  
Donna Viola  
Debra C. Wasiowicz Leonard A. Weiss Annette, Bill and Bo Winiker  
Henry Wolstat and Marjorie Radin  
Toast With Friends

### In Honor of the Ruthann Dobek Fund:

Yolanda Rodriguez

### In Honor Of:

Helen Anzivino, from Jennifer Bruni and Scott Englander Suzanne Donahue for "Exceptional SHINE Support", from Palma Spunt  
Anne Essaran, from Brigitte Field  
Pam Hitchmoth, from Melinda Mann  
Sibyl Levisohn, from Hava Kimelman  
Katie McClean, from Audrey and Gifford Lum  
Betsy Pollock's Presidency, from Juliet Eastland  
Betsy Pollock, from Anne Turner and Harry Bohrs  
Michael Shaw, from Brigitte Field  
Rhoada Wald's birthday, from Judith Sher  
Julie Washburn and Jamie Donchin, from Jewel Chin  
Sonia Wong, from Lai Bing Chin

### In Memory Of:

"Our parents", from Margo Rosenbach and Robert Gottlieb  
Susan Adler, from Anne Essaran  
Deena Blau, from Susan Guth  
Rosaria Caruso, from Eric Hardt  
Kenneth W. Chin, from Barbara Lianides-Chin  
Mike Dubin, from Harriet Dubin  
Vivian H. Freeman, from Peter Freeman  
Doreen Gordon, from Yolanda Rodriguez  
Jean Kramer, from Dan Fraenkel Mary T. Lucas, from Mary Murphy  
Karen B. Miller, from Peter Miller  
Aaron Seidman, from Constantine Bialik and Margaret Guyer  
Roberta Winitzer, from Judy Paradis

### BrooklineCAN Donations

Betsy & Dennis DeWitt  
Claire Lurie  
Margo Rosenbach & Robert Gottlieb

### THINKING OF MAKING A DONATION?

Visit our website to learn where your money goes and how to donate.

[brooklineseniorcenter.charityproud.org/Donate](http://brooklineseniorcenter.charityproud.org/Donate)

or simply mail your check to the:

Brookline Senior Center  
93 Winchester Street, Brookline, MA 02446

**Questions? Call Debbie Good Miller,**  
Development Manager, at 617-651-1454

Donations received after January 2nd will be posted in the next issue.

## BRIEF UPDATES



### COFFEE WITH THE DIRECTOR

On **Monday, February 2 at 10:00 am**, Emily Williams will be holding her monthly coffee hour. Come join us!

### YOUR INPUT IS NEEDED IN A NEW SURVEY FOR SENIORS

Brookline is launching a needs assessment for its growing older adult population, which now exceeds 13,000 residents aged 60 and older.

In partnership with UMass Boston, the Brookline Council on Aging aims to understand their needs and preferences through interviews, focus groups, and a town-wide survey.

The community survey will be available in print and online later this month. **Please fill out the survey as it will help us advocate for future funding.** For inquiries, contact Emily J. Williams at [ejwilliams@brooklinema.gov](mailto:ejwilliams@brooklinema.gov).



Please note that the Senior Center will be closed on Monday, February 16 in observance of Washington's Birthday and Presidents' Day. There will be no Springwell meal service or transportation services that day.

### COA BOARD NEWS

The Council on Aging Board does not customarily meet in February. The next regular hybrid meeting will be on **Wednesday, March 11, 2026, at 1:00 PM** at the Brookline Senior Center and via Zoom.

For further details or to access meeting agendas and links, please visit the [Town of Brookline Agendas and Minutes Portal](#).



### SENIOR CENTER SNOW POLICY

In the event that the Senior Center is closed, information will be posted on the Town website [www.brooklinema.gov](http://www.brooklinema.gov) and we will update the outgoing messages on our main telephone lines (617-730-2777; 617-730-2770) by 8:30 am. The Program Manager will also notify program leaders regarding cancellations and closures.

## AT A GLANCE ONE-TIME PROGRAMS

### MONDAY, FEBRUARY 2

10:00 am Coffee with the Director  
11:00 am Vital Documents: Part 1  
1:00 pm Women & Gender in the Civil Rights Movement

### WEDNESDAY, FEBRUARY 4

11:00 am Librarian Senior Center Office Hours  
1:00 pm State Songs of the USA

### THURSDAY, FEBRUARY 5

11:00 am Keeping Your Heart and Blood Sugar Healthy Together  
1:00 pm Haiku for a Winter Afternoon

### MONDAY, FEBRUARY 9

1:00 pm Chinese New Year Celebration

### WEDNESDAY, FEBRUARY 11

10:00 am Diamond Art Hearts  
11:00 am Mass Senior Action Council Presentation  
1:00 pm Valentine's Day Dance

### THURSDAY, FEBRUARY 12

11:00 am Brain-Health Education Event  
11:00 am De-clutter Peer Support Group  
1:00 pm Sing-Along with Pianist Mel Stiller

### TUESDAY, FEBRUARY 17

12:30 pm January Birthday Party

### WEDNESDAY, FEBRUARY 18

11:00 am Downsizing  
1:00 pm Karaoke  
2:00 pm Investors Group

### THURSDAY, FEBRUARY 19

11:00 am Understanding Alzheimer's and Dementia  
1:00 pm Jeopardy  
2:00 pm "Little Women" Trip

### FRIDAY, FEBRUARY 20

10:00 am Mending Workshop

### MONDAY, FEBRUARY 23

1:00 pm Memoir Writing

### TUESDAY, FEBRUARY 24

9:00 am Public Issues Non-fiction Book Discussion Group

### WEDNESDAY, FEBRUARY 25

11:00 am Outdoor Pool Presentation  
12:00 pm Let's Go Out to Lunch Bunch  
1:00 pm Self-Defense Class

### THURSDAY, FEBRUARY 26

11:00 am Vital Documents: Part 2  
1:30 pm Greatest Film Adaptations

If you can't come to a program, please call **617-730-2777** to cancel your registration so someone else from the waitlist can attend.

Thank you!

## AT A GLANCE - ONGOING PROGRAMS

### MONDAY

10 am-11 am Virtual Short Story Social  
 10 am-11 am Virtual Zumba Gold  
 11 am-12 pm Pet Therapy Visit (23rd)  
 11 am-12 pm Words Galore (9th & 23rd)  
 11 am-12 pm Dance Fitness with Denise  
 12 pm-2 pm Drop in Ping Pong  
 1 pm-2:30 pm Ukulele (2nd & 11th)  
 2 pm-3 pm Drop in Ping Pong (Beginners)  
 2:30 pm-4 pm Brookline Band

### TUESDAY

9 am-10 am Broadway Dance  
 9 am-10 am Stretch & Strength Class  
 10 am-11 am Balance Training Class  
 10 am-12 pm Tax Exemption (3rd & 17th)  
 10:30 am-11:30 am A Taste of Qigong  
 10:30 am-12 pm Brookline Bees  
 11 am-12 pm Exercises for Aching Joints  
 1 pm-1:45 pm Building Balance Skills  
 1 pm-2 pm Virtual French Conversation  
 1 pm-3 pm Tuesday Film Series  
 1:15 pm-2:30 pm Wise Aging  
 4 pm-5 pm Singing Together Virtually (10th)

### WEDNESDAY

9:30 am-10:30 am Dance Improvisation  
 10 am-10:45 am Building Balance Skills  
 10 am-11 am Sports Fan Forum  
 10 am-12 pm Scrabble  
 11 am-12 pm Broadway Dance  
 12:00 pm-2:00 pm Kitchen Remedies & Home Organization  
 12 pm-4:30 pm Drop in Ping Pong  
 1 pm-2 pm Near Death Experiences (through 2/11)  
 1 pm-3 pm ESL Class  
 6 pm-8 pm Acoustic Jam

### THURSDAY

10 am-10:45 am Beginners Balance Class  
 1 pm-1:30 pm Online Dance Party  
 1 pm-1:45 pm Crafts- Ivy Street School  
 1 pm-1:45 pm Building Balance Skills  
 1 pm-3 pm Chess Lessons & Games  
 2 pm-4:30 pm Knitting Group  
 2 pm-3:15 pm Mindfulness Group (5th & 19th)  
 2:15 pm-4:30 pm Intermediate Mah Jong  
 2:30 pm-4 pm Spanish 1 Lessons  
 3:30 pm-4:45 pm Art Class with Ilana

### FRIDAY

9 am-11 am Rummikub  
 9 am-12 pm Bridge for Experienced  
 10:30 am-12 pm Senior Sing-a-Long  
 10:30 am-12 pm Current Events  
 12 pm-4:30 pm Drop in Ping Pong



## NEW PROGRAMMING

### ASK-A-LIBRARIAN OFFICE HOURS AT THE SENIOR CENTER

**Wednesday, February 4, 11:00 am-12:00 pm**

Want to know more about eBooks, audiobooks, and movies available from the library? Have a basic tech question? A librarian from the Brookline Public Library will be on hand to help! Please register at 617-730-2770.



### STATE SONGS OF THE USA

**Wednesday, February 4, 1:00 pm-2:00 pm**

John Clark and his Great American Music Experience present state songs familiar to most. Come and celebrate our nation's 250th birthday and sing along to the likes of "You Are My Sunshine" (Louisiana) and "Take Me Home Country Roads" (West Virginia) if the mood strikes you! Please register at 617-730-2770.

### KEEPING YOUR HEART AND BLOOD SUGAR HEALTHY TOGETHER

**Thursday, February 5, 11:00 am-12:00 pm**

Students from the Massachusetts College of Pharmacy & Health Sciences (MCPHS) will explain how diabetes and heart health are connected and what simple habits can help to manage blood sugar levels and heart health, nutrition health, and physical activity. Please register at 617-730-2770.

### THE BEAUTY OF BARE BRANCHES: HAIKU FOR A WINTER AFTERNOON

**Thursday, February 5, 1:00 pm-2:00 pm**

Haiku is a simple but complex poem that connects us more deeply with the natural world, a poem of the present moment. All are invited to this workshop led by Jeannie Martin, haiku poet, teacher and retreat leader. After reading examples of winter haiku, we will try our hands at writing haiku, drawing on images that are evocative for us, making each haiku a poem of one's own. Each participant will receive a copy of Jeannie's latest book, "In full bloom." Please register at 617-730-2770.

### BrooklineCAN Q&A

**with Town of Brookline Select Board Candidate  
Amanda Zimmerman**

**Monday, February 9, 3:00 pm**

Come discuss the challenges facing Brookline's town government today, including the special concerns of Brookline's older residents, with Select Board Candidate Amanda Zimmerman. BrooklineCAN's Livable Community Advocacy Committee (LCAC) is hosting the Q&A on Zoom. This is the first of a special series of LCAC "conversations" with each of the candidates running for the two Select Board seats up for Town-wide election on May 5, 2026. At the LCAC's March and April monthly meetings, similar Q&A sessions will be held with the other Select Board Candidates.

If you are a Brookline senior not currently on the LCAC's mailing list and wish to attend the meeting, please email Susan Granoff, Chair of the LCAC, at [susangranoff@msn.com](mailto:susangranoff@msn.com) by February 8.

## NEW PROGRAMMING

### FROM BOOK TO SCREEN: THE GREATEST FILM ADAPTATIONS OF ALL TIME

**Thursday, February 26, 1:30-2:30 pm**

**Rescheduled from January**

Author and pop culture historian Marty Gitlin will show snippets of such classics as the *Wizard of Oz*, *To Kill a Mockingbird*, and *Breakfast at Tiffany's*. Marty will play film adaptation trivia with the patrons along the way. He will have autographed and personalized copies of his books available for purchase after the program. This presentation is both enlightening and entertaining so please join us!

Please register at 617-730-2770.

### DOWNSIZING AND SELLING-FROM DAUNTING TO DONE!

**Wednesday, February 18, 11:00 am-12:00 pm**

Learn how to deal with a lifetime of possessions, and how to prepare & price your home. Hear about local real estate market trends & pricing. Leave with a free downsizing guide and practical tips. Our speakers are Emily Beal & David Dowd, Licensed Real Estate Agents with LAER Realty Partners and Authorized Senior Specialists with Sell Mom's House.

Please register at 617-730-2770.

### KARAOKE

**Wednesday, February 18, 1:00 pm**

Join "You and Broadway" host and singer Howie D Jordan for 90 minutes of Karaoke fun. Sing along and enjoy many favorite songs. Please register at 617-730-2770.

### CHINESE NEW YEAR CELEBRATION

**Monday, February 9, 1:00 pm**

Celebrate Chinese New Year, the Year of the Horse, with us! Learn about this special holiday with fun and educational performances from our partners at the Greater Boston Chinese Golden Age Center. We will also be treated to a special Lion Dance!

**NEW THIS YEAR!:** We will be offering a hybrid meal model where a takeout Chinese meal will be served before the performances (doors open at 12:30 pm). Participants can choose to eat at the event or bring the meal home for later. **Please note that you must stay for the program in order to get a meal; you may not take your meal home at time of entry.** Limited vegetarian meals are available, so please specify at time of registration.

**Cost for meal will be \$7 at the door.**

Raffles for various items will also be held at the end of the performances (1 ticket for \$1 or 6 tickets for \$5). This celebration is co-sponsored by the Brookline Senior Center and the Greater Boston Chinese Golden Age Center.

Due to limited space, registration is required. Interested participants can register by calling 617-730-2770.



# NEW PROGRAMMING

## MASS SENIOR ACTION COUNCIL PRESENTATION

**Wednesday, February 11, 11:00 am**

Learn about the Mass Senior Action Council (MSAC), an organization made up of local retirees, seniors, and their families with 1,000+ members across the state, organizing to build power, change policy and make seniors heard.

Participants will learn about a state benefit for Medicare recipients that can pay for many seniors' part B premiums; recent changes to the MBTA RIDE; changes to SNAP benefits, and how you can maximize your benefit by deducting more medical expenses; and how to join your local MSAC chapter in advocating for seniors' rights, and more!

Over their 40 year history, MSAC has fought for and won new senior centers, saved subsidized senior housing, expanded and saved paratransit services, expanded access to SNAP, won long term care options, and more. Snacks provided.

Please register at 617-730-2770.

## SELF-DEFENSE CLASS

**Wednesday, February 25, 1:00 pm**

Join the Brookline Police for this informative class on how to feel safer and more confident. This personal safety workshop outlines strategies for avoiding danger and you will learn how to develop increased awareness, problem solving skills and confidence, as well as simple self-defense techniques which are easy to remember and have proven effective in physical confrontations.

Please register at 617-730-2770.

## ALZHEIMER'S AND DEMENTIA CARE EDUCATION WEEK IS FEBRUARY 14-21: JOIN US FOR THESE INFORMATIVE EVENTS

### BRAIN-HEALTH EDUCATION EVENT

**Thursday, February 12, 11:00 am**

Join the Boston University Alzheimer's Disease Research Center as they present on a variety of topics, including:

- What's considered normal aging vs. what's something to worry about?
- What is Alzheimer's disease and how does it differ from dementia?
- New treatments and the latest research advancements in the field
- Lifestyle changes like exercise, diet, and sleep to help people live a brain healthier life

Giveaways will be offered. Please register at 617-730-2770.

### UNDERSTANDING ALZHEIMER'S AND DEMENTIA

**Thursday, February 19, 11:00 am**

Alzheimer's is not normal aging. It's a disease of the brain that causes problems with memory, thinking and behavior. A representative from the Alzheimer's Association will discuss:

- The impact of Alzheimer's
- The difference between Alzheimer's and dementia
- Alzheimer's disease stages and risk factors
- Current research and treatments available to address some symptoms
- Alzheimer's Association resources

Please register at 617-730-2770.

# NEW PROGRAMMING

## ESTABLISHING AN OUTDOOR COMMUNITY POOL FOR BROOKLINE

**Wednesday, February 25, 11:00 am-12:00 pm**

Brookline residents have been asking for a public outdoor pool for over two decades. Join us for a community meeting to learn about plans to create a year-round outdoor swimming facility with sloped easy access for those of all ages and abilities. A public pool is more than recreation. It's a community gathering place, a vital public health resource during increasing extreme heat, and an equity initiative ensuring everyone has access to swimming and swim lessons. With nearby beaches and lakes frequently closed due to bacteria and MDC pools overcrowded, Brookline needs its own solution. The proposed facility requires less than one acre and would include a lap pool and recreational pool, bathhouse, seating, and perhaps a snack bar. Capital costs are projected at under \$10 million, funded over two years with no tax increase required. Operating costs can be self-sustaining through memberships, day passes, lessons, events, and concessions. Heating and a seasonal bubble could allow year-round use. Brookline is one of the only communities without a public outdoor pool. Let's change that together. Please register at 617-730-2770.

## BE READY FOR AN EMERGENCY!

**Monday, February 2, 11:00 am-12:00 pm**

**(Part 1)**

**Thursday, February 26, 11:00 am-12:00 pm**

**(Part 2)**

Vital documents are the essential records of your life events. What documents matter? How do you collect them? Where and how do you store them? Join Sara Schaffer, the Town's Emergency Preparedness Coordinator, to learn the answers to these questions on Monday, February 2 at 11am and then come back on Thursday, February 26 at 11am to have your vital documents scanned onto a USB key for personal use. Please register at 617-730-2770.

## DE-CLUTTER PEER SUPPORT GROUP

**Thursday, February 12, 11:00 am-12:00 pm**

A monthly de-clutter peer-support group will meet in February and March. Use the cold winter months to sort through your home and unload things you no longer need, want, or use. We'll brainstorm action steps, identify obstacles, and celebrate victories, using this success as a template for future projects. This is an informal drop-in group, so no registration needed.

## DIAMOND ART HEARTS

**Wednesday, February 11, 10:00 am-12:00 pm**

Kelley is back and bringing Valentine hearts for you to make. These Diamond Art Valentine charms are adorable Valentines to keep or to give. Happy Valentines Day!

**Space is limited**, so please register at 617-730-2770.



## NEW PROGRAMMING

### JEOPARDY!

**Thursday, February 19, 1:00-2:00 pm**

Join Assisting Hands Home Care for a fun group game of Jeopardy! Come show off your trivia skills and have fun with others. Please register at 617-730-2770.

### MEMOIR WRITING: CHILDHOOD PLAYTHINGS

**Monday, February 23, 1:00-2:30 pm**

Did you have a favorite toy when you were young? A board or card game you played for hours? Activity equipment you couldn't live without? A special collection? A childhood gift that frustrated or spooked you? Join Dr. Miriam Rosalyn Diamond to recall, write, and share a story that transports you back in time. Please register at 617-730-2770.

### SING-ALONG WITH PIANIST MEL STILLER

**Thursday, February 12, 1:00-2:00 pm**

Come and sing along with Mel Stiller to show tunes, standards, oldies, and classic rock from the 1920's-1970's! Please register at 617-730-2770.

### FEBRUARY BIRTHDAY PARTY

**Tuesday, February 17, 12:30-1:00 pm**

Thank you to Stop & Shop for providing the delicious birthday cake!  
Please register at 617-730-2770.

You are welcome to join us beforehand for lunch as well. Please reserve a lunch by calling 617-730-2747 by the prior business day before 10:30 am.

### NEAR DEATH EXPERIENCES

**Wednesdays, February 4 and 11, 1:00-2:00 pm**

In this course, we will explore profound questions about death and purpose. Participants will watch accounts of near death experiences and discuss their reactions afterwards. The only requirement is to have an open mind. Please register at 617-730-2770.

### AN IN-DEPTH LOOK INTO THE AFTERLIFE

**Wednesday, February 18, 1:00-2:00 pm**

Now that you've spent two months learning about the near death experience, it's time to explore the real death experience. There are dozens of written reports communicated by "dead" people through mediums describing a world a lot like earth, only much better. It's startling how consistent these reports are.

Dudley Post, this program's facilitator, has been researching NDEs and the Afterlife for 40 years and an active member of the Boston Chapter of International Association of Near Death Studies. For the last five years he has co-hosted a monthly discussion group on the Afterlife for IANDS. Before retiring to Brookline 30 years ago, he was a publisher and consultant. Dudley has a BA from Brown University and an MBA from Columbia University. Please register at 617-730-2770.

# SAVE-THE-DATE

## GOOD TALK

**Wednesdays, March 4 - April 8, 2:30-4:00 pm**

What do you have in common with a 20-year-old? Come find out! Boston University students will lead fun activities to inspire reflection, connection, and conversation amongst seniors and students. Share your ideas, memories, and hopes, while learning from others in the process. We will write, draw, talk, and laugh together during this 5-week course.

Please register at 617-730-2770.

## BASKET DECORATING

**Monday, March 2, 1:00-2:00 pm**

Join Millicent for this basket decorating class. We'll be decorating wooden baskets with lace and trimming. **Space is limited**, so please register at 617-730-2770.



## HEALTHCARE APPS & DEVICES FOR SMARTPHONES

**Wednesdays, March 4 - May 6, 10:30 am-12:00 pm**

Join instructor Allen Waxman for this 10-week course, now in its 4th year. Home healthcare has moved into the digital age, with 38% of seniors using at least one health app on their smartphone. Health apps and connected devices enable seniors to monitor and be informed on many aspects of their own health, and to easily share this information with family and healthcare providers. This course will describe and demonstrate a variety of healthcare apps and medical devices that connect with smartphones.

Each session will focus on a particular health theme:

1. Intro, Health Aggregators & Medical ID
2. Health Data, Info & Access Online
3. Medication Management Aids
4. Hearing Aids & Verbalization Aids
5. Vision, Reading & Dictation Aids
6. Blood Glucose, Ketones & Diabetes
7. Carbs & Weight Management
8. Cardiovascular Health
9. Respiratory Health
10. Sleep, Stress & Pain Health

Seniors using smartphones & tablets (Apple or Android devices) are welcome to attend any and all sessions. To register, call 617-730-2770 and provide your name, email address and smartphone number

## SIX-WEEK LIFE REVIEW GROUP

**Wednesdays 1:00 pm, Starting March 18**

Rediscover the stories that make your life uniquely meaningful. In this six-week series, led by social work intern Jess, we'll gather for 90-minutes each week to reminisce together—sharing favorite memories, cherished songs, beloved films, and personal photos that have shaped who we are.

Through guided conversation and creative reflection, you'll have the chance to celebrate your experiences, connect with others, and honor the moments that matter most. We'll wrap up our time together by creating a personalized keepsake for yourself and your loved ones.

Come share your story, spark joy, and make new connections as we journey through a lifetime of memories. Pre-registration required, spaces limited. Call 617-730-2770 to sign up.

# SAVE-THE-DATE

## SILK ROAD: WRITE YOUR WORLD!

**Monday, March 2, 1:30-2:45 pm**

Express your values through creative calligraphy and storytelling, and connecting across cultures. Explore how humans communicated and crossed language barriers along the Silk Road. Focus on mindfulness, cultural integration, and creative collaboration. You will be using a calligraphy brush, ink, rice paper, and a custom patterned seal and pad. Participants will use a unique yet easy-to-understand writing system to express their own core values through calligraphy, connecting ideas, language, and culture in a hands-on creative experience. This program is made possible by the generous funding of the Brookline Commission for the Arts, a local agency which is supported by the Massachusetts Cultural Council, a state agency. **Space is limited**, so please register at 617-730-2770.



Image: Different languages used in the Dunhuang on Silk Road. 6th to 9th century AD.

## FALL PREVENTION

**Monday, March 2, 11:00 am-12:00 pm**

Join Maria Tumang, Injury Prevention and Outreach Coordinator at Brigham and Women's Hospital, to stay informed about falls and fall risks and to discover effective strategies and initiatives to reduce the likelihood of falls.

Participants will leave with practical knowledge and actionable steps to enhance their safety.

Please register at 617-730-2770.

## A NOTE ABOUT OUR NEWSLETTER:

While we strive for accuracy, information may change or contain errors. Please contact the Brookline Senior Center directly with any questions. We do not endorse the services or companies featured in our advertisements or programs.



## ONGOING PROGRAMMING

### **BROOKLINE BEES WITH SPECIAL MENDING WORKSHOP!**

**Tuesdays, 10:30 am**

Happy February! We all know about Valentine's Day, but February 11 is also a special day...National Grandmothers Achievement Day! In our group, we will be celebrating all grandmothers -- our own as well as our members as grandmothers -- especially those who continue to care for loved ones and grandchildren. This is the time to achieve something new -- make something beautiful for yourself, your loved ones, or your home.

As a group, we have each made at least one square for the next raffle quilt which will be assembled and hung up this month in the Atrium. Get ready to buy lots of raffle chances to take it home with you. Many grandmothers have contributed fabric, time, and ingenuity to create this beautiful quilt for benefit of the Senior Center.

We are a group of women, some of whom have not used a sewing machine since middle school, others who have been sewing all our lives, coaching and collaborating on projects we care about -- making baby quilts, hemming slacks, making custom bags, appliance covers, or pillow shams -- with fun and conversation. Please join us!

Do you have a mending challenge? On **Friday, February 20** we will hold a Mending Workshop **from 10:00 am to 4:00 pm**. Bring us your mending challenges! We will coach you in planning how you can get your itemd back in service.

We welcome donations of fabric, notions, and equipment in good condition.

### **SPORTS FAN FORUM WITH SPECIAL SUPER BOWL DISCUSSION ON FEBRUARY 4!**

**Wednesdays, 10:00 am**

Calling all sports fans! 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 him at 617-730-2751 or [cwelch@brooklinema.gov](mailto:cwelch@brooklinema.gov)

### **INVESTORS GROUP**

**Wednesday, February 18, 2:00 pm**

Whether you are a casual investor, a billionaire, or just curious about investing and stocks, join us to talk about ideas, investment products, highs 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.

### **KITCHEN REMEDIES & HOME ORGANIZATION**

**Wednesdays, 12:00-2:00 pm**

Join Zipora Vainstein from 12:00-1:00 pm to learn special kitchen remedies for the winter season, including everything from a cup of tea with honey and lemon, and beyond. Then from 1:00-2:00 pm, she will share home organization tips for laundry, closets, and bedding. Videos for illustration will be used. Please bring paper and pen for notetaking and bring your questions. Let's make it interesting! Please register at 617-730-2770.

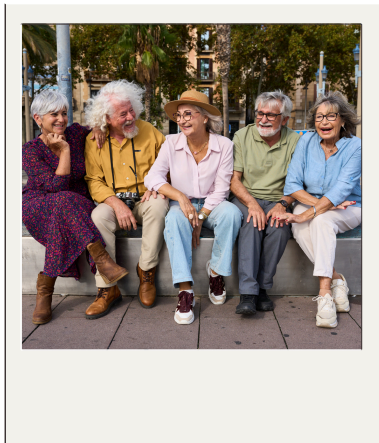
## ONGOING PROGRAMMING

### BOOMERS & BEYOND TRAVEL CLUB

**“Little Women” at the Actor’s  
Shakespeare Project, Mosesian Center  
for the Arts (Watertown)**

**Thursday, February 19, 2:00-4:20 pm**

Join the March family around the hearth as ASP explores one of the most beloved texts in American literature, in a bold new adaptation by Kate Hamill (Emma, The Odyssey, Pride & Prejudice). Raffle for participation will be on Thursday, February 12 and attendees will be called then. **Payment of \$40 is due Tuesday, February 17.** Please register for the raffle at 617-730-2770.



### KNITTING GROUP

**Thursdays, 2:00-4:30 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.



### SAVE-THE-DATE: ZUMBA

**Wednesdays starting March 11, 1:00-1:45 pm**  
Our wonderful virtual Zumba instructor Emily Brenner will be transitioning her class to in-person sessions in March. Please stay tuned for more details in our March newsletter.

### PET THERAPY VISIT

Enso the Goldendoodle looks forward to meeting you in the Coffee Lounge with his handler Liz Linder on **Monday, February 23 from 11:00 am-12:00 pm**. Otherwise known as the “Curly Coated Gentleman,” Enso has worked as a therapy dog for the past two years in settings such as, libraries and retirement residences.



### CRAFTS WITH IVY STREET SCHOOL

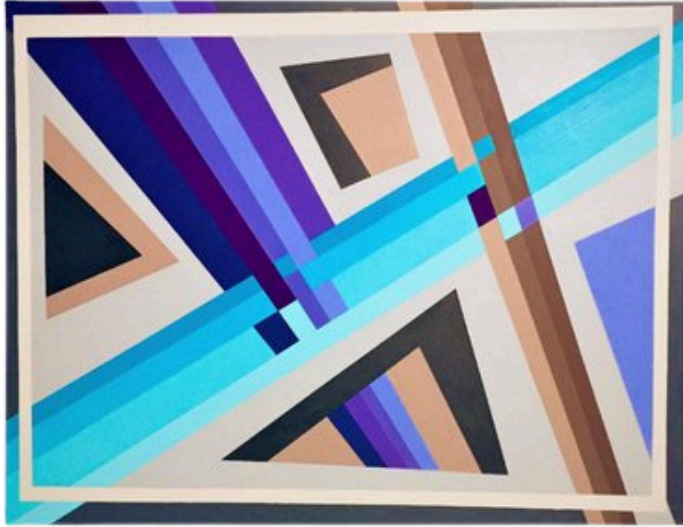
The Ivy Street School students will join us on **Thursdays from 1:00-1:45 pm**. These young adults will have crafts ready. Join us for some low key, intergenerational fun!

### CURRENT EVENTS

**Fridays, 10:30 am-12:00 pm**

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’s a fun and informative event for all.

# ART



## GALLERY 93

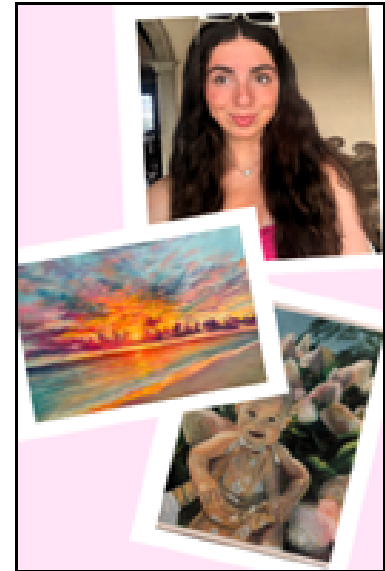
**Abstraction Observed**  
by Mark Chadbourne

Through February 27

## ART CLASS WITH ARTIST ILANA

**Thursdays, 3:30-4:45 pm**

Ilana is a high school student passionate about art. She 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 at School is Cool in Brookline. Please register at 617-730-2770.



## ART FOR PLEASURE SEEKING NEW PARTICIPANTS!

The Art for Pleasure class is a relaxing, all level, open studio art class where 10 participants work independently on their own projects and get feedback and help from the artist facilitator/teacher. The facilitator/teacher does demonstrations 1-2 times per month on various art techniques.

In the past, participants have focused on watercolor, acrylic painting, collage, drawing, and mixed media. No oil paints or materials with strong smells. It's a "bring your own supplies and ideas and join us!" The class has been on hiatus for a few months, but it will soon be meeting again on weekly Thursdays from 9:30-11:30 am as we hope to welcome a new facilitator/teacher very soon. The class participants are eager to see the group reconstituted and for their work take off once again! A few of the participants have been there from the beginning and they look forward to welcoming new participants.

If you are interested in joining the class, please contact Jamie at [jjensen@brooklinema.gov](mailto:jjensen@brooklinema.gov) or 617-730-2753.

## BOOKS AND STORIES

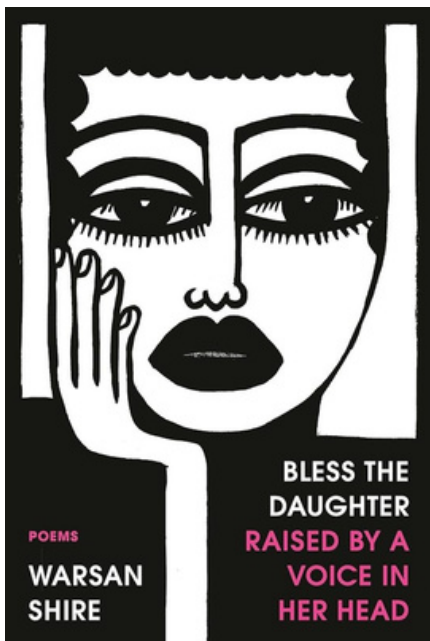
### COUNCIL ON AGING BOOK GROUP

This group is held **on the 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/meeting/register/tZYkdu-vqz4pE9AZ8Edpe7IIGTuijev32avE#/registration>

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

**Monday, February 23, 2:00 pm**

*Bless the Daughter Raised by a Voice in Her Head*  
by Warsan Shire

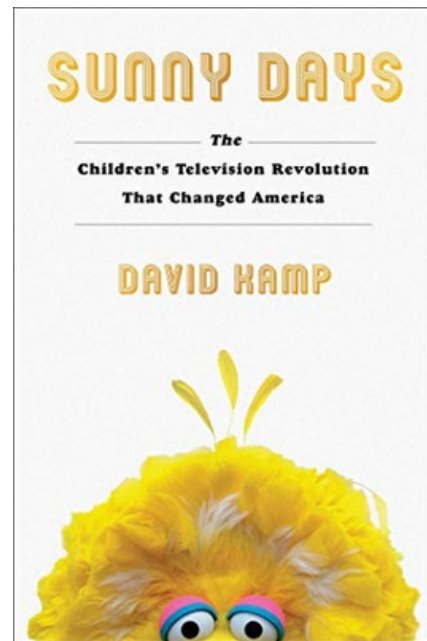


### PUBLIC ISSUES NON-FICTION BOOK DISCUSSION GROUP

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, February 24, 9:00 am**

*Sunny Days: The Children's Television Revolution That Changed America*  
by David Kamp



### 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**. For more information and to sign up for the story and discussion, please contact Jamie at [jjensen@brooklinema.gov](mailto:jjensen@brooklinema.gov)

## DANCE & FITNESS

### DANCING THROUGH THE DECADES

**Mondays, 11:00 am-12:00 pm**

Come dance with fitness instructor Denise Harrington to a variety of music, including popular songs from the 20's through the 90's. Get groovin' and movin'!  
Please register at 617-730-2770.

### VIRTUAL ZUMBA GOLD WITH EMILY BRENNER



**Mondays, 10:00 am**

Zumba Gold® is a low impact cardio class. Suggested donation for Brookline residents is \$5 per person per class. To register, email Emily: [emily.brenner@comcast.net](mailto:emily.brenner@comcast.net)

If you wish to take more classes with Emily, please check her website: <https://www.dancewithemily.org/>

### BROADWAY DANCE CLASSES

**Tuesdays, 9:00 am - 10:00 am**

**Wednesdays, 11:00 am - 12:00 pm**

Join fitness instructor Denise Harrington to 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). Please register at 617-730-2770.

### DANCE IMPROVISATION

**Wednesdays, 9:30 am-10:30 am**

Through March 18, join us for our Dance Improvisation class. Featuring many styles of music, this class provides fun ways to warm up the body-brain connection, spatial awareness, stretch, strength, balance, clarity, as well as using our voice. You might be amazed by what you will create in the dance in the moment. This class supports you as a budding dancer, a seasoned dancer and everything in between. All levels of movement and abilities are welcome to join. Chairs are available. Please wear comfortable clothing and shoes to move in. Please register at 617-730-2770.

### VIRTUAL DANCE

**Thursdays, 1:00 - 1:30 pm**

Online Dance Party with Lynn Modell. For information on how to connect, please contact Lynn at [lemodell@gmail.com](mailto:lemodell@gmail.com)

**Save-the-Date for our Annual Fundraiser  
April 30, 2026!**



## FITNESS

### A NOTE FROM COURTNEY

I wanted to share that I'll be leaving my role as Fitness Center Coordinator on February 5, 2026. It has been an honor to work here over the past four years, and I'm truly grateful for the smiles, conversations, and shared moments of progress.

Thank you for making this such a meaningful chapter in my life.

Warmly,  
Courtney

### FITNESS CENTER UPDATE

If you have any questions or concerns related to the Fitness Center following Courtney's departure, please come to the Council on Aging offices (2nd floor) to request assistance from a staff member.

For members who drop off their payments in person each month, please direct those payment envelopes to Julie Washburn, Supervisor of Services, in the interim. Julie has a mailbox on the 2nd floor in the Council on Aging offices.

**Please DO NOT leave any payments in the Fitness Center.**

Members who make their monthly payments online may continue to do so during this transition.

Our hope is to find a qualified candidate for the Coordinator position as soon as possible. In the meantime, we will post any important updates in the Fitness Center and in the Beacon so stay tuned.

### EXERCISE CLASSES WITH CHET

**Tuesdays, 9:00 am**

#### **Stretch and Strength Class**

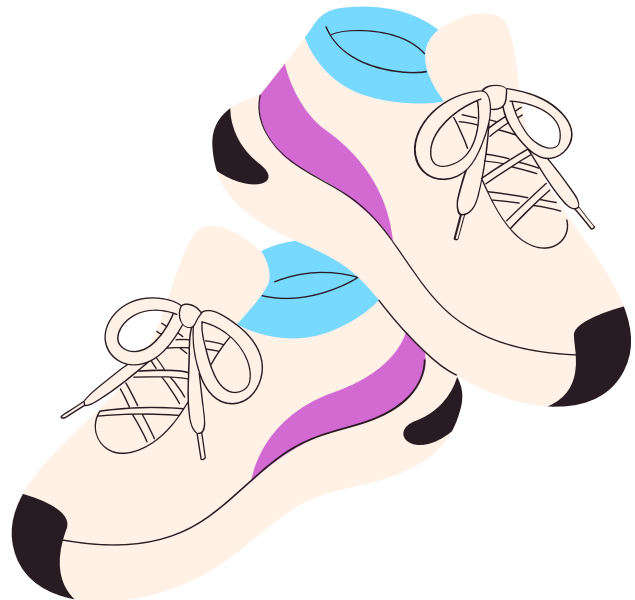
Join this class to boost mobility and build strength through safe, low-impact exercises tailored for all abilities. Held weekly for one hour, participants use chairs, light dumbbells, and bodyweight in a supportive environment to enhance flexibility and muscle tone.

**Tuesdays, 10:00 am**

#### **Balance Training Class**

Join this class to enhance stability and prevent falls through safe, guided exercises. Held weekly for one hour, participants rotate through tailored balance circuits, ensuring a fun and secure environment.

These classes are offered in a 6-week series. The next series is **February 17-March 31**. Space is limited, so please register at 617-730-2770.



## ACTIVE OLDER ADULTS NATURE WALKS

To register, visit <https://www.register.brooklinerec.com> or call 617-730-2069.  
Preregistration is required.

### BROOKLINE'S AMAZING GEOLOGY

Tuesday, February 3, 10 am-12.30 pm

Cost: \$7 per person

Enjoy a one-mile trail walk around Brookline's Dane Park and learn about Brookline's geology, including examining some igneous rock formations along the way! Most of our paths are paved, though some are packed mulch. There are gentle, rolling hills throughout the park. Please dress for the weather and bring a water bottle! Transportation is provided from Brookline Senior Center to the park. The bus will leave promptly at 10am. We will return to the Senior Center between 12-12:30pm.

### CREPUSCULAR CRITTERS AT LARZ ANDERSON PARK

Tuesday, February 10, 10 am-12.30 pm

Cost: \$7 per person

Have you ever wondered what critters start to come out as the sun goes down? Bats, deer, owls, and more, Hall's Pond is home to many interesting animals! Learn about our local wildlife on this guided walk through the park. The park has mixed trail textures, like pavement and gravel. There are hills, as well. The route we will walk is about 1.25 miles long. Please dress for the weather and bring a water bottle! Transportation is provided from Brookline Senior Center to the park. The bus will leave promptly at 10am. We will return to the Senior Center between 12-12:30pm.



**SHOVEL OUR SNOW**

FOR RESIDENTS & STUDENTS

**Residents**, sign up to receive a list of students you can hire for help with shoveling this season.

**Students**, sign up to be contacted and hired by folks looking for help.

Registering to receive the list is free.  
Residents must contact students to negotiate pay, hours, and work requests.

 REGISTER.BROOKLINEREC.COM  
617.730.2069

## GAMES

### BACKGAMMON

Looking for interested players! Please contact Jamie at [jjensen@brooklinema.gov](mailto:jjensen@brooklinema.gov)

### BRIDGE FOR EXPERIENCED PLAYERS

**Fridays, 9:00 am sharp until 12:00 pm**  
To get into the rotation, please contact Jamie at [jjensen@brooklinema.gov](mailto:jjensen@brooklinema.gov).

### BEGINNER'S BRIDGE

Please register with Jamie at [jjensen@brooklinema.gov](mailto:jjensen@brooklinema.gov) to connect with Bridge Coordinator to either learn or be matched with experienced players.

### CHESS LESSONS & GAMES

**Thursdays, 1:00-3:00 pm**  
Facilitator Mark enjoys helping others discover the fun of chess as a game for everyone.

### CRIBBAGE

If you would like to learn or play cribbage, please contact Jamie at [jjensen@brooklinema.gov](mailto:jjensen@brooklinema.gov)

### RUMMIKUB

**Fridays, 9:00-11:00 am**  
With coordinator Hedwig Baillie.

### SCRABBLE

**Wednesdays, 10:00 am-12:00 pm**  
Boards galore available.

### WORDS GALORE

**Mondays, February 9 & 23, 11:00 am-12:00 pm**

Join Val for this fun and lively hour of word play and brain twisters: 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.

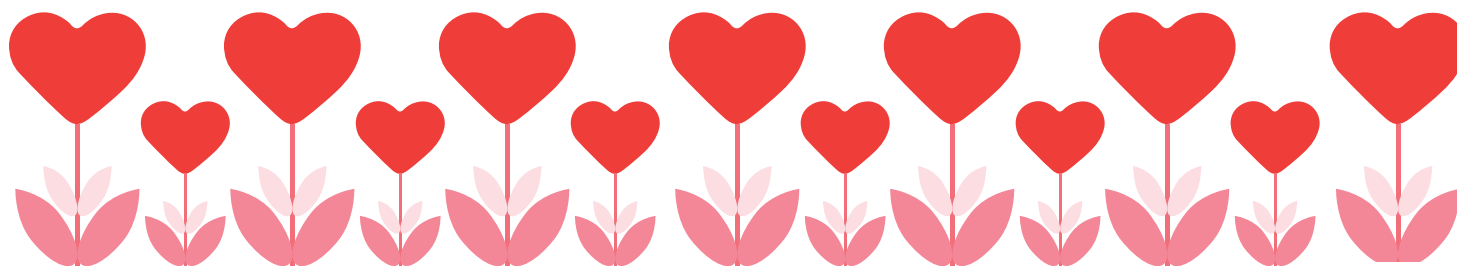


### PING PONG

**Mondays, 12:00-2:00 pm**  
**Mondays, 2:00-3:00 pm (beginners only)**  
Wednesdays and Fridays, 12:00-4:30 pm

### INTERMEDIATE MAH JONG

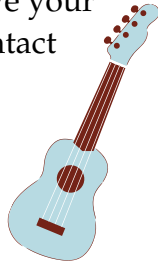
**Thursdays, 2:15-4:30 pm**  
Please register with Jamie at [jjensen@brooklinema.gov](mailto:jjensen@brooklinema.gov)



# MUSIC

## UKULELE

The Ukulele class meets two **Mondays** each month (**this month on February 2 & 11**). Newer participants can come at 1:00 pm and the others will join us at 1:30 pm (**Class begins at 2:00 pm on February 11**). This class includes learning the basic chords and strums while having fun singing easy songs to improve your playing skills. For more information, contact Judy Chasin at [hearojudy51@gmail.com](mailto:hearojudy51@gmail.com)



## BROOKLINE BAND

**Mondays, 2:30-4:00 pm**

The Senior Center invites instrumentalists to join the Brookline Band! Join us to play songs from the Great American Songbook. To register, please call 617-730-2770.



## SONGS OF ISRAEL'S POPULAR SINGER-SONGWRITERS

Join us to discuss and enjoy the lyrics and tunes of Israel's decades-long soundtrack. Texts will be provided in both Hebrew and English.

Meets on Zoom monthly on **Monday evenings (typically the 4th Monday) from 7:30-9:15 pm**. To register for the link, email Jamie at [jjensen@brooklinema.gov](mailto:jjensen@brooklinema.gov)

## SINGING TOGETHER VIRTUALLY

**Tuesday, February 10, 4:00-5:00 pm**

The Sing-a-long Group on Zoom sings mostly folk songs from times gone by and we have several instrumental players to lead the songs. The words will be displayed on your screen. Don't worry if you think you can't sing, as everyone but the leader is muted, so you can just listen or sing along. For Zoom link, contact Judy Chasin at [hearojudy51@gmail.com](mailto:hearojudy51@gmail.com)

## ACOUSTIC EVENING JAM

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

## SENIOR SING-A-LONG

**Fridays, 10:30 am-12:00 pm**

The Sing-A-Long always welcomes new members to add to its already enthusiastic roster of singers. The group is led by Joe Reid.



## AMATEUR CLASSICAL MUSIC JAM

Attendees play together and sight read. Please bring your stands and music if you would like to play with others. If you are interested and want to find out when the group is meeting, please contact Jamie at [jjensen@brooklinema.gov](mailto:jjensen@brooklinema.gov)

## WELLNESS



### A TASTE OF QIGONG

**Tuesdays, 10:30 - 11:30 am**

Join us weekly for Qigong (pronounced “chee-gung”) in the ballroom. Qigong is a practice that fosters mental and physical balance through the harmonious integration of breath, movement, and awareness. It can be practiced at any age to enhance overall health and well-being. Feel free to drop in at any time and discover something new!

### 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 in order to exchange ideas for future walks with each other, please contact [jjensen@brooklinema.gov](mailto:jjensen@brooklinema.gov)



### MINDFULNESS GROUP

**Every other Thursday from 2:00-3:15 pm (this month on February 5 & 19)**

Mindfulness is a way to learn how to focus on the present in everything we do. At the Senior Center and via Zoom, join Debby Beck as she explores the different dimensions of mindfulness with us. Debby has brought mindfulness into her clinical work and teaching for over 20 years. Please register with Jamie at [jjensen@brooklinema.gov](mailto:jjensen@brooklinema.gov)



## TECHNOLOGY & LANGUAGE

### DO YOU NEED TECH ASSISTANCE?

Do you have questions about setting up email, using your devices, or navigating the internet? Please bring your questions about phones, tablets, computers or any other digital devices. To schedule a technology assistance appointment, please call 617-730-2777.

Due to limited availability, participants may be limited to two appointments per month with certain volunteers.

#### **Tech Buddies Digital Navigator Ken Fine:**

Tuesdays, 11:00 am - 12:30 pm

Wednesdays, 10:00 am - 1:00 pm

Thursdays, 10:00 am - 1:00 pm

Fridays, 11:00 am - 12:30 pm

#### **Tech Support Volunteers (30 min. appointments):**

Dan Siagel: select Mondays, 11:00 am to 1:00 pm

Alan Shepro: Tuesdays, 1:30 to 3:30 pm (does not provide assistance with Android devices)

#### **High School Volunteers (1 h appointments):**

Lucas: Fridays, 3:30 to 4:30 pm

Ella: Mondays, 4:00 to 5:00 pm

### VIRTUAL FRENCH CONVERSATION GROUP

Tuesdays, 1:00 - 2:00 pm

New members, regardless of level of proficiency in speaking French, are invited to join. For questions or to connect, please email Monique Richardson at [mona647@comcast.net](mailto:mona647@comcast.net)

### ESL CLASS

Dick Morse, ESL instructor, hosts weekly classes for advanced English learners on **Wednesdays from 1:00-3:00 pm**. He welcomes new students and can be reached at 617-734-5113 or [richard\\_p\\_morse@msn.com](mailto:richard_p_morse@msn.com)

### 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 Wednesdays and Thursdays from 1:00 pm-5:00 pm; remote training is also available.**

Contact Ashley Colburn at 617-906-3042 or [acolburn@mabcommunity.org](mailto:acolburn@mabcommunity.org).



### SPANISH LESSONS

Thursdays, 2:30-4:00 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. Please register at 617-730-2770.

## FILMS

TUESDAYS AT 1:00 pm



### Materialists

(2025, 1 h 56m)

February 3

An ambitious young New York City matchmaker finds herself torn between the perfect match and her imperfect ex.



### Celebrate Love this Month with a Valentine's Day Classic: Casablanca

(1942, 1 h 42m)

February 10

A cynical expatriate American cafe owner struggles to decide whether or not to help his former lover and her fugitive husband escape the Nazis in French Morocco.



### The Watsons Go to Birmingham

(2013, 1 h 27m)

February 17

The Watsons set out on a family road trip where their experiences give them a newfound courage to stand up for what is right and help them grow stronger as a family in the process.



### In Memory of the late Director Rob Reiner: When Harry Met Sally

(1989, 1 h 35m)

February 24

Two strangers share a car trip from Chicago to New York, discovering it is impossible for men and women to be "just friends."

## 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 movie listings 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 [bonnie Lass@gmail.com](mailto:bonnie Lass@gmail.com) with questions, schedule, and requests to be included.

## LUNCH & FOOD

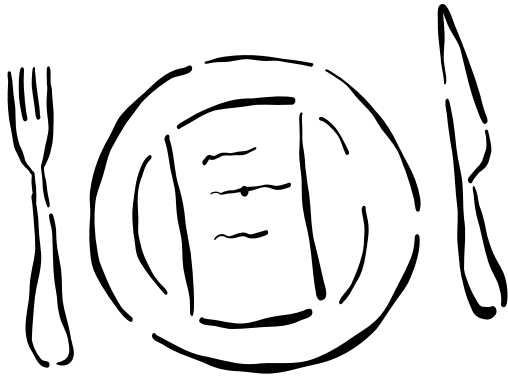
### LET'S GO OUT TO LUNCH BUNCH

**Wednesday, February 25, 12:00-1:30 pm (leaving Senior Center at 11:30 am),**  
We will be going to Sweet Cheeks Q in Fenway. Participants pay for their own meal and tip. **Space is limited**, please register at 617-730-2770.

### FOOD COMMODITY

The Senior Center conducts a monthly Food Commodity program in partnership with the Greater Boston Food Bank. If you are an income eligible older adult, age 60+, and you would like 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](mailto:jjensen@brooklinema.gov)

The next distribution is on **Wednesday, February 18, from 9:00-11:00 am.**



### EASY TRAVEL: SEEKING PRESENTERS!

We are seeking travelers who wish to present photos and stories of their recent or not-so-recent travel experiences from anywhere around the globe. Interested? Contact Jamie at [jjensen@brooklinema.gov](mailto:jjensen@brooklinema.gov) or 617-730-2753. Thank you!

### 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.** A cold lunch option is also available for dine-in only at the Center.

**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 (hot lunch choice only) 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.

### PROJECT BREAD FOODSOURCE HOTLINE

If you are in need of additional food resources, please call the Project Bread FoodSource Hotline at 1-800-645-8333. If you have other questions, please call the Brookline Senior Center Social Worker of the Day at 617-730-2777.

# TRANSPORTATION

## GOGO GRANDPARENT

This program offers 4 subsidized rides per month with GoGo Grandparent, a national company that provides dispatch service for Uber/Lyft vehicles.

The rider pays at a flat fee of \$2 per ride, then the discount will pay up to the next \$10, with the rider paying any additional amount beyond \$12. This option is available 24/7, but it is limited to trips within Brookline and to select neighborhoods in Boston.

**The program is currently limited to income eligible Brookline seniors, aged 60+ (individual \$92,650 max; couple \$105,850 max).**

Call 617-730-2644 to apply.

## SENIOR CHARLIECARD

Senior CharlieCards offer a 50% discount on the subway, bus, and Commuter Rail for Massachusetts residents aged 65+.

The Senior Center helps to process new and renewal Senior Charlie Cards using the MBTA online application form.

For more info about applying online, visit <https://www.mbta.com/fares/reduced/senior-charliecard>

Or call Sebastian Ware, Transportation Coordinator at 617-730-2644 to schedule an appointment.

## LYFT

This program offers 4 subsidized rides per month via Lyft. Lyft is a ridesharing transportation company that offers curbside services 24/7.

The rider pays a flat fee of \$2 per ride, then the discount will pay up to the next \$10, with the rider paying any amount beyond \$12. The coupon will automatically download each month into the Lyft app on your smartphone.

**The program is currently limited to income eligible Brookline seniors, aged 60+ (individual \$92,650 max; couple \$105,850 max).**

Call 617-730-2644 to apply.

## NEED A RIDE TO THE SENIOR CENTER?

The first pickup is at 9:00 am, with the last departure from the Senior Center at 2:30 pm.

If you're a Brookline resident in need of transportation to the Senior Center, please call the Van Reservation Line at 617-730-2750 at least one business day in advance.

Please leave your name, address, telephone number, and the desired date/time of your pick up and return times in your message.

**Donations are appreciated to help cover fuel costs. Your support means a lot to us! Please note that the Senior Center utilizes a variety of transportation options to assist residents in getting to and from the center.**

# TRANSPORTATION

## EYE APPOINTMENT TRANSPORTATION

The Council on Aging receives an ITNAmerica "Trusted Transportation Partner" grant, with support from Regeneron Pharmaceuticals.

Through this grant, our 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.

## NEW! MODERN RIDE SATURDAYS

Beginning February 7<sup>th</sup>, Modern Ride will offer discounted Saturday rides for Brookline older adults (60+).

Rides will be available to local shopping centers on Saturdays from 10am-2pm.

Each one-way ride is \$4.99 (cash only & limited to within Brookline).

To schedule a Saturday ride, please call 617-566-5000 on Thursdays or Fridays between 10am-5pm and ask for Ben.

## ADDITIONAL TRANSPORTATION RESOURCES

### Modern Ride Taxi

617-566-5000

### MetroCab

617-782-5500

Limited wheelchair accessible vans

### Volunteer Medical Escort Program

FriendshipWorks: <https://fw4elders.org>

or call 617-482-1510 x126

## MEDICAL TRANSPORTATION

**Each individual rider is now limited to three roundtrips or six one-way trips per month.**

The Brookline COA coordinates grant funded, non-emergency medical rides for Brookline residents aged 60+.

Schedule a ride by calling 617-879-4878 at least three business days prior to the appointment. Provide your name, phone number, and appointment details. Expect a confirmation call within one to two business days.

Rides are available Monday - Friday, 8am - 5pm. No service on Senior Center closure days.

### Service Information:

- Curb-to-curb rides are available to traditional healthcare facilities (i.e. hospitals, clinics, or doctor offices) within Brookline and select locations in Boston and Chestnut Hill (02467), including:
  - Longwood Medical Area
  - Harvard Vanguard - Kenmore
  - Mass General
  - Mass Eye & Ear
  - Faulkner Hospital
  - Boston Medical Center
- Ride must originate or end in Brookline.
- Riders are limited to one roundtrip per day & three roundtrips per month.
- Vehicles are not wheelchair accessible.
- You can bring a foldable mobility device and up to one guest on your ride.

## RESOURCES & SERVICES

**Chestnut Hill Ride/  
Chestnut Hill Errands & More**

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**Friendly, Reliable, Affordable  
Errands &  
Transportation Services**

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**617 - 874 - 0487**  
[www.chestnuthillerrands.com](http://www.chestnuthillerrands.com)

### PARC: PARKING ACCESS FOR RESIDENT CAREGIVERS

The PARC Program provides parking passes to address the parking needs of caregivers who serve the residents of Brookline. Call the PARC Program line at 617-730-2752 to learn more.



### METROWEST LEGAL SERVICES

**Thursday, February 26, from 12:00-3:00 pm**  
Schedule a private, FREE half hour legal **PHONE** consultation. MetroWest Legal Services provides free legal aid to seniors on housing, public benefits and Social Security matters; durable power of attorney, health care proxy and simple probate matters; Medicaid, nursing home issues, limited domestic relations; consumer issues and bankruptcy.

Please note for registration that sharing a one-or-two word subject matter will help the attorney in their preparations and this information will remain absolutely confidential. 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 at 617-730-2753 or [jjensen@brooklinema.gov](mailto:jjensen@brooklinema.gov). Space is limited!

### REAL ESTATE TAX EXEMPTION INFORMATION

Volunteer Sandy Spector returns with the latest information on real estate tax exemptions on **Tuesday, February 3 and February 17 from 10:00 am–12:00 pm**. Please feel free to drop by with your questions.

### MYSENIORCENTER CARDS AND CHECK-IN LAUNCH!

The Senior Center is continuing to register participants for MySeniorCenter cards throughout the month of February. Please come to the 2<sup>nd</sup> floor Council on Aging offices to fill out a brief form with your contact information. Staff and volunteers will hand you your MySeniorCenter card then.

We hope to begin using MySeniorCenter to check in for Senior Center programs in March. Stay tuned for further updates.

### NOTARY TUESDAYS

Get your documents notarized Tuesdays, at the Senior Center for a \$5 donation — just bring your ID and paperwork! Call 617-730-2770 for an appointment.

## RESOURCES & SERVICES

### HELP PROGRAM



The HELP program provides affordable, reliable, and flexible home care service to Brookline seniors. 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 more information, call 617-730-2777 or stop by the Senior Center (2nd floor).

### EQUIPMENT LOAN FUND

The Equipment Loan Fund has received a grant from the S.W.A.N. Society (Senior Women At Need Society), a local organization dedicated to helping women in the Boston area age with dignity and independence. This grant will allow the COA to distribute women's incontinence supplies to our participants. If you are in need of these supplies, please call H.E.L.P. Coordinator Katie McClean, LICSW, at 617-730-2755.

To ensure the lasting success of this initiative, please consider donating to our Emergency Services Fund by sending payment to the Brookline Senior Center Foundation, 93 Winchester Street, Brookline 02445 or online at [www.brooklineseniorcenter.org](http://www.brooklineseniorcenter.org). Thank you!

### PODIATRY CLINIC

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

### LOW VISION SUPPORT GROUP

The Low Vision Support Group, offered through MAB Community Services, meets monthly via conference call on the third Thursday. For information on how to call in, please contact Laurie Werle at 617-926-4268.

### BROOKLINE HEARING SERVICES

**Thursday, February 19, 10:30 am**

Brookline Hearing Services provides 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.

### 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 schedule an appointment with a local counselor.

### 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.

## RESOURCES & SERVICES

### MEDICARE ADVANTAGE OPEN ENROLLMENT

If you have a Medicare Advantage plan and forgot to make a change during Open Enrollment...now's your second chance! Through March 31st, anyone with a Medicare Advantage plan is eligible to switch Advantage plans or revert to original Medicare.

Book your appointment today with a SHINE counselor to discuss your options. We can compare costs and benefits to help you decide which choice may be best for you.

Remember SHINE counselors are available year-round to assist with all of your Medicare needs including screening for assistance programs, reviewing claims, and much more. To schedule a SHINE appointment, call the Senior Center at 617-730-2777. For other SHINE-related questions, call 781-453-8076 to leave a message on our regional voicemail line. A volunteer will call you back.

### LOW INCOME HOME ENERGY ASSISTANCE PROGRAM APPLICATIONS

LIHEAP, also known as fuel assistance, helps **income qualified individuals** with home heating bills. The program is accepting applications for the 2025-2026 winter season for first-time applicants and applicants renewing/recertifying from the previous year. For more information or to apply by phone, call Boston ABCD at 617-357-6012 or visit their website at [www.bostonabcd.org](http://www.bostonabcd.org). We also have a limited number of appointments available at the Senior Center. Call 617-730-2777 to learn more.

Due to the recent government shutdown, LHEAP funds have been delayed and so the limited existing funding is **for heating emergencies only**. Emergencies include: no heat, a termination notice from a utility, less than 1/8 of a tank of oil, or less than a 3 day supply of other deliverable fuels. Once funding has been restored, non-emergent LHEAP benefits will be awarded.

### ADDITIONAL RESOURCES

#### Winter Moratorium

The Winter Moratorium period, October 27, 2025-April 1, 2026, helps protect most low-income utility customers from having their services shut off, provided that customers have submitted verification of financial hardship to the utility company. Shut off protection is not automatic - you must apply for this protection. To learn more, please call your heating utility provider. Be aware that some heating systems require both gas and electricity so ensuring that you have the right protections is essential.

The **Department of Public Utilities (DPU) No Shut Off List** provides another means of shut-off protection (<https://www.mass.gov/info-details/when-am-i-protected-from-having-my-utilities-shut-off>).

If you have questions or need additional assistance with applying for shut off protection, please call the Senior Center at 617-730-2777 and ask to speak with the Social Worker of the Day.

# BROOKLINE LIBRARY & ADULT EDUCATION PROGRAMS

## NEW: BROOKLINE COA / SENIOR CENTER OUTREACH OFFICE HOURS AT THE PUTTERHAM LIBRARY

A Council on Aging social worker will be at the Putterham Library on the second Wednesday of the month to answer any questions you have about programs and services available at the Senior Center and through the Council on Aging.

Dates: February 11, March 11, April 8, May 13 and June 10.

Time: 10:15 am-12 pm.

If you need transportation, please call or email Anne Essaran at 617-730-2754 or [aessaran@brooklinema.gov](mailto:aessaran@brooklinema.gov).

## PUBLIC LIBRARY PROGRAMS

Community Catch-up (Putterham) - Thursday, February 5 at 11 am

All Ages Valentine's Day Card Making (Brookline Village) - Saturday, February 14 at 1 pm

Chinese Tea Workshop (Putterham) - Saturday, February 21 at 2 pm



## 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 Bryan Kreuzsch at 617-730-2355 or [bkreusch@minlib.net](mailto:bkreusch@minlib.net).

## BROOKLINE ADULT EDUCATION THROUGH BROOKLINE RECREATION

Tai Chi

Mondays and Wednesdays through March 11, 8:30 am-9:15 am  
Brookline Senior Center

Canasta Drop In

Fridays through March 27, 9:30 am - 11:30 am  
Brookline Senior Center

Please register at

<https://www.register.brooklinerec.com/brookline/programs?programCategory=dc81d5f6-a9b8-4482-8099-3acac9e14f29>

# VOLUNTEERS

## STUDENTS HELPING OLDER PEOPLE (SHOP)

A collaboration between the Brookline Senior Center and Brookline High School (BHS), the SHOP program has been a community service program 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 senior an important part of their life.



If you would like to sign-up or learn more, please contact Valerie Graf, Volunteer Coordinator, 617-730-2743 or [vgraf@brooklinema.gov](mailto:vgraf@brooklinema.gov).

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## VALUED VOLUNTEERS OF THE FOOD COMMODITY PROGRAM

On the third Wednesday of each month, a small but dedicated group of volunteers gathers at the Brookline Senior Center to ensure local seniors have access to nutritious food. The monthly Food Commodity Program acts as a vital resource for income-eligible seniors facing food insecurity by providing approximately 35 pounds of shelf-stable groceries, along with fresh items.

What makes this program truly special isn't just the food being distributed, but the volunteers who make it all possible. These committed volunteers arrive early to package food, carefully organize items, and assist seniors with loading groceries into their carts and cars.

The volunteer team includes longtime member Mimi, who has been with the program for over six years. Mimi, who also volunteers twice a week with the Brookline Food Pantry, notes that "the people are terrific and ever so grateful. Everyone is so happy to have this program and I love to help." Mitch, a more recent volunteer who joined last summer, says, "I feel blessed to be on the giving end. I do receive a great feeling in return." Fellow volunteer Ed adds that "the program is so fundamental to what people need that it's a good feeling to help out with something that everybody needs."

Program Manager Jamie Donchin Jensen emphasizes the volunteers' importance. "We couldn't do it without these volunteers. They provide a needed service. Not only do they do heavy lifting, they go above and beyond to help people. They assist folks whose first language isn't English, using Google Translate to help communicate. If we have more produce than usual or a special item, they are great with handling and distributing it all."

The Food Commodity Program volunteers' dedication ensures that the distribution runs smoothly each month, providing essential support to local Brookline seniors. Rain or shine, these reliable volunteers show up ready to serve. Their consistent commitment makes a tangible difference in the lives of our Brookline seniors. **If you would like more information about volunteering, please reach out to Valerie Graf, Volunteer Coordinator, at 617-730-2743 or [vgraf@brooklinema.gov](mailto:vgraf@brooklinema.gov).**

# CELEBRATE VALENTINE'S DAY AT THE BROOKLINE BOOKSMITH AND SUPPORT THE BROOKLINE SENIOR CENTER

Buy your Valentine's Day gifts for a loved one or yourself at the Brookline Booksmith on Friday, February 6<sup>th</sup> through Sunday, February 8<sup>th</sup>!

The Brookline Booksmith will fundraise for the Brookline Senior Center at their cash registers.

The Brookline Booksmith will be spreading the word about the Brookline Senior Center: [The Brookline Senior Center](#) offers a vibrant community for older adults to participate in a variety of activities, make new friends, volunteer, and access vital services.

Your support enables us to provide life changing opportunities including:

- Essential programs that help Brookline seniors remain independent, connected, and thriving through support groups and enriching social opportunities that combat isolation and loneliness.
- Transportation services—including vans, fuel, maintenance, and scheduling that keep seniors connected to critical medical appointments, groceries, and community life.
- Fitness center staffing and need-based fitness scholarships that promote strength, balance, and well-being, regardless of income.
- Hunger-reduction initiatives that provide nutritious meals and food security for vulnerable older adults.
- Emergency assistance for seniors facing unexpected crises because stability can change overnight.

Mark your calendars and tell your friends today!



## 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.



**Dr. Suzanne Salamon**

### THE FLU

Flu season is here, and this year's flu virus seems particularly strong, probably because of a new flu mutation and the fact that this year, fewer people have gotten their flu vaccines.

Influenza, commonly known as **the flu**, is a contagious respiratory illness caused by viruses that infect the nose, throat, and lungs. The flu can cause mild to severe illness, and sometimes leads to serious complications, especially for high-risk individuals. Flu symptoms often come on suddenly and can include fever, chills, cough, runny or stuffed nose, muscle aches, and headaches. In children there can sometimes be vomiting and diarrhea. The flu virus mainly spreads when infected people cough or sneeze, sending virus-filled droplets into the air that land in the mouths or noses of people nearby. It can also spread by touching a surface or object that has the flu virus on it and then touching your own mouth, nose, or eyes.

During the beginning of the COVID epidemic, there were almost no cases of the flu, because people were wearing masks, not shaking hands, and in general were more careful about being in crowded places. However, since we have become more relaxed about precautions, both COVID and flu cases have increased. In fact, the CDC estimates that around 30,000 people died in last year's flu season and nearly 600,000 people were hospitalized. It is estimated that the flu vaccine prevented at least 8,000 deaths.

The best way to prevent the flu is to get the yearly flu vaccine. There is a strong vaccine for people over 65 years old, which gives a bit more protection. **However, it is important to know that once we get the vaccine, its ability to fight the flu decreases by 9% per month. This means that if you get the vaccine in early fall, there won't be much protection left when the flu season hits, which is usually not until December. So, it is best to wait until around Thanksgiving to get the flu shot.** In addition, wash your hands often, especially after shaking hands with someone (I have always felt the elbow bump was a safer way to greet someone—don't be shy about using it!)

If you do get the flu, your doctor can prescribe an anti-viral medicine such as Tamiflu to help you recover faster. This medicine needs to be taken within 48 hours of symptom onset and preferably not on an empty stomach. If you have been closely exposed to someone with the flu, you can also take Tamiflu to help prevent coming down with the flu yourself. Of course, chicken soup is always a good flu fighter.

It's a good idea to have one of the at-home Flu-Covid test kits, so if you get sick, you can quickly find out if you test positive for either of these and get medicine as soon as possible. **If you haven't gotten your flu vaccine, it's not too late. Flu season usually lasts through March.**

## 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, writes about diet and nutrition for seniors.



Sharon Nicholson

### ULTRA-PROCESSED FOOD REVISITED

Two years ago, this column explored the topic of ultra-processed food (UPF). Since then, debate around this issue has intensified and the problems posed by UPF have become more urgent.

UPF is broadly defined as foods which are industrially manufactured and include a wide variety of products. Some, such as whole wheat bread and canned beans, provide health benefits. Others, which are less wholesome, are often high in unhealthy fat, added sugar, refined carbohydrate and salt. They are specifically designed to be very tasty and convenient and are often more affordable than nutritious alternatives. Some of our favorite foods are included in this group, such as potato chips, fries, baked goods, ice cream, fast food, hot dogs, sweetened breakfast cereals and soda.



Highly refined UPF provides 50% of daily calories for many Americans. However, this is not a problem in just the U.S.—it has become a global concern. What makes UPF so problematic is that it can replace nutrients necessary for good health found in vegetables and fruit, whole grains, beans, nuts, fish and poultry, with serious consequences. A growing body of research provides strong evidence that excess UPF consumption is associated not only with development of cardiovascular disease, type 2 diabetes, depression and premature death but also that more than one of these can develop at the same time. Two categories of foods appear to be especially harmful—processed meats (such as bacon, hot dogs, sausage, deli meats) and sweetened beverages like soda. Overeating UPF is associated with obesity, which itself contributes to cardiovascular disease, diabetes and many cancers. All of this is especially important for seniors, since these illnesses often occur as we age.

As UPF has become a serious public health problem, government and wellness-promoting organizations need to play a role in combating its effects. Some suggestions: Tax sugar-sweetened beverages (already occurring in 45 countries); add warning labels to select foods of no nutritional value; implement advertising restrictions; advocate UPF avoidance via official government dietary guidelines and through health-promoting groups like The American Heart Association, American Diabetes Association and Academy of Nutrition and Dietetics.

On a personal level, it's best to consider soda and processed meats as occasional treats and to make nutritional value the first consideration in assessing processed food choices. By emphasizing fresh, frozen or minimally processed items like vegetables, fruit, poultry, fish, whole grains, nuts and beans, you will be avoiding a major health risk and leaving room to enjoy small servings of those pleasurable snacks and sweets.

# SCAMS

## PROTECT YOUR IDENTITY, MONEY & INFORMATION: NOTIFIED THAT YOUR FLIGHT WAS CANCELLED? VERIFY BEFORE TAKING ACTION!

*Miriam Rosalyn Diamond, Council on Aging Engagement Promoter*



Planning a winter getaway? Snow and other conditions could lead to delayed or cancelled flights. BEWARE—notifications of flight cancellations might be scams!

### DESCRIPTION OF THE SCAM

Imposters may send official-looking messages that trips were cancelled. The communication directs recipients to “reschedule” via fake links and/or phone numbers. By impersonating company personnel, the scammers attempt to get your financial and/or personal information.

### SPOT THE SCAM

The messages stress urgency, with phrases such as “contact immediately.”

### STOP THE SCAM

DO NOT CLICK ON LINKS, call numbers, or press phone buttons during unanticipated calls. Look up the airlines or travel company’s correct contact information, often listed in your initial confirmation message (a Senior Center social worker or Tech Buddy may help you). Connect with the company directly using their known numbers and emails to verify schedule changes and determine next steps.

Want more tips on staying safe from Scams? Access a copy of “Protect Your Identity, Money & Information! How to Spot and Deal with SCAMS” at the Senior Center and online at:

<https://tinyurl.com/5427shfm>

## SPOTLIGHT

**“You can’t put a price on having a community.”**

**–Conor McDermott Welch, Recently-Promoted Social Work Clinical Supervisor**

*Miriam Rosalyn Diamond, Council on Aging Engagement Promoter*

The Council on Aging’s new Clinical Supervisor Conor McDermott Welch supervises the social workers, problem-solves with other town departments, and acts as “an advocate and voice about what we (at the Council on Aging) do.”



He grew up in Holliston, attended the University of San Francisco, and earned his MSW at Boston College. His mother is also a geriatric Social Worker. Conor was inspired by his grandparents, especially grandfather Joe, an “open, curious, and engaged...” math teacher who in retirement worked as a preschool custodian “invested in his community and the people around him.”

Conor joined the Brookline staff in 2018 as an intern. He returned in 2021, after graduating and working as a Springwell Case Manager. “I always knew I wanted to come back to the Brookline Senior Center...I learned how rare it is to have a Senior Center and Council on Aging like we have in Brookline... It produces a community that’s more connected and empowered.”

He has provided counseling, helped people secure household fuel financial assistance, and initiated the Sports Fan Forum group. “There have been friendships that formed (through the program)...it is a source of relationships and connection.”

Conor highlights key services available, including the Equipment Loan Fund. “We’re handing things (such as walkers and commodes) over to people and we know they will be used...(to) help people manage the stress of getting out of surgery” and other challenges. The Clutter Consultation program “has such a tremendous impact on the community” by increasing safety in homes and neighborhoods. Brookliners of all ages benefit through caregiver support.

McDermott Welch learned that “the needs of seniors...affect everybody—their friends, their family, their grandchildren, their neighbors.” He maintains that “there aren’t a lot of buildings you can walk into without paying money...and receive free social work services...people who are available, present and caring.” He envisions increasing staff to serve additional locals and encourages everyone to complete the UMass Needs Assessment Survey.

Conor asserts that “there really is no other place I’d rather work than here...it’s a real privilege...The preciousness of having a place where the community can come and gather...There’s nothing asked of you except to respect...and be considerate of other people...You can’t put a price on having a community.”

**For support or short-term counseling, call 617-730-2777 and ask for the Social Worker of the Day.**

# Beth Israel Lahey Health

## Beth Israel Deaconess Medical Center

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

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*How do home-delivered meals work?*

*I am juggling so much with caregiving – is there help for me?*

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ASSISTED LIVING & MEMORY SUPPORT  
165 Chestnut St, Brookline MA  
617.731.8500 | [GoddardHouse.org](http://GoddardHouse.org)



### COMING SOON!

We are relocating our rehabilitation gym to our 5th floor penthouse. The new gym will enhance the experience for rehab patients.

### 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.

## ABOUT SHERRILL HOUSE

Sherrill House is a not-for-profit skilled nursing and rehabilitation facility. We care for older adults who are rehabilitating from surgery or complex injuries, have Alzheimer's disease or other forms of dementia, or are unable to live independently and need skilled nursing care.

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*- L.Y., Family Member of Resident*



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For an annual fee of \$35, you can become part of our dedicated community of advocates. However, what truly makes a difference is your involvement. While your membership dues support our ongoing work, your active participation is even more valuable as we strive together to create a stronger, more inclusive Brookline.

To join see <https://www.brooklinecan.org/>

To get involved or any questions email: [membership@brooklinecan.org](mailto:membership@brooklinecan.org)

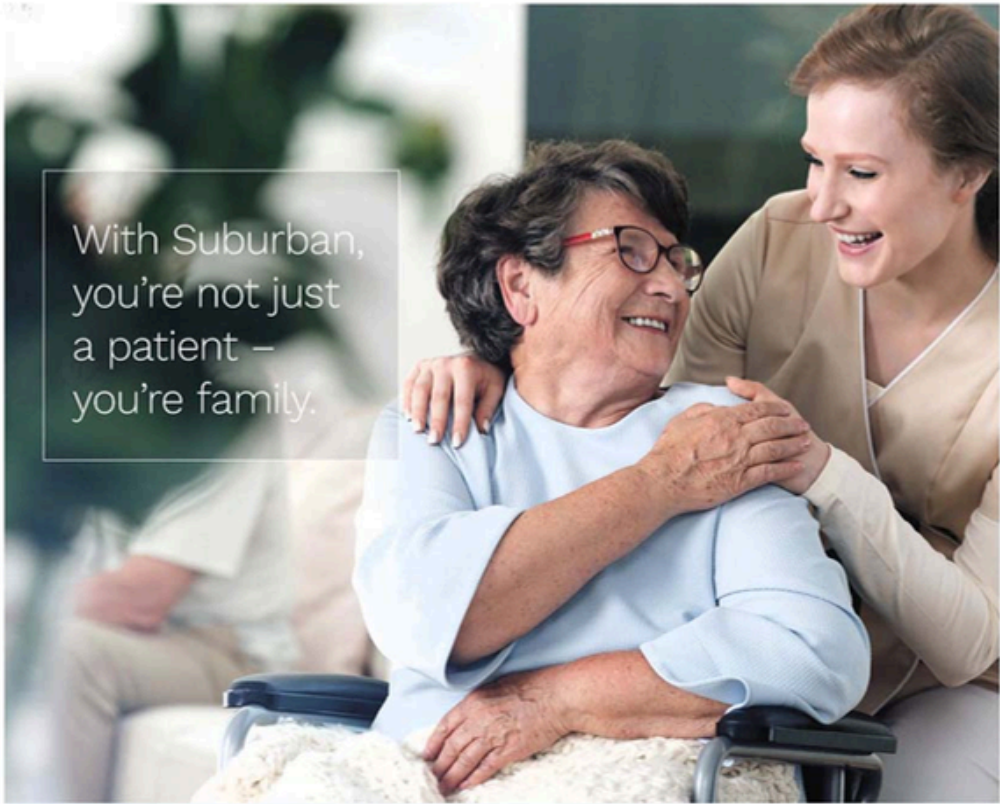


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