



THE PUBLIC LIBRARY
OF BROOKLINE



Coping with the Holidays during COVID-19

Welcome!

Zoom viewers, please mute
your microphone and turn
off your video.

We will begin shortly.



brookline
CAN

Welcome

- **Brita Zitin (she/her), MLIS**, Public Library of Brookline
- **Kate Jovin (she/her), LCSW**, Brookline Council on Aging (Brookline Senior Center)
- This program is being presented collaboratively by the **Public Library of Brookline**, The **Brookline Council on Aging**, **BrooklineCAN**, and the **Brookline Interactive Group**, with special guest **Dr. Swannie Jett, DrPH, MSc**, Brookline Director of Health and Human Services.

Audience Information

- This program is being broadcast LIVE by Brookline Interactive Group and recorded for future broadcast and streaming.
- Audience members must remain muted and keep their video turned off at all times.
Thank you for your cooperation.
- Audience questions may be submitted by the Zoom Chat function. Questions will be asked at the discretion of the moderators.

Celebrating in a Pandemic

- **Zoom Seders**
- **Electronic Eid**
- **High Holidays on the web**
- **Mid-Autumn Moon Cakes by Mail**
- **Socially-distanced Diwali**

Next up: Thanksgiving, Hanukkah, Winter Solstice, Christmas, Kwanzaa, New Year's Eve.

How do we cope?

How to Celebrate Safely

Dr. Swannie Jett, DrPH, MSc, Brookline Director of Health and Human Services shares guidance and best practices based on current science and public health policy.

Our Challenge

Creating a safe, healthy, and meaningful holiday season – while acknowledging that it won't be easy, and it won't be perfect.

Using creativity to forge loving connections while following state and local health guidelines.

Holiday Coping Every Year

- **Financial Strain**
- **Heightened emotions**
- **Memories of lost loved ones**
- **Pressure to be “perfect”**
- **Struggles with social isolation**

Many strategies that helped you cope in the past still can be helpful now!

Acknowledging Loss

- **Disruption of routine, disconnection from community.**
- **Grief and mourning in the time of COVID-19.**
- **COVID survivors – ongoing effects.**
- **Uncertainty: will I live to see the end of the pandemic? Will I ever get my pre-COVID life back?**

Our Resilient Community

- Brookline Community Aging Network (BCAN): www.brooklinecan.org
- Brookline Center for Community Mental Health: (617) 277-8107
- Brookline Food Pantry: (617) 800-5337
- Mutual Aid Brookline Hotline: (617) 651-1468
- Spiritual Communities
- Teachers and Schools

...and many more.

Library Resources

- Librarians available by phone 9-9 Mon-Thurs and 9-5 Fri and Sat: (617) 730-2370 x3
- Item pick-up - hours vary by location, please check brooklinelibrary.org/hours
- Home delivery of requested items via Mutual Aid Brookline: (617) 651-1468
- Remote programs, e.g. book groups: brooklinelibrary.org/events
- Ebooks and streaming media
- **NEW:** Chromebooks (laptops)

Council on Aging Supports

- **Services for all Brookline residents age 60 and older.**
- **Grab-and-Go lunches from Springwell Monday, Wednesday and Friday. Call 617-730-2747 to sign up.**
- **Many Senior Center social and educational groups are meeting remotely.**
- **COVID-safe fitness options.**
- **ABCD Fuel Assistance (Brookline residents of all ages)**
- **“Social Worker of the Day” available Monday-Friday to answer practical questions or provide emotional support.**
- **Leave a voicemail at (617) 730-2770 or (617) 730-2777 and receive a call back ASAP.**

Living with COVID-19 Panel

Susan Granoff

Rosaline Lowe

Bea Mikulecky

Fran Perler, PhD

Betsy Pollock

John Seay

Ruth Seidman

Audience Q & A

- **Please enter any questions you have in the Zoom Chat window.**
- **Please use language and subject matter appropriate for a general audience.**
- **Questions will be selected and asked at the discretion of the moderators.**

Watch this program again!

On Brookline Interactive Group Cable Channels:

- **Tuesday Nov. 24th at 2:30pm**
- **Wednesday Nov. 25th at 2:30pm**
- **Thanksgiving Day, Nov. 26th at 2:30pm**

On the [Public Library of Brookline YouTube Channel](#)

On the BIG YouTube Channel:

<https://www.youtube.com/c/brooklineinteractivegroup>

On the BrooklineCAN website:

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