



Pleasantries

Reading Senior Newsletter

www.readingma.gov/elder



June 2014

Elder / Human Services

16 Lowell St.
781-942-6608
Fax 781-942-9071
M, W, & Th. 7:30 - 5:30 p.m.
Tuesday 7:30 - 7:00 p.m.

Pleasant Street Center

49 Pleasant St.
781-942-6794
Fax 781-942-9034
Mon.- Fri. 8:30 - 4:00 p.m.

Elder/Human Administrator

Jane Burns
781-942-6658

Clerk

Ann Gentile
781-942-6608

Nurse Advocate

Dianne Luther, RN
781-608-5271

Pleasant Street Center

Coordinator
Sharon Thomas
781-942-6796

Social Services

Kerry Valle 781-942-6659
Melissa Koster 781-942-6680

Van Driver

Joe Beninati

Council on Aging

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The students of the Wood End Elementary School recently held a fundraiser for the Leukemia & Lymphoma Society, Pennies for Patients Campaign. They raised over \$3,400.00. Because of their efforts the school received a luncheon from the Olive Garden Restaurant. The students have generously donated this event to Reading seniors to enjoy. This complimentary lunch will be held at the **Pleasant Street Center on June 4 @ noon**. Members of the Student Council from Wood End will be hosting the event along with centerpieces created by students. Due to the anticipated popularity of this delicious luncheon, we will be holding a drawing for the lucky 35 seniors. To sign-up for this event, please contact the Receptionist at (781) 942-6794. You will be notified on May 28 if your name was selected.

SPECIAL EVENTS



There is **NO** van service on Monday, June 2 (1st Mon. in June)

- Chair Yoga**, Tuesdays, 1:00—2:00
- Lunch n' Learn**, Reading Fire Dept. Tuesday, June 3, 12:00
- Wood End School Olive Garden Luncheon**, Weds. June 4, 12:00 (see above)
- Antique Appraiser, Empty Attic Antiques**, Thursday, June 5, 10: 15
- Movie Day**, Thursday, June 5, 1:00 *Nebraska*
- Legal Checkup**, Tuesday, June 10, 10:15
- Lunch n' Learn, Medicare's Observation vs Admission Status**, Tuesday, June 10,
- LSVT, "Keep Your Movement and Voice Alive"!!** Thursday, June 12, 10:15
- Father's Day Special Lunch**, Thursday, June 12, 12:00 – "The Young at Heart Show"
- Debunking the Myths of Hospice**, Tuesday, June 17, 10:15
- Lunch/Beach Party Sing-a-along**, Thursday, June 19, 12:00
- Get the Scoop on Summer Reading**, Thursday, June 19, 1:00 pm (see page 7)
- Birthday Lunch - Monday, June 23, Noon**
- "Caring for Your Painful Thumb"**, Tuesday, June 24, 10:15
- Tdap Clinic - Tuesday, June 24, 3:00 - 5:00 pm**
- Menopause the Musical**, Tuesday, June 24, 2:00 @ The Stoneham Theatre
- Movie Day—Thursday, June 26, 1:00 *Philomena***

IMPORTANT SYMBOLS



Registration Required
781-942-6794



Free Transportation
781-942-6794

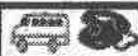
Reservations start Thursday, May 22.
Please call by noon at least **two** days before the event. Cancellations after 4:00 p.m. - leave a message.

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MONTHLY ACTIVITIES



Fix It:- Leave the lamp at the reception desk any day. You only pay for parts.

Chair Yoga, Tues., 1:00—2:00 - 4 weeks/\$32

Lunch n' Learn, Tues., June 3, Lunch 12:00 and Learn 12:30. Lt. Mark Dwyer of the Reading Fire Department will discuss **fire prevention strategies** and offer fall safety tips. Learn about smoke detectors and carbon monoxide safety. Enjoy a team trivia game. A special dessert will follow.

Antique Appraiser, Thurs., June 5, 10:15 – 11:15 - Henry Jensen, Empty Attic Antiques, will be appraising antiques. Henry was an urban archeologist and was an American History teacher. Henry works full time as an appraiser and does a televised Antiques Roadshow Program. The first 15 – 20 that sign up can bring one item for Henry to appraise at this event and be given a verbal estimate of value.

Movie Day, Thurs., June 5, 1:00 pm, **Nebraska** When a cantankerous old boozier thinks he's won a magazine sweepstakes prize, his son reluctantly takes a road trip with him to claim the fortune. As they drive from Montana to Nebraska, they visit friends and relatives to whom the dad owes money.

Legal Checkup, Tues., June 10, 10:15 – Whether you have \$50 in your bank account or \$5 million, you have an estate and you need an estate plan. Learn what documents you need to protect you and your loved ones in case you become incapacitated. Also, to insure that assets pass according to your wishes and to reduce or possibly eliminate your estates taxes. Attorney Claire Constantine from the Massachusetts Bar Association.

Lunch n' Learn Tues., June 10 - lunch at 12:00, learn at 12:30 - **Medicare's Observation vs Admission Status** Are you a Hospital Inpatient or Outpatient? If you have Medicare, you need to ASK! Your status affects how much you pay for hospital services.

LSVT BIG & LOUD "Keep Your Movement and Voice Alive"! Thurs., June 12 10:15. People living with Parkinson's Disease struggle with speech and mobility problems. Being proactive in therapy early in the diagnosis will improve confidence and quality of life. Learn about these specialized programs, covered by most insurances, from the rehab staff at the VNA of Middlesex East.

Father's Day Special Lunch, Thurs., June 12, 12:00 with entertainer Brad Ryan – "The Young at Heart Show"

SH.I.N.E. Counseling – (Serving Health Insurance Needs of Elders) Meeting in the Computer Room Monday, June 16 and Friday, June 27, 10:00 - 3:00 . Call for an appointment 781-942-6794.

Debunking the Myths of Hospice, Tues., June 17 10:15 **Specialty Care with Advanced Illness,** Dispel misconceptions about hospice and palliative care. Learn about the compassion, support and medical care that's available to someone and their loved ones if dealing with any terminal illness. These specialty programs can make a difference in quality of life if ever needed. Mary Crowe - Care Dimensions Hospice

Lunch/Beach Party Sing-a-long , Thurs., June 19, 12:00 with entertainment, by the Senior Tones. Wear your sandals, beach hat and your summer outfit. Summer treats and prizes.

Birthday Lunch: Mon., June 23, Noon Your lunch is free. If it is not your birthday month suggested donation for lunch is \$2.00.

"Caring for Your Painful Thumb", Tues., June 24 10:15 What is CMC joint arthritis? Learn what arthritis is, how it affects the joints and how one can continue to function safely with the minimal amount of pain. Speaker - Lara Pitwood, OT, Certified Hand Therapist.

Tdap Clinic , Tues., June 24, 3:00 - 5:00 pm Sign-up in advance for this important vaccine that prevents whooping cough. Free for Reading Seniors

Menopause the Musical, Tues., June 24, 2:00 @ The Stoneham Theatre . Tickets are \$35 checks made payable to the Stoneham Theatre are due to the Receptionist by June 16.

Movie Day, Thurs., June 26, 1:00 - **Philomena** 2013 PG-13, Floundering BBC journalist Martin Sixsmith and aging Irishwoman Philomena Lee form an unlikely bond when they pair up to find the son Philomena was forced to give up for adoption 50 years ago.

Lunch is Served: Noon. Join us every weekday (except holidays) for a good meal, conversation, and occasional entertainment. Sponsored by Mystic Valley Elder Services. Suggested donation of \$2.00 (under age 60, \$3.50). **Must register in advance.**

CLASSES, CRAFTS & GAMES

Art Lessons with Steve Greco: Tuesdays, 9:30 - 12:00
2 ½ hours for \$10.00. Steve will teach any medium 

Klickity Klack (Knitting Group): Wednesdays, 9:30 - 11:00 Arts & Crafts Rm . New knitters welcome. 

Painting Group: Fridays, 10:00 - 12:30 (No Van)

Computer Classes: Learn to use email, send pictures, use the internet. We have WIFI so bring your own laptop if you want.

Dick & John -Return in September

Sophia - Wednesdays @ 2:30

Ethan - Thursdays with Ethan @ 1:00

Cribbage: Mondays, 1:00 - 3:00

Billiards: (No van) Wednesdays, 10:00 - 11:15

Pool table is available Monday - Friday

Chess: Fridays, 1:00 - 3:00 (No van).

Bingo: Tuesdays and Thursdays, 1:00 - 2:30 - No Bingo on June 5 & 26.

Party Bridge: Fridays, 12:45 - 3:15 \$1.00 to play, New Players Welcome! (No Van)

MAH JONGG: Thursdays, 12:30 - 3:30

Quilting: will resume in September

FITNESS

Motion to Music - Tuesdays & Thursdays, 9:00 - 10:00. \$20/month; NOTE: \$15/month - any 5 classes during the calendar month. Drop-ins \$4/session.

B.E.S.T. - Balance, Energy, Strength, Training
Fridays, 9:00 - 10:00 Lounge. Drop-in \$3/Session.

Yoga - Mondays - 11:00 - 12:00, 5 weeks for \$50 or drop-in \$11/Session. Increase your strength, flexibility and balance.

Zumba Gold with Kelli - Mondays & Wednesdays 9:15 - 10:15 - Drop-in \$5/session. Zumba is fun...

Tai Chi - "FOREVER 49" - Tai Chi, Chi Gong, Mondays & Wednesdays 1:30 - 2:30 \$40/Month, Drop-in \$10/Session class

Brain Yoga: Tuesdays, June 3 - June 24, 10:15 - Come join us Learn fun exercises that stimulate the brain. \$5 drop in.

Pleasant Street Spa

Roberta Our Hairdresser—Monday, June 2, 9:30 - 1:00 by appointment call (781) 245-6605 

For facials, manicures, chair massage please call the Pleasant Street Center (No Van Service)

Facials - Thursday, June 5 & 19, 9:00 - 11:00 Choose 15 min./ \$5 or 30 min. /\$10.

Chair Massage - Thursday, June 5 & 19, 9:00 - 11:45, Receive a 13 minute chair massage for only \$8.

Manicures - Thursday, June 12 & 26, 9:30 - 1:00, \$6.00 or \$7.00 French.

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>9:15 Zumba 9:30 Hairdresser 11:00 Yoga 12:00 Lunch 1:00 Cribbage 1:30 Forever 49 Tai Chi 6:30 COA</p> <p>Chicken marsala or Tuna salad sandwich</p>	<p>3</p> <p>8:30 Burbank YMCA 9:00 Motion to Music 9:30 Art Lessons 10:00 Healthy Eating 11:00 Brain Yoga 12:00 Lunch n' learn 1:15 Bingo 1:00 Chair Yoga</p> <p>Macaroni and cheese or Roast beef with American cheese sandwich</p>	<p>4</p> <p>8:45 Neighborhood Shopping 9:15 Zumba 9:30 Klickity Klack 10:00 Billiards 12:00 Lunch 1:30 Forever 49 - Tai Chi 1:30 Neighborhood Shopping 2:30 Computers with Sophia</p> <p>Swedish meatballs or Chicken salad sandwich</p>	<p>5</p> <p>8:30 Burbank YMCA 8:45 CG Shopping 9:00 Motion to Music 9:00 Facial/ 9:00 Chair Massage 10:15 Antique Appraiser 12:00 Lunch 12:30 MAH JONGG 1:00 Movie 1:00 Computers w/Ethan</p> <p>Florentine fish or Mediterranean tortellini salad</p>	<p>6</p> <p>8:45 FTD Shopping 9:00 BEST 10:00 Painting 12:00 Lunch 12:45 Party Bridge 1:00 Chess 1:00 AA</p> <p>Broccoli mushroom quiche or Turkey sandwich</p>
<p>9</p> <p>9:00 Wal-Mart 9:15 Zumba 11:00 Yoga 12:00 Podiatry 12:00 Lunch 1:00 Woburn Mall, Target, Kohl's 1:00 Cribbage 1:30 Forever 49 - Tai Chi</p> <p>Hamburger or Egg salad sandwich</p>	<p>10</p> <p>8:30 Burbank YMCA 9:00 Motion to Music 9:30 Art Lessons 10:15 Legal Checkup 11:00 Brain Yoga 12:00 Lunch n' Learn 1:15 Bingo 1:00 Chair Yoga</p> <p>Sweet potato fish or Chicken Caesar Salad</p>	<p>11</p> <p>8:45 Neighborhood Shopping 9:15 Zumba 9:30 Klickity Klack 10:00 Billiards 10:00 Low Vision Group 12:00 Lunch 1:30 Forever 49 - Tai Chi 1:30 Parkinson Support 1:30 Neighborhood Shopping 2:30 Computers with Sophia</p> <p>Stuffed shells or Roast beef and Swiss cheese sandwich</p>	<p>12</p> <p>8:30 Burbank YMCA 8:45 CG Shopping 9:00 Motion to Music 9:30 Manicures 10:15 LSVT 12:00 Father's Day Special Lunch 12:30 MAH JONGG 1:00 Computers 1:30 BINGO</p> <p>Italian pot roast or Turkey and Swiss cheese sandwich</p>	<p>13</p> <p>8:45 FTD Shopping 9:00 BEST 10:00 Painting 12:00 Lunch 10:15 Blood Pressure 12:45 Party Bridge 1:00 AA 1:00 Chess</p> <p>Lemon dijon chicken or Seafood salad sandwich</p>
<p>16</p> <p>9:00 Downtown, Calareso, Library 9:15 Zumba 10:00 SHINE 11:00 Yoga 12:00 Lunch 1:00 Cribbage 1:00 Redstone 1:30 Forever 49 Tai Chi/ 6:30 COA</p> <p>Hot dog or Chicken salad sandwich</p>	<p>17</p> <p>8:30 Burbank YMCA 9:00 Motion to Music 9:30 Art Lessons 10:15 Debunking Hospice 11:00 Brain Yoga 12:00 Lunch 1:00 Bingo 1:00 Chair Yoga</p> <p>Chicken paprika or Roast beef and cheddar cheese sandwich</p>	<p>18</p> <p>8:45 Neighborhood Shopping 9:15 Zumba 9:30 Klickity Klack 10:00 Billiards 12:00 Lunch 1:30 Forever 49 - Tai Chi 1:30 Neighborhood Shopping 2:30 Computers with Sophia</p> <p>Tortellini or Egg salad sandwich</p>	<p>19</p> <p>8:30 Burbank YMCA 8:45 CG Shopping 9:00 Motion to Music 9:00 Facials 9:00 Chair Massage 12:00 Lunch/Beach Party Sing Along 12:30 MAH JONGG 1:00 Get the Scoop 1:00 Computers with Ethan 1:30 BINGO</p> <p>Lentil stew or BBQ chicken sandwich</p>	<p>20</p> <p>8:45 FTD Shopping 9:00 BEST 10:00 Painting 12:00 Lunch 12:45 Party Bridge 1:00 AA 1:00 Chess 2:30 pm Senator Lewis</p> <p>Salmon boat or Turkey and Provolone cheese sandwich</p>
<p>23</p> <p>9:00 Woburn Mall, Target, Kohl's 9:15 Zumba 11:00 Yoga 12:00 Birthday Lunch 1:00 Cribbage 1:00 Walmart 1:30 Forever 49 - Tai Chi</p> <p>Veggie burger or Ham and cheddar cheese sandwich</p>	<p>24</p> <p>8:30 Burbank YMCA 9:00 Motion to Music 9:30 Art Lessons 10:15 Thumb Care 11:00 Brain Yoga 12:00 Lunch 1:00 Bingo 1:00 Chair Yoga 3:00 Tdap Clinic</p> <p>Teriyaki chicken or Tuna salad sandwich</p>	<p>25</p> <p>8:45 Neighborhood Shopping 9:15 Zumba 9:30 Klickity Klack 10:00 Billiards 12:00 Lunch 1:30 Forever 49 - Tai Chi 1:30 Neighborhood Shopping 2:30 Computers with Sophia</p> <p>Beef burgundy or Breaded chicken patty</p>	<p>26</p> <p>8:30 Burbank YMCA 8:45 CG Shopping 9:00 Motion to Music 9:30 Manicures 11:00 Blood Pressure 12:00 Lunch 12:30 MAH JONGG 1:00 Movie 1:00 Computers w/Ethan</p> <p>Fish sticks or Turkey and Provolone cheese sandwich</p>	<p>27</p> <p>8:45 FTD Shopping 9:00 BEST 10:00 Painting 10:00 SHINE 12:00 Lunch 12:45 Party Bridge 1:00 AA 1:00 Chess</p> <p>Lasagna with a meatball or Egg salad sandwich</p>
<p>30</p> <p>9:00 Downtown, Calareso, Library 9:15 Zumba 11:00 Yoga 12:00 Lunch 1:00 Cribbage 1:00 Redstone 1:30 Forever 49 Tai Chi</p> <p>American chop suey or Turkey and Swiss cheese sandwich</p>			<p>These are destination arrival times. Please be ready 30 minutes - 1 hour prior to the time listed.</p>	<p>ABBREVIATIONS CG = Cedar Glen FTD = Frank Tanner Drive</p> <p>EVERYTHING IN BOLD TRANSPORTATION IS AVAILABLE</p>

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On the Go!

Van transportation is a free service to Reading seniors and disabled residents. Our goal is to provide safe, efficient and friendly service. Reservations should be made 24 hours in advance by calling the Receptionist at the Pleasant Street Center (781) 942-6794.

The times listed below are expected time of arrival at the destination. Please be ready 45 minutes prior to the time stated (for example if the shopping time is 9:30 you should be ready by 8:45).

Woburn Mall, Target or Kohl's for everyone
Monday, June 9 ~ 1:00 – 2:30 & June 23 ~ 9:00 – 10:30

Wal-Mart for everyone

Monday, June 9 ~ 9:00 – 10:30 & June 23 ~ 1:00 – 2:30

Downtown Errands, Calareso's or Library for everyone

Monday, June 16 & June 30 ~ 9:00 – 10:15

Redstone Shopping Center for everyone

Monday, June 16 & June 30 ~ 1:00 – 2:30

Burbank YMCA for everyone ~All Tuesdays and Thursdays from 8:30 – 10:30

There is no van service on June 2

GROCERY SHOPPING -

Stop 'n Shop or Market Basket:

Neighborhood Shopping Wednesdays ~ 8:45 – 10:00. & 1:30 – 2:45

Cedar Glen Shopping Thursdays ~ 8:45 – 10:00

Tannerville Shopping Fridays ~ 8:45 – 10:00.

Rules of the road...

- All riders must meet the *Standards of Independence for participation at the Pleasant Street Center.*
- Seatbelts are required until the van comes to a complete stop.
- 4 bags per rider.
- Please be on time for all pickups!
- Be sure to cancel if you have a change of plans.
- Please refrain from the use of colognes and perfumes when riding on the van. It has been known to cause an allergic reaction for some passengers. Thank you for your cooperation.

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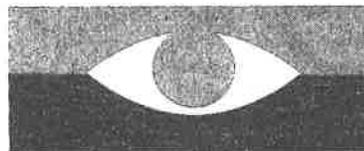


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Medicare and Mental Health Benefits

January 2014, Original Medicare increased its payment for **most outpatient mental health services** to the same 80% level as other Medicare Part B services: you or your supplemental insurance must pay the remaining 20 percent coinsurance.

Medicare Advantage plans must cover the same services as Original Medicare, but your plan will likely require an in-network mental health care provider. If you have a Medicare Advantage plan, contact your plan to find out about your copayments.

You can receive mental health services in an outpatient hospital program, at a doctor's or therapist's office or a clinic. Medicare will help pay for outpatient mental health services from general and nurse practitioners, physicians' assistants, psychiatrists, clinical psychologists, clinical social workers or clinical nurse specialists, as long as they are Medicare providers. *Ask your provider if they take Medicare before you begin receiving services!*

Medicare covers yearly screenings to detect depression. (Part D) Medicare prescription drug plans must cover nearly all antidepressant, anti-psychotic, and anticonvulsant prescription drugs used to treat mental health conditions.

Original Medicare and Medicare Advantage plans continue to provide coverage for inpatient mental health services.

To better understand and access Medicare benefits, ask for a free, confidential SHINE appointment to discuss Medicare health insurance. You can also reach a SHINE counselor at 1-800-AGE-INFO (1-800-243-4636), **then press or say 3**. Once you get the SHINE answering machine, leave your name and number. A trained volunteer counselor will call you back as soon as possible.

LIBRARY HAPPENINGS

Summer Sizzlers Friday, June 6, 7:00 pm

Looking for the perfect book to entertain, enlighten, engage or escape with this summer? Get book reviews from library staff.

Get the Scoop Thursday, June 19, 1:00 pm Join your favorite literary librarians at the Pleasant Street Center as they dish out hot summer reads and cool ice cream scoops.

SENIOR GROUPS

The Not Too Stuffy Book Group is on summer vacation.

Low Vision Group, Wednesday, June 11, 10:00 Speaker Bob McGillivray from the Carroll Center for the Blind.

Parkinson's Disease Support Group, Wednesday, June 11, 1:30—3:00 Led by Joan Karpinski MSW, with Greater Medford VNA

HEALTH SCREENINGS

Podiatry Clinic, Mon. – June 9 Call (781) 438-2525 to schedule an appointment. Cost \$30

Blood Pressure Check at Pleasant Street Center, Friday, June 13
10:15 - 10:45 *Sponsored by Wal-greens*

Blood Pressure – 4th – Thursday of every month – (June 26) 11:00 – 12:00
Town nurse

QUESTIONS/CONCERNS?

Board of Selectmen Office Hours:
Tuesday, June 10, 6:30 - 7:00 - Town Hall Conference Room

COA Meeting: Monday, June 9, 6:30, Pleasant Street Center

Senator Jason Lewis Office Hours:
Fri, June 20, 2:30 - 3:30 pm Pleasant Street Center.

Congressman John F. Tierney:
Medicare and Social Security, Guidance with Home Mortgage Issues, Senior Identity Scams and tips on How to protect yourself. Assistance to Veterans and their families including help with benefit claims. Consumer Protection Services
Peabody: 978-531-1669,
Lynn: 781-595-7375,
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For information relating to legislative issues affecting seniors, please call Sally Hoyt, Senate President, (781) 944-1191.

Bingo Winners

April winners – Bill Sullivan, Cheryl Burrows, Ruth Dobbins, Anna Pieri, Romana Pieri, Florence Chuisa, Anna Pieri, Barbara Mullen, Carol Holland and Cheryl Burrows.

BASEBALL CRYPTOGRAM PUZZLE

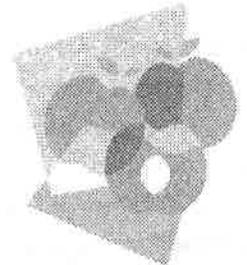
Cryptogram puzzles are sentences or paragraphs that are encrypted with a letter substitution. In this case each cryptogram puzzle is related to facts about baseball. Each puzzle uses different letter substitutions. An example of a letter substitution encryption may be: The word CARD could be encoded to XPQM if C=X, A=P, R=Q, D=M. Find the right letter substitutes to solve these printable cryptogram puzzles.

QDALQDMM LNCMNLG YHCZ LDHMKLH QDB DUG
 QDMM VDZLA QLKUV TMDWLG KU LUVMDUG.
 DU LDHMW NLHAKCU CY QDALQDMM RDA
 QLKUV TMDWLG KU LUVMDUG KU BEL ZKG-
 LKVEBLUBE ILUBXHW. BEL VDZL IDZL BC
 DZLHKID RKBE QHKBAE DUG KHKAE
 KZZKVHDUBA. BELU BEL ZCGLHU NLHAKCU CY
 BEL VDZL QLVDU BC GLNLMCT.

PEACH CRISP DELIGHT

2 Cans (15 oz. each) sliced peaches, drained
 2 cups Rice Chex, crushed
 1/3 cup packed brown sugar
 1/4 cup all-purpose flour
 3 tbsp. cold butter
 Whipped topping or ice cream, optional

Place peaches in a greased 8" square baking dish. In a small bowl, combine the cereal, brown sugar and flour; cut in butter until mixture resembles coarse crumbs. Sprinkle over peaches. Bake, uncovered, at 375 degrees for 15–20 minutes or until topping is golden brown. Serve warm.
 Yield: 6 servings.



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DID YOU KNOW:

You can obtain a copy of the *Pleasantries* at several locations around town or via email at www.readingma.gov. If you would like to be removed from the mailing list and/or sign up to receive it via email, please call Ann at 781-942-6608.

Reading Response Tdap Clinic

Centers for Disease Control (CDC), and the Advisory Committee on Immunization Practices (ACIP) develops vaccine recommendations for children and adults.

The Advisory Committee on Immunization Practices (ACIP), recommends adults aged 65 and older be vaccinated against Pertussis (whooping cough), vaccination with a dose of tetanus toxoid, reduced diphtheria toxoid, and acellular pertussis vaccine (better known as Tdap).

Pertussis is underdiagnosed and underreported substantially in all age groups.

ACIP supported the conclusion that the actual burden of pertussis in adults aged 65 years and older likely is at least 100 times greater than that reported.

Adults 65+ may have chronic respiratory/pulmonary issues and when they present to the doctor with cough symptoms, it may be assumed that it is an exacerbation/relapse of their condition. They usually don't have the characteristic "whoop" or other typical symptoms associated with the disease.

Pertussis is spread via droplets from coughing and is highly contagious.

The full ACIP recommendation for the use of Tdap in adults aged 65 and older can be found at <http://www.cdc.gov/mmwr/preview/mmwrhtml/mm6125a4.htm>

If you have not been vaccinated sign-up for this free clinic* in advance by calling (781) 942-6794

**June 24, 2014
3:00 – 5:00 pm
Pleasant Street Center
49 Pleasant Street**

**Reading residents only*



Set sail with Elder Services... Tuesday, July 29, 2014

All aboard the *Spirit of Boston* luncheon cruise. Trip includes transportation, cruise, luncheon buffet, entertainment and dancing
\$74.00 per person

For more information or to make a reservation contact
Sharon Thomas at (781) 942-6796



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