



# Pleasantries

## Reading Senior Newsletter

www.readingma.gov

June 2015

### Pleasant Street Center

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

### Coordinator/ Sharon Thomas

781-942-6796

### Outreach, Kerry Valle

781-942-6659

### Elder / Human Services

16 Lowell St.  
781-942-6608

M, W, & Th. 7:30 - 5:30 p.m.

Tuesday 7:30 - 7:00 p.m.

### Elder/Human Administrator

Jane Burns - 781-942-6658

### Clerk, Ann Gentile -

781-942-6608

Melissa Koster, LSW

781-942-6680

**June 4th, 10:00 am - 2:00 pm Tour/Lunch at the State House, Boston - Sponsored by Senator Lewis, Rep. Jones & Rep. Dwyer.**

Due to the popularity of this trip, consideration will be given to those who did not attend in 2012. This trip is on a school bus and involves a lot of walking. To attend you need to be able to access the bus unassisted and climb stairs. Sign-up starting May 26th for seniors that did not go in 2012, then open to all on May 28th @ (781) 942-6658. Leave your name & phone number and you will receive a call back confirming your reservation. Free. Open to Reading

### Let's talk about Reading!!

(Lunch n' Learn)

Monday, June 8, 12:00 pm

Join Jesse Wilson, Community Development Director, as she talks about our future

- Learn about retail, office, residential and mixed use potential in Reading
- Overview of 4 Priority Development Areas

Lunch is a choice of: Roasted turkey served with whipped sweet potatoes or tuna salad sandwich. **Special Dessert!** Reservations 24 hours in advance (781) 942-6794.

### DIABETIC BRACE/SHOE CLINIC

**Adults with Medicare: Back, Knee, Wrist and Ankle Braces and Diabetic shoes!** Monday June 15, 1:30pm If Medicare is your Primary Insurance, you may be eligible to receive a back, knee, wrist and ankle brace. If you are diabetic, you can receive a pair of diabetic shoes every year at little or no cost! For more information and to sign up for your 10 minute fitting contact the Coordinator at 781-942-6796.

#### IMPORTANT SYMBOLS

Registration Required 

Free Transportation 

781-942-6794

**Reservations start Tues. May 26**

Please call by noon at least two days before the event.



### SUMMER DINNER SPECIAL

*Join the Council on Aging for a welcome summer Chinese Dinner*

Thursday, June 25

5:00 pm

(doors open at 4:30 pm) 

Reservations required by calling (781) 942-6794

Space is limited and for Reading residents.

The dinner is funded by the Council on Aging through the Patrons for Older Adults Trust Fund.





## FUN FOR ALL

## Movie Days:



**Thursday, June 11, 1:00 "The Judge"**

Big city lawyer Hank Palmer returns to his childhood home where his father, the town's judge, is suspected of murder. Hank sets out to discover the truth and, along the way, reconnects with his estranged family.



**Thursday, June 25, 1:00 - Enough Said**

Julia Louis-Dreyfus and James Gandolfini star in this comedy about a divorced woman venturing into a relationship with a sweet man but things get tricky when she discovers the man she's dating is the hated ex-husband of her new best friend.

**Birthday Lunch:** Mon., June 15 - 12:00, Come celebrate your birthday – if it is the month of your birthday you will receive a free gift and lunch is free. Complimentary cake & ice cream for all! Bring your friends to celebrate with you – suggested donation for lunch if not your birthday month is \$2.00

**Lunch is Served:** Noon. Sponsored by Mystic Valley Elder Services. Suggested donation of \$2.00 (under age 60, \$3.50). Reservations required - **RESERVE THE DAY BEFORE BY NOON**

## PLEASANT STREET SPA

**Roberta Our Hairdresser**—Monday, June 8 - 9:30 – 1:00 by appointment call (781) 245-6605

**Reiki Treatments:** Thursday, June 18 (3<sup>rd</sup> Thursday of month) - 9:30-11:45. Please call 781-942-6794 for an appointment. The fee for ½ hour treatment is \$15. Reiki facilitates healing, promotes mindfulness, supports personal growth and complements any form of medical treatment.

**For manicures & chair massage please call the Pleasant Street Center (No Van Service)**

**Chair Massage** - Thursdays, June 4, 18 & 25 - 9:00 - 11:45, Receive a 15 minute chair massage for only \$8.

**Manicures** - Thursday, June 4 & 18  
9:30 – 1:00, \$6.00 or \$7.00 for French



## GET YOUR GAME ON!

**Games on the Big Screen, Thurs., June 18 - 1:30- 2:30 Wii**

Games are fun/easy video games – \$10,000 Pyramid, Who wants to be a Millionaire, Wheel of Fortune, bowling. Attendees select the game to play. Refreshments provided.



**Cribbage:** Mondays, 1:00 - 3:00

**Bingo:** Tuesdays 1:00 – 2:30

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

*Pool table is available Monday - Friday*

**Mah Jongg:** Thursdays, 12:30 - 3:30

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

**Party Bridge:** Fridays, 12:45 - 3:15 \$1.00 to play, Maximum 32, (No Van).

## HAPPY FATHER'S DAY



## Father's Day Special Lunch

Thursday, June 18, 12:00 pm

Entertainer, Tommy Smith



Clam chowder. Beef burgundy served with baked potato, sour cream and broccoli.  
Angel food cake, strawberries.

## CLASSES, CRAFTS



**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 New knitters & crocheters welcome.

**Computer Classes:** Learn to use email, send pictures, use the internet. Bring your own laptop if you want.

**Wednesdays, 10:00 -11:00**

**Tuesdays/Thursdays 1:00 - 2:00**

## FITNESS FOR ALL

**Mondays:**

- **Yoga**— 11:00 -12:00 , 5 weeks for \$50 or \$11 for drop-in
- **Zumba Gold:** Kelli on Mon 9:15 - 10:15 Drop-in \$5
- **FOREVER 49" -Tai Chi, Chi Gong**, weight lifting, and more. 1:30 - 2:30 \$40/month or \$10/Session Drop-ins welcome. **FIRST CLASS FREE** June 1 - come try this class and see how to stay fit for life.

**Tuesdays:**

- **Motion to Music** - 9:00 - 10:00. \$20/month; \$15/month - any 5 classes during the calendar month. Drop-ins \$4
- **Body & Brain Flexibility:** Tuesdays -- June 2 - July 21
- 10:30 – 11:30. Come join us for **Body & Brain Flexibility**, learn skills to enhance memory and coordination and have fun! Our classes are gentle and effective, designed for people of all abilities and especially for those new to yoga. 8 weeks - \$35 or \$5 drop-in

**Wednesdays:**

- **Zumba Gold:** Veronica on Wed - 9:30 - 10:30 - Drop-in \$5
- **FOREVER 49" -Tai Chi, Chi Gong**, weight lifting, and more. Mondays & Wednesdays 1:30 - 2:30 \$40 for the month or \$10 for Drop-ins.

**Thursdays:**

- **Motion to Music** - 9:00 - 10:00. \$20/month; \$15/month - any 5 classes during the calendar month. Drop-ins \$4

**Fridays:**

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

## HEALTH SCREENINGS

**Podiatry Clinic**, Wed., June 17 1:30 – 4:30 Call (617) 629-2806 for an appointment with Dr. Carl Conui. Please say this is an appointment at the **Pleasant Street Center**. Insurance is accepted with certain health diagnosis or the visit will be \$40.00, payable at time of service. If an insurance referral is needed, one needs to be on file before day of the visit, or there will be a \$40.00 for that visit.

**Blood Pressure:**

Monday – June 1, 11:30 – 12:15 Sponsored by Hallmark Health

Tuesday – June 16, 10:15- 10:45 Sponsored by Rite-Aid

## ASSISTANCE WITH A



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

**SHINE (Serving Health Insurance Needs of Elders):**

Friday, June 19, 10:00 - 2:00. Call for an appt. 781-942-6794

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HAMPTON, NH 03842

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FITNESS



Seniors may be eligible for a full membership at no additional cost through your Silver Sneakers program!

## Snap Fitness

484-334-2262

46 Haven St. Reading, MA  
www.snapfitness.com/reading

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>9:15 Zumba 11:00 Yoga 11:30 Blood Pressure 1:00 Cribbage 1:30 Forever 49 - Tai Chi</p> <p>Chicken lo mein or Seafood salad Sandwich</p>	<p>2</p> <p>8:30 Burbank YMCA 9:00 Motion to Music 9:30 Art Lessons 10:30 Body &amp; Brain Flexibility: 12:00 Lunch 1:00 Bingo 1:00 Computers w/Ethan 6:00 Caregiver Support</p> <p>Meatloaf or Turkey Sandwich</p>	<p>3</p> <p>8:45 Neighborhood Grocery Shopping 9:30 Zumba 9:30 Kickity Klack 10:00 Computers 10:00 Billiards 12:00 Lunch 1:00 Downtown/Groceries/Library Forever 49 - Tai Chi</p> <p>Hot Dog or Egg Salad</p>	<p>4</p> <p>8:30 Burbank YMCA 8:45 CG Grocery Shopping 9:00 Motion to Music/ Chair Massage 9:30 Manicure 12:00 Lunch 12:30 MAH JONGG 1:00 Walmart 1:00 Computers w/Ethan</p> <p>Fiesta Fish or Roast Beef/ Cheese Sandwich</p>	<p>5</p> <p>8:45 FTD Grocery Shopping 9:00 BEST 12:00 Lunch 12:45 Party Bridge 1:00 AA 1:00 Chess 1:15 Representative Jones</p> <p>Lentil Stew or Chicken Salad Sandwich</p>
<p>8</p> <p>9:00 Downtown/ Groceries/Library 9:15 Zumba 9:30 Hairdresser 11:00 Yoga 12:00 Lunch &amp; Learn - Econ. Dev. 1:00 Walmart 1:00 Cribbage 1:30 Forever 49- TaiChi 6:30 COA</p> <p>Roasted Turkey or Tuna Salad Sandwich</p>	<p>9</p> <p>8:30 Burbank YMCA 9:00 Motion to Music 9:30 Art Lessons 10:30 Body &amp; Brain Flexibility: 12:00 Lunch 1:00 Bingo 1:00 Computers w/Ethan Fish Florentine or Chicken pesto salad</p>	<p>10</p> <p>8:45 Neighborhood Grocery Shopping 9:30 Zumba 9:30 Kickity Klack 10:00 Low Vision 10:00 Computers 10:00 Billiards 12:00 Lunch 1:00 Downtown/Groceries/Library 1:30 Parkinson Support 1:30 Forever 49 - Tai Chi Lemon Dijon chicken or Seafood Salad Sandwich</p>	<p>11</p> <p>8:30 Burbank YMCA 8:45 CG Groceries 9:00 Motion to Music 12:00 Lunch 12:30 MAH JONGG Woburn Mall, Target, Kohl's 1:00 Movie 1:00 Computers w/Ethan</p> <p>Italian Pot roast or Turkey/ Swiss Cheese Sandwich</p>	<p>12</p> <p>8:45 FTD Grocery Shopping 9:00 BEST 12:00 Lunch 12:45 Party Bridge 1:00 AA 1:00 Chess 1:15 Representative Jones</p> <p>Spinach/Red Pepper Frittata or Roast Beef/ Swiss Cheese sandwich</p>
<p>15</p> <p>9:00 Downtown/ Groceries/Library 9:15 Zumba 11:00 Yoga 12:00 Birthday Lunch 1:00 Woburn Mall, Target, Kohl's 1:00 Cribbage 1:30 Forever 49 - Tai Chi 1:30 Braces &amp; Diabetic Shoes</p> <p>Stuffed Pepper or Seafood Salad Sandwich</p>	<p>16</p> <p>8:30 Burbank YMCA 9:00 Motion to Music 9:30 Art Lessons 10:15 Blood Pressure 10:30 Body &amp; Brain Flexibility 12:00 Lunch 1:00 Bingo 1:00 Computers w/Ethan 6:00 Caregiver Support</p> <p>Mac &amp; Cheese or Roast Beef/ Cheddar Cheese Sandwich</p>	<p>17</p> <p>8:45 Neighborhood Grocery Shopping 9:30 Zumba 9:30 Kickity Klack 10:00 Computers 10:00 Billiards 11:00 Book Club 12:00 Lunch 1:00 Downtown/ Groceries/Library 1:30 Podiatrist Forever 49 - Tai Chi</p> <p>Salmon Filet or BBQ Chicken</p>	<p>18</p> <p>8:30 Burbank YMCA 8:45 CG Grocery Shopping 9:00 Motion to Music 9:00 Chair Massage 9:30 Reiki 9:30 Manicure 12:00 Father's Day Special Lunch 12:30 MAH JONGG 1:00 Walmart 1:00 Computers w/Ethan 1:30 Games on Big Screen</p> <p>Beef burgundy</p>	<p>19</p> <p>8:45 FTD Grocery Shopping 9:00 BEST 10:00 SHINE 12:00 Lunch 12:45 Party Bridge 1:00 AA 1:00 Chess 2:30 Senator Lewis</p> <p>Chicken Marsala or Mediterranean Tortellini</p>
<p>22</p> <p>9:00 Downtown/ Groceries/Library 9:15 Zumba 11:00 Yoga 12:00 Lunch 1:00 Cribbage 1:00 Walmart 1:30 Forever 49 - Tai Chi</p> <p>Roast Pork or Chicken Salad sandwich</p>	<p>23</p> <p>8:30 Burbank YMCA 9:00 Motion to Music 9:30 Art Lessons 10:30 Body &amp; Brain Flexibility 12:00 Lunch 1:00 Bingo 1:00 Computers w/Ethan Ravioli or Egg Salad Sandwich</p>	<p>24</p> <p>8:45 Neighborhood Grocery Shopping 9:30 Zumba 9:30 Kickity Klack 10:00 Computers 10:00 Billiards 12:00 Lunch 1:00 Downtown/ Groceries/Library Forever 49 - Tai Chi</p> <p>Fish Sticks or Turkey/ Swiss Cheese Sandwich</p>	<p>25</p> <p>8:30 Burbank YMCA 8:45 CG Grocery Shopping 9:00 Motion to Music / 9:00 Chair Massage 12:00 Lunch 12:30 MAH JONGG 1:00 Movie 1:00 Woburn Mall, Target, Walmart 1:00 Computers w/Ethan 5:00 Chinese Dinner</p> <p>Honey Mustard Chicken or Vegetarian Chef Salad</p>	<p>26</p> <p>8:45 FTD Grocery Shopping 9:00 BEST 12:00 Lunch 12:45 Party Bridge 1:00 AA 1:00 Chess</p> <p>Veggie Burger or Roast Beef/American Cheese Sandwich</p>
<p>29</p> <p>9:00 Downtown/ Groceries/Library 9:15 Zumba 11:00 Yoga 12:00 Lunch 1:00 Woburn Mall, Target, Kohl's 1:00 Cribbage 1:30 Forever 49 - Tai Chi</p> <p>Chicken Paprika or Tuna Salad Sandwich</p>	<p>30</p> <p>8:30 Burbank YMCA 9:00 Motion to Music 9:30 Art Lessons 10:30 Body &amp; Brain Flexibility 12:00 Lunch 1:00 Bingo 1:00 Computers w/Ethan</p> <p>Cheese Lasagna or Turkey/ Swiss Cheese Sandwich</p>	<p>24</p> <p><b>LUNCH - RESERVE THE DAY BEFORE BY NOON</b></p>		
<p>25</p> <p><b>ABBREVIATIONS</b> CG = Cedar Glen FTD = Frank Tanner Drive</p> <p>Everything in Bold Transportation is available</p> <p><b>IMPORTANT VAN INFORMATION PLEASE READ</b></p> <p>These are destination arrival times.</p> <p>Please be ready 30 minutes prior to the time listed. - 1 hour</p>				
<p>26</p> <p><b>TAKE YOUR PICK: Each day, you may choose a hot lunch or a cold lunch.</b></p>				



## 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).

### Wal-Mart for everyone

Thursday, June 4 1:00 - 2:30

Monday, June 8 1:00 - 2:30

Thursday, June 18 1:00 - 2:30

Monday, June 22 1:00 - 2:30

### Woburn Mall, Target or

### Kohl's for everyone

Thursday, June 11 1:00 - 2:30

Monday, June 15 1:00 - 2:30

Thursday, June 25 1:00 - 2:30

Monday, June 29 1:00 - 2:30



### Downtown Errands, Grocery Shopping or Library for everyone

All Mondays, 9:00 - 10:15

(except Monday, June 1)

All Wednesdays, 1:00 - 2:15



### Burbank YMCA for everyone -

All Tuesdays and Thursdays, 8:30 - 10:30

### Podiatrist at The Pleasant St. Center -

Wednesday, June 17 Van transportation for appointments made between 1:30 - 3:00

### No van transportation Monday, June 1

### Stop & Shop or Market Basket:

### Neighborhood Grocery Shopping

Wednesdays, 8:45 - 10:00

### Cedar Glen Grocery Shopping

Thursdays, 8:45 - 10:00

### Tannerville Grocery Shopping

Fridays, 8:45 - 10:00

As a courtesy to others, 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.

## DANIELS HOUSE

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## SENIOR GROUPS

**Low Vision Group:** Weds., June 10, 10:00 - Guest Speaker – Joseph Kolb, Orientation & Mobility Specialist, from The Carroll Center for the blind

**Alzheimer's/Dementia Caregiver Support Group:** Tues., June 2 & 16- 6:00 . Register by contacting Social Worker, Melissa Koster, 781-942-6680 or [mkoster@ci.reading.ma.us](mailto:mkoster@ci.reading.ma.us).

**Parkinson's Support Group:** Wed. June 10 - 1:30 to 3:00 - Meets every 2nd Wed.; by Greater Medford VNA.

**The Not Too Stuffy Book Group: NEW TIME: Wednesday June 17, 11:00- 12:00** at the Pleasant Street Center  
**Palisades Park:** Bestseller Alan Brennert's spellbinding story about a family of dreamers and their lives within the legendary New Jersey Palisades Amusement Park. Opening in 1922, when young Eddie Stopka visits the park, and closing in 1974, with Eddie's daughter witness to its demolition, the novel traces the ups and downs of this classic park during its heyday—and of the Stopkas' similarly variable fortunes.

## LIBRARY HAPPENINGS

**LiveWires Miniseries: Chair Yoga and Mindfulness** Weds, June 10, 17, 24, 10:00 - 11:30 a.m. at the Police Department Community Room. Welcome back LiveWires' favorite yogi Katherine Bicer for a chair yoga and mindfulness workshop. Classes will focus on the principles of yoga, flexibility, strengthening, increasing range of motion, and focusing the mind with gentle motions and meditations appropriate for most abilities. These classes are best enjoyed as part of a three part workshop; you are invited to attend as many as possible.

**LiveWires Presents: Troubadours & Troublemakers: The Music & Politics of Guthrie, Seeger, and Dylan** Tue June 16, 7:00 at Pleasant Street Center. Take a journey through American history & geography by exploring the music and politics of Woody Guthrie, Pete Seeger and Bob Dylan through music, film, and pictures. Presenter Kevin Comtois is Adjunct Instructor of History and Government at Northern Essex Community College and is a part of their Speakers' Bureau.

## QUESTIONS/CONCERNS?

THANK YOU

- Thank you to Senator Lewis and Representative Jim Dwyer for attending our Volunteer Dinner and recognizing our volunteers.
- Thank you to the Residence at Pearl Street for sponsoring our Kentucky Derby Party .
- Thank You to all our volunteers for your hard work throughout the year!

### Elder/Human Services

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

**Council on Aging:** Monday, June 8  
 6:30—8:00 pm. Pleasant Street Center.

**Board of Selectmen Office Hours:**  
 Tuesday June 2 6:30 - 7:00 - Town Hall

**Representative Brad Jones Office Hours:**  
 Friday, 12 1:15—2:15

**Senator Jason Lewis:** Friday, June 19,  
 2:30—3:30

**Congressman Seth Moulton**  
 17 Peabody Square  
 Peabody, MA 01960  
 Phone: (978) 531-1669  
 Fax: (978) 531-1996

## WINNERS CIRCLE

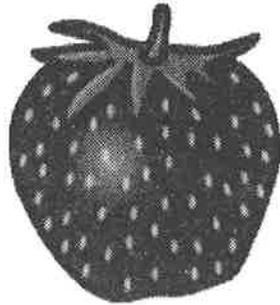
**April Bingo winners** - Maria Dinjian (twice), Ruth Dobbins, Tommy Kelly, and Blanche Spitz

**Kentucky Derby - Best Hat** - Ellie Barczak  
**Trivia** - Helen Dyer  
**Derby** - Helen Gibbons



## JUNE IS STRAWBERRY MONTH

- Strawberries are eaten in more than 90% of U.S. households each year.
- The most valuable fruit crops in the United States are in order, grapes, apples, oranges and strawberries (2000).
- There is a centuries old custom that if you break a double strawberry in half and share it with someone else, they will fall in love.
- Strawberries were once avoided by pregnant women because it was believed that their children would be born with strawberry birth marks.
- Fresh strawberries were once used as toothpaste, as the juice cleaned discolored teeth.
- The average strawberry has about 200 seeds. Strawberry seeds are all those little bumpy spots on the surface of the berry.



## STRAWBERRIES &amp; CREAM PIE

## Ingredients

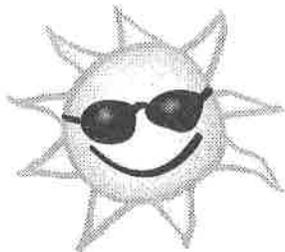
- 1 box Pillsbury™ refrigerated pie crusts
  - 1 package (8 oz) cream cheese, softened
  - 1/3 cup sugar
  - 1/4 to 1/2 teaspoon almond extract
  - 1 cup whipping cream
  - 2 pints (4 cups) strawberries
- Make pie crust as directed on box for One-Crust Baked Shell using 9-inch glass pie pan or 10-inch tart pan with removable bottom. Bake 9 to 11 minutes or until light golden brown. Cool completely, about 30 minutes.
  - In large bowl beat cream cheese on medium speed until fluffy. Gradually beat in sugar and almond extract until well blended.
  - Arrange strawberries, pointed side up, over cream cheese mixture.

**READING ELDER SERVICES**  
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*Pleasantries*  
*Reading Senior Newsletter*

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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](http://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.



## Meet the new Veteran's Agent – Kevin Bohmiller

Kevin grew up in Dedham and attended UMASS Dartmouth. After graduating with a Business degree, he attended Navy Officer Candidate School in Newport, RI and was commissioned as a Supply Corps Officer. He served 7 years active duty aboard USS MARS (AFS-1) completing two Western Pacific and Indian Ocean deployments. He also served as a Supply Officer at the Philadelphia Navy Shipyard. After leaving active duty he completed 14 years in the Navy Reserve in support of Defense contracting, aviation, submarine and surface logistics units. Kevin's final tour was aboard USS George Washington (CVN 73).

Kevin is working full time at Town Hall. (781) 942-6652 or [kbohmillier@ci.reading.ma.us](mailto:kbohmillier@ci.reading.ma.us)

Office Hours:  
Monday 7:30-5:30  
Tuesday 7:30-7:00  
Wednesday 7:30-5:30  
Thursday 7:30-5:30



## Support Groups

Bereavement Support Groups	Caregiver Support Group
<b>VNA of Middlesex-East</b> Registration is required. Contact Suzie Yoffe at (781) 224-3399, ext 2350	<b>Mystic Valley Elder Services</b> Kathy Learned (781) 324-7705
<b>Care Dimensions ( formerly Hospice of the North Shore)</b> (781) 373-6570 * <a href="mailto:Grief@careDimensions.org">Grief@careDimensions.org</a>	<b>Winchester Hospital</b> Second Thursday of the month from 6:15 to 7:15 p.m. at 7 McKay Ave. in Winchester. For more information, please call 781-756-4710.
<b>All Care Hospice Center for Grief and Loss</b> Trish Crean, Bereavement Coordinator (781) 244.1198 For information and to register.	<b>Residence at Pearl</b> Last Wednesday of the Month. For more information (781) 944-9200
Pain Management Support Group	Cancer Support Group
<b>The Center at Punchard, Andover</b> Monthly on the second Monday from September through June. For information (978) 623-8321	<b>Winchester Hospital</b> Meetings twice a month from 6:30 to 8 p.m., 620 Washington Street, Winchester. Pre-registration is required. For more information please call (781) 756-5072.

# FYI . . . Phone numbers and Websites

<b>Local</b>	<b>Federal</b>
Elder/Human Services: (781) 942-6608 * <a href="http://www.readingma.gov">www.readingma.gov</a>	Administration on Aging (800) 677-1116 * <a href="http://www.aoa.gov">www.aoa.gov</a>
Reading Police/Fire (non-emergency) (781) 944-1212	U.S. Government site for Medicare: (800) 633-4227 * <a href="http://www.medicare.gov">www.medicare.gov</a>
Reading Veteran's Agent (781) 942-6652 * <a href="mailto:kbohmler@ci.reading.ma.us">kbohmler@ci.reading.ma.us</a>	U.S. Department of Veterans Affairs (800) 827-1000 * <a href="http://www.va.gov">www.va.gov</a>
Reading Housing Authority (781) 944-6755 * <a href="http://www.readingha.org">www.readingha.org</a>	Nursing Home Compare- Medicare: <a href="http://www.medicare.gov/NHCompare">www.medicare.gov/NHCompare</a>
Reading Municipal Light (781) 942-6437 * <a href="http://www.rmlld.com">www.rmlld.com</a>	Reverse Mortgage: Learn More: <a href="http://hud.gov">http://hud.gov</a>
Mason's Hospital Equipment Loan Program (781) 322-1052	Social Security: (800) 772-1213 * <a href="http://www.ssa.gov">www.ssa.gov</a>
Mystic Valley Elder Services (781) 324-7705 * <a href="http://www.mves.org">www.mves.org</a>	
<b>State</b>	<b>National</b>
Executive office of Elder Affairs: (617) 727-7750 * <a href="http://www.800ageinfo.com">www.800ageinfo.com</a>	National Aging in Place Council: (202) 939-1770 * <a href="http://www.ageinplace.org">www.ageinplace.org</a>
Massachusetts Council on Aging: (413) 527-6425 * <a href="http://www.mcoaonline.com">www.mcoaonline.com</a>	Fall Prevention: (213) 740-1364 * <a href="http://www.homemods.org">www.homemods.org</a>
Massachusetts Council for HomeCare Aide: (781) 693-5719 * <a href="http://www.mahomecareaiders.com">www.mahomecareaiders.com</a>	Geriatric Care Managers: (520) 881-8008 * <a href="http://www.caremanager.org">www.caremanager.org</a>
Home Care Alliance of Massachusetts (617) 558 -0202 * <a href="http://www.maseniorcare.org">www.maseniorcare.org</a>	National Assoc. of Elder Law Attorneys: <a href="http://www.naela.org">www.naela.org</a>
Prescription Advantage (800) 243-4636 * <a href="http://www.mass.gov/elders/healthcare">www.mass.gov/elders/healthcare</a>	American Association of Retired Persons (AARP) (888) 687-2277 * <a href="http://www.aarp.org">www.aarp.org</a>
Greater Boston Legal Services 800-323-3205 * <a href="http://www.gbls.org">www.gbls.org</a>	National Council on Aging Benefits Checkup <a href="http://www.benefitscheckup.org">www.benefitscheckup.org</a>