



# Pleasantries

## Reading Senior Newsletter

www.readingma.gov/elder

March 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/Melissa Koster  
781-942-6659

### Van Driver

Joe Beninati

### Council on Aging

Steve Oston, Chairman  
Thomas Procopio, Vice Chairman  
Donavin Bentley  
Erica Deane  
Christine Hansen  
Margaret Havey  
Sally Hoyt  
Carol Oniskey  
Kevin Walsh

**A Warm Welcome to all Reading Seniors!** This is our Annual Spring Mailer so I know there are a lot of new readers this month. Take a close look at our programs both educational and fun. On March 21 we are welcoming spring (and hopefully an end to the snow) with a Pancake Breakfast sponsored by the Council on Aging. This is a free event open to all Reading Seniors.

In February, we welcomed back Kerry Valle, Case Worker. Kerry had a beautiful baby boy and is ready to return. We are also fortunate to have Melissa Koster, Social Worker, staying on part-time as well. If you could use a little boost or know someone who could, please give them a call.

## SPECIAL EVENTS



There is **NO** van service March 3 (1st Monday in March)

- Fat Tuesday Mardi Gras Trivia** - Tuesday, March 4 @ noon
- Lunch n' Learn, Assessors Office** - Thursday, March 6 @ 12:00
- Movie Day** - Thursday, March 6 @ 1:15 *Waking Ned Devine*
- Birthday Lunch** - Monday, March 10 @ Noon
- Sleep Habits & Aging** - Tuesday March 11 @ 10:15
- Lunch n' Learn, Discharge from Hospital/Rehab** - Thursday, March 13 @ 12:00
- St. Patrick's Day Special Lunch** - Monday, March 17 @ 12:00
- Welcome Spring Breakfast Buffet** - Friday, March 21 @ 10:00 am
- Living with Chronic Pain Workshop** - Thursday, March 20 @ 10 am
- Sundaes on Monday** - Monday, March 24 @ noon
- Lunch and Learn, Hearing Health** - Tuesday, March 25 @ noon

### IMPORTANT SYMBOLS



Registration Required  
781-942-6794



Free Transportation  
781-942-6794

**Reservations start Thursday, February 26**  
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.

**Fat Tuesday Mardi Gras Lunch and Trivia** March 4

**Movie Day:** Thursday, March 6 1:15. *Waking Ned Devine*—After discovering that lucky local Ned Devine croaked from the shock of hitting the jackpot in the national lottery, two men mastermind a scheme to impersonate him and collect his prize money.

**Lunch n' Learn** – Thursday, March 6 Lunch at 12:00, Learn at 12:30 - **Victor Santaniello, Town of Reading Director of Assessments**, will discuss various Statutory Exemptions that are available to homeowners as administered by his office, Exemptions are available, but not limited, to Seniors over 65, disabled veterans, surviving spouse, blind persons and tax deferrals. He will review qualifying criteria and guidelines exemptions offered.

**Birthday Lunch:** Monday, March 10, noon. Celebrate your birthday - Bring your friends to celebrate with you; your lunch is free. If it is not your birthday month suggested donation for lunch is \$2.00.

**Your Sleep Habits May Affect Healthy Aging.** Tues March 11, 10:15. It's National Sleep Awareness Week, learn how the sleep process relates to aging, medical issues associated with sleep problems and how to maintain a good night's rest. An interactive discussion with Michele Caron RN Greater Medford VNA

**Lunch 'n Learn** Thursday, March 13 Lunch at 12:00, Learn at 12:30 **Proper Discharge from Hospital or Rehab:** Whether it is an unexpected illness/accident or a scheduled surgery – you need to know what to expect and how to prepare for your discharge back home for the best recovery.

**St. Patrick's Day Special Lunch** Monday, March 17, 12:00 Entertainment by Donn Carr and The Carrtunes with Irish Music.

**Fuel Assistance:** Tuesday, March 18 - 9:00 - 12:00, Help with applying for Fuel Assistance located at Town Hall, 16 Lowell Street, Lower Level. This assistance will continue until May 2014. Fifteen minute appointments may be made by calling (781) 942-6608. Sorry, no drop-ins.

**Living with Chronic Pain?** Free - 6 week workshop, meet every Thursday, March 20 thru April 24 from 10 – Noon. Are you losing sleep, have increased stress, lacking motivation around your daily routine? Learn strategies to manage pain and continue living a fulfilling life. Open to adults of all ages. A minimum of 8 must be signed up to hold workshop. Please register by March 13.

**Welcome Spring Breakfast Buffett, Friday, March 21 – 10:00 am.** Join us for pancakes, bacon, coffee and assorted breakfast treats as we welcome Spring and warmer days ahead. This breakfast is free for Reading Seniors. Sponsored by the Council on Aging through the Patrons for Older Adults Trust. Reservations Requested.

**S.H.I.N.E. Counseling – (Serving Health Insurance Needs of Elders)** Computer Room - Friday, March 21 10:00 - 3:00 By appointment (781) 942-6794.

**Sundaes on Monday, March 24 12:00** Join us for lunch, then make your own sundaes.

**Lunch n' Learn – Hearing Health Tuesday, March 25 – Lunch 12:00 Learn 12:30 – 1:00** Did you know that hearing loss can lead to **Alzheimer's** and **Dementia**? Join Anita McGrory, local Audiologist, for a hearing health seminar. Learn about our hearing as we age, causes of hearing loss, and the newest technology in hearing instruments.

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

### *Pleasant Street Spa*

**Roberta Our Hairdresser**—Monday, March 3— 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, March 6 & 20- 8:30 - 11:00 Choose 15 min./ \$5 or 30 min. /\$10.

**Manicures** - Thursday, March 13 & 27- 9:30 - 1:00 - \$6.00 or \$7.00 French.

**Chair Massage** - Thursday, March 6 & 20- 9:00 - 1:30 Receive a 15 minute chair massage for only \$8.

## 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** -Wednesdays @ 9:00 - 11:00 

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

**Bingo** Tuesdays 1:00 - 2:30

**Bingo is back on Thursdays (starting March 13), 1:00**

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

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

**Quilting** Wednesday, March 5 & 19 - 1:00 Learn great technique for how to change a block size and other great tips Come try it out. Class size is limited. Call Edwina 781-944-6398 for more information.

## SENIOR GROUPS

**Parkinson's Disease Support Group**, Wednesday, March 12, 1:30 - 3:00; Led by Michelle Caron, RN with the Greater Medford VNA.

**Low Vision Group**, Wednesday, March 12, 10:00 am  
Speaker Judy Keogh from Hallmark Health

**Not-Too-Stuffey Book Group**: Thursday, March 20, 1:00 *The Art of Fielding* by Chad Harbach. Books available at the Reception Desk. Refreshments provided.

## 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, **Monday & Wednesday** 1:30 - 2:30 Drop-in \$5/Session

**Beginner Qi Gong** ~ Gentle stretching, movement, balance ~ Standing or Seated Class led by Allison Sloan, Certified Yoga Instructor. Thursdays, 2:30 to 3:30pm, March 20 - April 24 for \$48. Preregistration required, minimum of 8 registrations to hold class. 

## LOCAL ADVERTISERS!

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MONDAY	TUESDAY	WED
<p style="text-align: right;"><b>3</b></p> <p>9:15 Zumba            9:30 Hairdresser            11:00 Yoga            12:00 Lunch            1:00 Cribbage            1:30 Forever 49 - Tai Chi  <b>Hot Dog or Chicken Salad Sandwich</b></p>	<p style="text-align: right;"><b>4</b></p> <p>8:30 Burbank YMCA            9:00 Motion to Music            9:30 Art Lessons            12:00 Lunch/Mardi Gras Trivia            1:00 Bingo  <b>Creole Chicken or Turkey &amp; cheese</b></p>	<p>8:45 Neighborhood S            9:00 Computers with D            9:15 Zumba            9:30 Klickity Klack            10:00 Computers with            12:00 Lunch / 1:00 Qu            1:30 Forever 49-Tai C            1:30 Neighborhood S            2:30 Computers with S  <b>Fish w/Cheese Sauce o</b></p>
<p style="text-align: right;"><b>10</b></p> <p>9:00 Wal-Mart            9:15 Zumba            11:00 Yoga            12:00 Birthday Lunch            12:00 Podiatry            1:00 Target or Kohl's Woburn Mall            1:00 Cribbage            1:30 Forever 49 - Tai Chi / 6:30 COA  <b>Breaded Fish Sandwich or Chicken Caesar</b></p>	<p style="text-align: right;"><b>11</b></p> <p>8:30 Burbank YMCA            9:00 Motion to Music            9:30 Art Lessons            10:15 Sleep Habits            12:00 Lunch            1:00 Bingo  <b>Stuffed Shells or Ham &amp; Cheese Sand- wch</b></p>	<p>8:45 Neighborhood Sh            9:00 Computers with Dic            9:15 Zumba            9:30 Klickity Klack            10:00 Low Vision Group            10:00 Computers with J            12:00 Lunch /1:30 Forev            1:30 Parkinson Support            2:30 Computers with Sc  <b>Roast Pork or Seafood</b></p>
<p style="text-align: right;"><b>17</b></p> <p>9:00 Downtown Errands, Calareso/ Library            9:15 Zumba            11:00 Yoga            12:00 Special Lunch/St. Patrick's            1:00 Cribbage            1:00 Redstone            1:30 Forever 49 Tai Chi  <b>Corned Beef Stew or Turkey/Cheese</b></p>	<p style="text-align: right;"><b>18</b></p> <p>8:30 Burbank YMCA            9:00 Motion to Music            9:30 Art Lessons            10:00 Fuel Assistance—Town Hall            12:00 Lunch            1:00 Bingo  <b>Baked Chicken or Seafood Salad Sand- wch</b></p>	<p>8:45 Neighborhood S            9:00 Computers with            9:15 Zumba            9:30 Klickity Klack            10:00 Computers with            12:00 Lunch            1:00 Quilting/1:30 Fo            1:30 Neighborhood            2:30 Computers with S  <b>Crusted Fish or Roast B</b></p>
<p style="text-align: right;"><b>24</b></p> <p>9:00 Target or Kohl's or Woburn Mall            9:15 Zumba            11:00 Yoga            12:00 Lunch/Sundaes on Monday            1:00 Wal-Mart            1:00 Cribbage            1:30 Forever 49 - Tai Chi  <b>Stuffed Pepper or Egg Salad sandwich</b></p>	<p style="text-align: right;"><b>25</b></p> <p>8:30 Burbank YMCA            9:00 Motion to Music            9:30 Art Lessons            12:00 Lunch &amp; Learn -Hearing Health            1:00 Bingo  <b>Salmon Boat or Turkey /Cheese Sand- wch</b></p>	<p>8:45 Neighborhood S            9:00 Computers with            9:15 Zumba            9:30 Klickity Klack            10:00 Computers with            12:00 Lunch 1:30 Fo            1:30 Neighborhood            2:30 Computers with S  <b>BBQ Chicken or Ham/c</b></p>
<p style="text-align: right;"><b>31</b></p> <p>9:00 Downtown Errands, Calareso/ Library            9:15 Zumba            11:00 Yoga            12:00 Lunch            1:00 Redstone            1:00 Cribbage            1:30 Forever 49 - Tai Chi  <b>Roasted Turkey w/Gravy or Seafood Salad Sandwich</b></p>		<p style="text-align: center;"><b>These are destinatio be ready 30 minute time</b></p>



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WEDNESDAY	THURSDAY	FRIDAY
<p>Shopping 5 Dick</p> <p>John /10:00 Billiards</p> <p>Filtering</p> <p>Chi</p> <p>Shopping</p> <p>phia</p> <p><b>Egg Salad Sandwich</b></p>	<p>8:30 Burbank YMCA 6 8:45 CG Shopping 9:00 Motion to Music 9:00 Facials / 9:00 Chair Massage 12:00 Lunch n' Learn-Assessment Info 12:30 MAH JONGG 1:00 Computers with Ethan 1:15 Movie Turkey w/Gravy or Roast Beef/Cheese Sandwich</p>	<p>8:45 FTD Shopping 9:00 BEST 7 10:00 Painting 10:15 Blood Pressure 12:00 Lunch 12:45 Party Bridge 1:00 Chess/AA Veggie Burger or Tuna Salad Sandwich</p>
<p>Shopping 12 k</p> <p>John /10:00 Billiards</p> <p>er 49 - Tai Chi</p> <p>1:30 N'hood Shopping</p> <p>phia</p> <p><b>d Salad Sandwich</b></p>	<p>8:30 Burbank YMCA 13 8:45 CG Shopping 9:00 Motion to Music 9:30 Manicures 12:00 Lunch n' Learn-Hospital Discharge 12:30 MAH JONGG 1:00 Computers with Ethan 1:00 BINGO IS BACK Ginger Chicken or Egg Salad Sandwich</p>	<p>8:45 FTD Shopping 14 9:00 BEST 10:00 Painting 12:00 Lunch 12:45 Party Bridge 1:00 AA 1:00 Chess Mac &amp; Cheese or Tortellini Salad</p>
<p>Shopping 19 Dick</p> <p>John /10:00 Billiards</p> <p>rever 49 - Tai Chi</p> <p>Shopping</p> <p>phia</p> <p><b>ef/Cheese Sandwich</b></p>	<p>8:30 Burbank YMCA 20 8:45 CG Shopping 9:00 Motion to Music 9:00 Facials /9:00 Chair Massage 10:00 Chronic Pain Workshop 12:00 Lunch 12:30 MAH JONGG / 1:00 Book Club 1:00 Computers with Ethan 1:00 Book Club /1:00 BINGO IS BACK 2:30 Qi Gong</p>	<p>8:45 FTD Shopping 21 9:00 BEST 10:00 Painting 10:00 SHINE 10:00 Breakfast to Welcome Spring 12:00 Boxed Lunch 12:45 Party Bridge 1:00 AA 1:00 Chess Mushroom Quiche or Chef's Salad</p>
<p>Shopping 26 Dick</p> <p>John /10:00 Billiards</p> <p>rever 49 - Tai Chi</p> <p>Shopping</p> <p>phia</p> <p><b>heese Sandwich</b></p>	<p>8:30 Burbank YMCA 27 8:45 CG Shopping 9:00 Motion to Music 9:30 Manicures 10:00 Chronic Pain Workshop 11:00 Blood Pressure 12:00 Lunch 12:30 MAH JONGG 1:00 Bingo / 1:00 Computers with Ethan 2:30 Qi Gong Roast Pork or Chicken Salad Sandwich</p>	<p>8:45 FTD Shopping 28 9:00 BEST 10:00 Painting 12:00 Lunch 12:45 Party Bridge 1:00 AA 1:00 Chess Lentil stew or Tuna Salad Sandwich</p>
<p>on arrival times. Please s - 1 hour prior to the listed.</p> <p><b>ABBREVIATIONS</b> CG = Cedar Glen FTD = Frank Tanner Drive</p> <p><b>EVERYTHING IN BOLD TRANSPORTATION IS AVAILABLE</b></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, March 10 ~ 1:00 – 2:30 & March 24 ~ 9:00 – 10:30

**Wal-Mart for everyone**

Monday, March 10 ~ 9:00 – 10:30 & March 24 ~ 1:00 – 2:30

**Downtown Errands or Library for everyone**  
Monday, March 17 & March 31 ~ 9:00 – 10:15

**Redstone Shopping Center for everyone**

Monday, March 17 & March 31 ~ 1:00 – 2:30

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

## 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.

There is **no** van service on March 3 (1<sup>st</sup> Monday in March)

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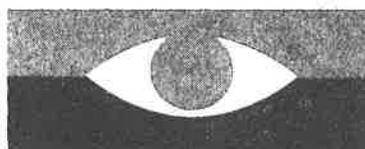


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**TAX TIME...**

Free Income Tax Preparation for Reading Seniors (60+)

**Saturdays, Through April 12, 9:00 am – 1:00 pm**, Reading Municipal Light Department, walk-ins only.

Appointments are available by calling Ann Gentile at (781) 942-6608.

*If you have mutual funds, dividends, stock sales please bring with you. Make sure all your documents have arrived and bring the following forms: W-2, Social Security, pension, property tax & water bills, forms sent by banks and financial institutions, copies of your 2012 tax forms, health insurance cards, Form MA 1099-HC.*

**How to Obtain the Senior 'Circuit Breaker' Tax Credit**

If you're a Massachusetts property owner age 65+, you'd probably welcome a break on your property taxes. According to the MA Department of Revenue, some 957,000 residents 65 + in the state are eligible to receive the tax credit. More than 86,000 Massachusetts taxpayers claimed nearly \$67 million in refunds under the program, according to the state Department of Revenue. The average refund in 2012 was \$774. The Circuit Breaker refund acts the way an electrical circuit breaker would work, it prevents property taxes from exceeding an older person's income and ability to pay taxes.

Eligible taxpayers can file for the credit up to three years retroactively. To learn more Go to <http://states.aarp.org/ma-tax/>

**AFFORDABLE CARE ACT "OBAMA CARE"**

Much attention is being focused on the Affordable Care Act and the deadline for people to enroll through the health insurance exchanges (also known as marketplaces). Medicare beneficiaries should be aware of the following:

- The health insurance exchanges are for those who do not have health insurance and are NOT for Medicare beneficiaries
- If you have Medicare A and B, you meet the requirement for health insurance
- Medicare supplement plans and Medicare Advantage Plans are NOT sold through the health insurance exchanges.
- In most cases, it is illegal to sell health insurance exchange policies to Medicare beneficiaries.
- People who are already on Medicare do not need to re-enroll or get new Medicare cards.

Trained SHINE counselors offer free, confidential counseling on all aspects of Medicare and related health insurance programs. For more information, meet with a SHINE counselor. To make an appointment with the SHINE counselor here, please call 781-942-6794. You may also call the Regional SHINE office at Mystic Valley Elder Services at 781-388-4845.

**HEALTH SCREENINGS**

**Podiatry Clinic, Monday – March 10** Call (781) 438-2525 to schedule an appointment. Cost \$30

**Blood Pressure Check at Pleasant Street Center, Friday, March 7**  
10:15 - 10:45 Sponsored by Walgreens

**Blood Pressure – 4<sup>th</sup> – Thursday** of every month – (March 27) 11:00 – 12:00 Town nurse

**QUESTIONS/CONCERNS?**

**Board of Selectmen Office Hours:**  
Tuesday, March 11 - 6:30 - 7:00 -  
Town Hall Conference Room

**COA Meeting:** Monday, March 10  
6:30, Pleasant Street Center

**Congressman John F. Tierney:**  
Issues with Medicare and Social Security, Guidance with Home Mortgage Issues, Senior Directed 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,**  
**[www.Tierney.House.gov](http://www.Tierney.House.gov)**

For information relating to legislative issues affecting seniors, please call Sally Hoyt, Senate President, (781) 944-1191.

**Bingo Winners**

**Winners - for January – Blanche Spitz, Robert Fitzgerald (Twice) and Maria Dinjian**

**SPRING WORD SEARCH**

A S T R O A P R I L N O M I B  
 C A L L Y S L P R I N G B E I  
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 B A B Y A N I M A L S O A D S  
 L W I T D H N T L H E W S W U  
 O M M E S R G F L O W E R S S  
 S N I A R O L S E T I R C E H  
 S S P R E I N H R G T S I T M  
 O E D A H Y T L B I S G R H T  
 M H O U T W R S M D L I M A R  
 S E B L O O M S U A B T L E A  
 S T T R M W E B D L V E H O U  
 R S G N I N E D R A G A D A Y

APRIL	BLOSSOMS	GROWTH	PLANTING
BABYANIMALS	BUDS	MAY	RAIN
BIRDS	EASTER	MILD	SHOWERS
BIRTH	FLOWERS	MOTHER'SDAY	THAW
BLOOMS	GARDENING	MUD	UMBRELLA

**FRENCH TOAST STRIPS (diabetic friendly)**

Serves: 2

What You'll Need:

- 1/2 cup liquid egg substitute
- 4 slices sugar-free whole wheat bread, cut into 3 equal strips
- 1 tablespoon sugar substitute
- 1/2 tablespoon ground cinnamon

What To Do:

1. Pour egg substitute into shallow dish; coat bread strips on both sides with egg substitute.
2. Coat a medium skillet with cooking spray. Over medium-high heat, cook bread strips in batches. Turn to brown each side.
3. In a small bowl, combine sugar substitute and cinnamon. Sprinkle over toast and serve immediately.

*Reprinted from Mr. Food Test Kitchen*

*If you have an easy recipe to share drop it off with the Receptionist at the Pleasant Street Center.*

**READING ELDER SERVICES**  
 16 LOWELL STREET  
 Reading, MA 01867

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**DID YOU KNOW:**

You can obtain a copy of the *Pleasantries* at several locations around town or via email. 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.

# Save The Dates:



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



Join us for an evening of understanding and caring for loved ones with Dementia and Alzheimer's Disease.

**Thursday, May 8, 2014**

**6:00 – 8:00 pm**

**The Pleasant Street Center**

**49 Pleasant Street**

**Reading, MA 01867**

Speakers, resources, virtual dementia tour and refreshments

# Reading Response Program

## Medical Transportation

The Taxi or Chair Car Transportation Service for medical appointments throughout the Boston Area will now be supplemented with Home Health Aides licensed to accompany patients to and from medical procedures for those that need this service.



Please call Elder Services for information about medical transportation at 781-942-6659.

## LIFELINE emergency monitoring call system LIFELINE medication reminder system

Please call Hallmark Health at 781-338-7800 for Reading Response LIFELINE services.

These supplemental health services are offered to all Reading residents at no charge for those who meet financial guidelines and includes a needs based co-payment for those whose income exceeds the level for free service.

*The Reading Response Program is funded by the Town of Reading's Hospital Trust Funds, the income on which helps to defray medically related services to Reading citizens as authorized by the Commissioners. These funds are separate from the Town's General Fund and are not taxpayer funded.*

# Pleasantries Subscription



Name: \_\_\_\_\_

Address: \_\_\_\_\_  
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Please return this form to: Ann Gentile, 16 Lowell Street, Reading, MA 01867  
with a check for \$5 made payable to the Town of Reading