



# Pleasantries

## Reading Senior Newsletter

www.readingma.gov/elder



May 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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Thomas Procopio, Vice Chairman  
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Carol Oniskey  
Sandra Shaffer  
Kevin Walsh

May is Older Americans Month. Older adults have made countless contributions and sacrifices to ensure a better life for future generations. This year's theme for Older Americans Month is "Safe Today. Healthy Tomorrow." The theme focuses on injury prevention and safety to encourage older adults to protect themselves and remain active and independent for as long as possible.

While we provide services, support, and resources year-round, Older Americans Month offers an opportunity for us to provide specialized information and services around the important topic of being safe. Check out some of our special events and be safe.

## SPECIAL EVENTS



There is **NO** van service on May 26 Memorial Day (center is closed)

- Kentucky Derby/May Day Lunch Party** - Thursday, May 1, 12:00
- Movie Day** - Thursday, May 1, 1:15 Blue Jasmine
- Birthday Lunch** - Monday, May 5, Noon
- Healthy Eating for Successful Living** - Tuesday, May 6, 10:00
- Brain Yoga** Tuesday - May 6, 11:00
- Smoking Cessation** - Thursday, May 8, 10:15
- Mother's Day Special Lunch** - Thursday, May 8, Noon
- Understanding Dementia** - Thursday, May 8 - **POSTPONED TO LATER DATE**
- Brain Yoga** - Tuesday, May 13, 11:00
- Lions Dinner** - Thursday, May 15, 5:00
- BE SAFE at HOME - Middlesex DA Ryan** - Thursday, May 15, 10:15
- Lunch n' Learn Social Services** - Tuesday, May 20, 12:00
- Balance Screenings** - Thursday, May 22 & 29, 10:15
- The Secret Garden @ the Stoneham Theatre** - Wednesday, May 28, 10:00 am

See page 2 for a full description

Van Transportation is available for all Special Events



### IMPORTANT SYMBOLS

Registration Required  
781-942-6794



Free Transportation  
781-942-6794

**Reservations start Friday, April 25**  
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.

**Kentucky Derby/May Day Lunch Party:** May 1, Thursday - 12:00 Put on your fancy hat and race on over to the Pleasant Street Center. There will be a Horse Race Game with prizes. You won't want to miss the fun.

**Movie Day:** Thursday, May 1, 1:15 Blue Jasmine  
The high life leads to high anxiety for a fashionable New York City homemaker in crisis who finds herself forced to live a more modest lifestyle in San Francisco. Cast that includes Cate Blanchett and Alec Baldwin.

**Birthday Lunch:** Monday, May 5, Noon Your lunch is free. If it is not your birthday month suggested donation for lunch is \$2.00.

**Healthy Eating for Successful Living:** Tuesdays, May 6 – June 3, 10:00 – 12:30 - 6 week series. Nutrition and lifestyle changes can promote better health. The program stresses heart and bone health strategies that are important to preventing or managing most chronic health conditions and maintain independence.

**Brain Yoga:** May 6 & 13, Learn fun exercises that stimulate the brain. 11:00–12:00 Cost \$5 drop in.

**Smoking Cessation:** Thursday, May 8, 10:15 Do you smoke? Thought about quitting? Not sure where to begin? Second hand smoke bothers you? Want to be supportive to a child or grandchild who smokes? Join us for an informative discussion and get resources on Smoking Cessation, smoke free housing and preventing youth nicotine addiction. Presented by Maureen Busby Tobacco Alcohol Coordinator Mystic Valley Region

**Mother's Day Special Lunch:** Thursday, May 8, 12:00 With one of our favorite entertainers - Jim Moses

**Lions Club Annual Italian Dinner :** Thursday, May 15, 5:00 p.m. – Always a wonderful event sponsored by our friends from the Reading Lions Club. **Reservations required** Reading residents only. Doors open at 4:30.

**BE SAFE at HOME, Middlesex District Attorney Marian Ryan:** Thursday, May 15, at 10:15 Hot Topics for Seniors. The program, featuring remarks from DA Ryan, Reading PD, and others, and includes safe banking practices, how seniors can remain safely in their homes, and how to avoid lottery and other scams targeting the elderly. Service providers will also outline what resources are available to seniors.

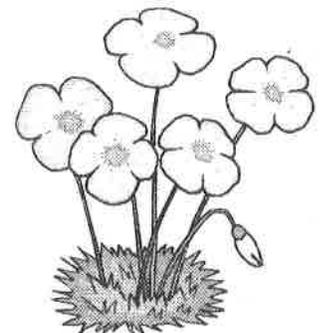
**SH.I.N.E. Counseling (Serving Health Insurance Needs of Elders):** Computer Room - Friday, May 16, and Monday, May 19, 10:00 - 3:00 By appointment (781) 942-6794.

**Lunch n' Learn Social Services** Tuesday, May 20, 12:00 lunch, learn at 12:30. Want to learn more about social services? See what Reading Elder Services has to offer with Kerry Valle.

**Personal Balance Screenings:** Thursday, May 22, from 10:15 to 11:30 AND May 29 from 10:15 to 11. Sign up for your personal visit with Winchester Hospital's Physical Therapists, Vinny Gatto, Heather Lewis and Linda Colamore . To promote optimum balance strategies and recognize potential problems. **Pre-registration required.**

**The Secret Garden @ the Stoneham Theatre:** Weds, May 28, @ 10:00 am. A young orphan, is sent to England to live with her reclusive uncle and sickly cousin. When she discovers a neglected garden, she begins to bring life back to the garden and her uncle's manor. This lush Broadway musical won 3 Tony Awards, including "Best Score of a Musical." Checks payable to the Stoneham Theatre are due to the receptionist by May 12. Tix \$30.

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

**Bingo:** Tuesdays and Thursdays, 1:00 - 2:30 - No Bingo on May 1, BINGO starts 1:30 on May 8

**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

**Pleasant Street Spa**

**Roberta Our Hairdresser**—Monday, May 5, 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, May 1 and 15, 9:00 - 11:00 Choose 15 min./ \$5 or 30 min. /\$10.

**Chair Massage** - Thursday, May 1 and 15, 9:00 - 11:45, Receive a 15 minute chair massage for only \$8.

**Manicures** - Thursday, May 8 and 22, 9:30 - 1:00, \$6.00 or \$7.00 French.

**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, 4 weeks for \$30 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 \$40/Month, Drop-in \$10/Session class

**SPACE FOR SALE**

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>ABBREVIATIONS</b> CG = Cedar Glen FTD = Frank Tanner Drive</p> <p><b>EVERYTHING IN BOLD TRANSPORTATION</b></p>	<p>These are destination arrival times. Please be ready 30 minutes - 1 hour prior to the time listed.</p>		<p>8:30 Burbank YMCA <b>1</b> 8:45 CG Shopping 9:00 Motion to Music 9:00 Facials / 9:00 Chair Massage 12:00 Lunch/ Kentucky Derby 12:30 MAH JONGG 1:00 Computers w/Ethan 1:15 Movie</p> <p>Beef Stroganoff or Egg Salad Sandwich</p>	<p><b>2</b> 8:45 FTD Shopping 9:00 BEST 10:00 Painting 10:15 Blood Pressure 12:00 Lunch 12:45 Party Bridge 1:00 Chess/AA</p> <p>Chicken Stew or Tuna Salad Sandwich</p>
<p>9:00 Wal-Mart 9:15 Zumba 9:30 Hairdresser 11:00 Yoga 12:00 Birthday Lunch 1:00 Target or Kohl's Woburn Mall 1:00 Cribbage 1:30 Forever 49 - Tai Chi</p> <p><b>5</b></p> <p>Beef &amp; Bean Chili or Turkey/Cheese Sandwich</p>	<p>8:30 Burbank YMCA <b>6</b> 9:00 Motion to Music 9:30 Art Lessons 10:00 Healthy Eating 11:00 Brain Yoga 12:00 Lunch 1:00 Bingo</p> <p>Chicken Marsella or Tortellini Salad</p>	<p>8:45 Neighborhood Shopping <b>7</b> 9:00 Computers with Dick 9:15 Zumba 9:30 Klickity Klack 10:00 Computers with John /10:00 Billiards 12:00 Lunch 1:30 Forever 49 - Tai Chi 1:30 Neighborhood Shopping 2:30 Computers with Sophia Roast Pork or Egg Salad andwich</p>	<p>8:30 Burbank YMCA <b>8</b> 8:45 CG Shopping 9:00 Motion to Music 9:30 Manicures 10:15 Smoking Cessation 12:00 Mother's Day Special Lunch 12:30 MAHJONGG 1:00 Computers 1:30 BINGO Cheese Omelet or Seafood Salad Sandwich</p>	<p><b>9</b> 8:45 FTD Shopping 9:00 BEST 10:00 Painting 12:00 Lunch 12:45 Party Bridge 1:00 AA 1:00 Chess</p> <p>Fish with broccoli cheese or Chicken Caesar salad</p>
<p>9:00 Downtown Errands, Calareso Library <b>12</b> 9:15 Zumba 11:00 Yoga 12:00 Lunch 12:00 Podiatry 1:00 Cribbage 1:00 Redstone 1:30 Forever 49 Tai Chi/ 6:30 COA</p> <p>Broccoli mushroom quiche or Turkey Cheese sandwich</p>	<p>8:30 Burbank YMCA <b>13</b> 9:00 Motion to Music 9:30 Art Lessons 10:00 Healthy Eating 11:00 Brain Yoga 12:00 Lunch 1:00 Bingo</p> <p>Baked Chicken or Seafood Salad Sandwich</p>	<p>8:45 Neighborhood Shopping <b>14</b> 9:00 Computers with Dick 9:15 Zumba 9:30 Klickity Klack 10:00 Low Vision Group 10:00 Computers with John /10:00 Billiards 12:00 Lunch 1:30 Forever 49 - Tai Chi 1:30 Parkinson Support 1:30 Neighborhood Shopping 2:30 Computers with Sophia Sweet Potato Fish or Roast Beef/Cheese Sandwich</p>	<p>8:30 Burbank YMCA <b>15</b> 8:45 CG Shopping 9:00 Motion to Music 9:00 Facials /9:00 Chair Massage 10:15 Be Safe at Home 12:00 Lunch 12:30 MAH JONGG 1:00 Computers with Ethan 1:00 Book Club /1:00 BINGO 5:00 Lions Dinner</p> <p>Turkey Broccoli Casserole or BBQ Chicken</p>	<p><b>16</b> 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>Meatball Sub or Chef Veggie Salad</p>
<p>9:00 Woburn Mall, Target, or Kohl's <b>19</b> 9:15 Zumba 10:00 SHINE 11:00 Yoga 12:00 Lunch/Sundaes on Monday 1:00 Cribbage 1:00 Walmart 1:30 Forever 49 - Tai Chi</p> <p>Mac &amp; Cheese or Egg Salad Sandwich</p>	<p>8:30 Burbank YMCA <b>20</b> 9:00 Motion to Music 9:30 Art Lessons 10:00 Healthy Eating 12:00 Lunch &amp; Learn - Social Services 1:00 Bingo</p> <p>Salmon w/Dill Sauce or Chicken Salad Sandwich</p>	<p>8:45 Neighborhood Shopping <b>21</b> 9:00 Computers with Dick 9:15 Zumba 9:30 Klickity Klack 10:00 Computers with John /10:00 Billiards 12:00 Lunch 1:30 Forever 49 - Tai Chi 1:30 Neighborhood Shopping 2:30 Computers with Sophia</p> <p>BBQ Chicken or Tuna Salad Sandwich</p>	<p>8:30 Burbank YMCA <b>22</b> 8:45 CG Shopping 9:00 Motion to Music 9:30 Manicures 10:15 Balance Screenings 11:00 Blood Pressure 12:00 Lunch 12:30 MAH JONGG 1:00 Bingo / 1:00 Computers with Ethan</p> <p>Ethan Lentil Stew or Turkey sandwich</p>	<p><b>23</b> 8:45 FTD Shopping 9:00 BEST 10:00 Painting 12:00 Lunch 12:45 Party Bridge 1:00 AA 1:00 Chess</p> <p>Stuffed Pepper or Ham/Cheese Sandwich</p>
<p><b>26</b> Pleasant Street Center will be CLOSED in observance of Memorial Day.</p>	<p>8:30 Burbank YMCA <b>27</b> 9:00 Motion to Music 9:30 Art Lessons 10:00 Healthy Eating 12:00 Lunch 1:00 Bingo</p> <p>Meat Loaf or Turkey/Cheese Sandwich</p>	<p>8:45 Neighborhood Shopping <b>28</b> 9:00 Computers with Dick 9:15 Zumba 9:30 Klickity Klack 10:00 Computers with John /10:00 Billiards 12:00 Lunch 1:30 Forever 49 - Tai Chi 1:30 Neighborhood Shopping 2:30 Computers with Sophia</p> <p>Greek Chicken or Chef's Salad</p>	<p>8:30 Burbank YMCA <b>29</b> 8:45 CG Shopping 9:00 Motion to Music 10:15 Balance Screenings 12:00 Lunch 12:30 MAH JONGG 1:00 Bingo / 1:00 Computers with Ethan</p> <p>Roasted Turkey or Chicken Salad Sandwich</p>	<p><b>30</b> 8:45 FTD Shopping 9:00 BEST 10:00 Painting 12:00 Lunch 12:45 Party Bridge 1:00 AA 1:00 Chess</p> <p>Hot Dog or Cottage Cheese &amp; Fruit Plate</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, May 5 ~ 1:00 – 2:30 & May 19 ~ 9:00 – 10:30

**Wal-Mart for everyone**

Monday, May 5 ~ 9:00 – 10:30 & May 19 ~ 1:00 – 2:30

**Downtown Errands or Library for everyone**  
Monday, May 12 ~ 9:00 – 10:15

**Redstone Shopping Center for everyone**  
Monday, May 12 ~ 1:00 – 2:30

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

The Pleasant Street Center is closed Monday, May 26 (Memorial Day)

**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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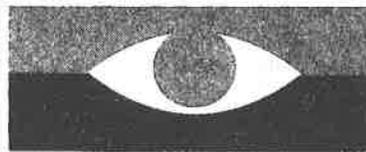
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## NEED HELP W/PRESCRIPTION?

Prescription Advantage is a state-run program which helps Medicare beneficiaries pay for their prescription drugs. Eligibility is based on *income only* and there is *no asset limit!* If you are a **Massachusetts resident, eligible for Medicare**, and are:

65 years or older with an annual income at or less than \$58,350 for a single person; \$78,650 for a married couple **OR** under 65 years and disabled, with an annual income at or less than \$21,940 for a single person or \$29,572 for a married couple.

If you are 65 years or older and **not eligible for Medicare**, you can also join and there is *no income limit*. There is **no charge** for joining Prescription Advantage, if you have an annual income at or less than \$35,010 for a single person and \$47,190 for a married couple. There is a \$200 per person annual enrollment fee for those with higher incomes. Trained SHINE counselors offer free, confidential counseling on all aspects of Medicare and can help you apply for Prescription Advantage. To make an appt. call 781-942-6794 or Mystic Valley Elder Services at 781-388-4845.

## LIBRARY HAPPENINGS

**The Namesake: PG13 Dinner & a Movie Tue, May 6, 6:30-9:00 RCTV Studio Screening Room, 557 Main Street Reading, MA 01867**

As part of our Big Read come out for a free viewing of "The Namesake," adapted from Jhumpa Lahiri's popular novel, on RCTV's 10 foot HD screen. Pizza will be generously provided by Bertuccis. Seating is limited; free tickets will be available at the Library .

**The Big Read Grand Finale Fri, May 9, 7-8:30 Parker Middle School Auditorium**—The Big Read wraps up with a night of Big Authors. Join Mitali Perkins, Francisco Stork, and David Yoo as they discuss their new book *Open Mic: Riffs on Life Between Cultures in Ten Voices*.

## SENIOR GROUPS

**Parkinson's Disease Support Group** Wednesday, May 14, 1:30 to 3 Led by Joan Karpinski MSW, with Greater Medford VNA

**Low Vision Group**, Wednesday, May 7, 10:15 Guest Speaker Meg Robertson, Mobility Specialist, MA Comm. For the Blind.

**Not-Too-Stuff Book Group:** Thursday, May 15, 1:00, *Lots of Candles, Plenty of Cake* by Anna Quindlen, best selling author and winner of the Pulitzer Prize. Candid, funny, moving, is filled with the sharp insights and revealing observations that have long confirmed Quindlen's status as America's laureate of real life. In the lounge at the Pleasant Street Center and is led by Barbara Currie. Copies of the book will be available at the Center or at the Reading Public Library.

## HEALTH SCREENINGS

**Podiatry Clinic, Mon. – May 12**  
Call (781) 438-2525 to schedule an appointment. Cost \$30

**Blood Pressure Check at Pleasant Street Center, Friday, May 2**  
10:15 - 10:45 *Sponsored by Walgreens*

**Blood Pressure – 4<sup>th</sup> – Thursday**  
of every month – (May 22) 11:00 – 12:00 Town nurse

## QUESTIONS/CONCERNS?

**Board of Selectmen Office Hours:**  
Tuesday, May 13, 6:30 - 7:00 - Town Hall Conference Room

**COA Meeting:** Monday, May 12, 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**

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

## Bingo Winners

March winners – Johanna Bisschop, Fred Goodwin, Mary Sullivan, Blanche Spitz (twice), and Barbara Mullen.

**FREE CONCERT**

The Metro North Alzheimer's Partnership, in conjunction with the Alzheimer's Association, MA/NH Chapter and the Woburn Mayor's Forum on Alzheimer's Disease, will sponsor a free a cappella concert featuring the singing talents of the semi-professional all-male group "Blue of a Kind" and the Winchester High School "Octets." Family caregivers and persons with dementia are encouraged to attend this free musical event – the concert is open to the public, and all are welcome. Local health care professionals will be present with resources and information for interested attendees. This free event will include refreshments and door prizes.

The event will take place at the Woburn Council on Aging, 144 School Street, Woburn, MA on Saturday, May 17th from 9:00 a.m. to 12:00 p.m. RSVP to the Woburn Council on Aging by May 12<sup>th</sup> at 781-897-5960 or jtanner@cityofwoburn.com. Please include your name, number of attendees and phone number in the message.

**LEMON-DILL BREADED FISH**

1/2 c. Original Bisquick mix  
 1/4 c, bread crumbs  
 2 tsp. grated lemon peel  
 1 tsp. dill weed  
 1/2 tsp. salt  
 1 egg  
 4 tilapia or other mild flavored fish fillets  
 (about 1/2" inch thick – 4 oz each)  
 2 tbsp. vegetable oil

In shallow pan, stir Bisquick, bread crumbs, lemon peel, salt until blended. In another shallow pan, beat egg. Dip fish into egg, then coat with dry mixture.

In 12 inch nonstick skillet, heat oil over medium low heat. Add fish, cook 8 to 10 minutes, turning once, until fish flakes easily with fork and is brown on both sides.

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

**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.