



Pleasantries

Reading Senior Newsletter

www.readingma.gov/elder

OCTOBER 2013

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

Van Driver

Joe Beninati

Council on Aging

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

October is filled with countless fun events. Halloween, Oktoberfest, and pie socials to name a few. But October is also Domestic Violence Awareness month. To help better understand this problem and how it affects seniors and their families, we are hosting a special breakfast on October 24 (see page 2). Even if you have not been affected by violence in the past, please join us to learn more about how to recognize domestic violence and help those in need.

SPECIAL EVENTS

There is van service on October 7 (1st Monday in October)

- Matter of Balance**, Tuesdays starting October 1, 9:30
- Brain Yoga**, Tuesdays in October, 11:00 - 12:00
- Lunch & Learn Reading Fire Dept.**, October 8 - lunch at 12:00, speaker at 12:30
- Oktoberfest Lunch**, Wednesday, October 9, Noon
- Ear Health**, Thursday, October 10, 10:15
- Ham and Bean Supper**, Tuesday, October 15, 5:00
- Apple Pie Social**, Thursday, October 17, 2:30 *sponsored by Sunrise of Lynnfield*
- Birthday Lunch**, Monday, October 21, noon
- Lunch & Learn Veteran's Agent**, October 22, lunch at 12:00, speaker at 12:30
- MOVIE**, Wednesday, October 23, 1:15 - **"42"** (*Jackie Robinson Story*)
- Domestic Violence Awareness**, Thursday, October 24, 10:15
- World Series Trivia**, Thursday, October 24, Noon
- Halloween Party**, Monday, October 28, 3:00 - 5:00

See page 2 for a full description of the Special Events



IMPORTANT SYMBOLS

Registration Required

781-942-6794

Free Transportation

781-942-6794

Reservations start Sept. 24 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.

A Matter of Balance Workshop: 8 week session October 1 - Nov 18, 9:30 - 11:30. Helps reduce the fear of falling and includes discussion and exercises. Minimum 6 people is required to hold the class. 

S.H.I.N.E. Counseling – (Serving Health Insurance Needs of Elders) Computer Room— October 4, 11, 25, and 28 - 10:00 - 3:00 By appointment

Brain Yoga: 6 week series Tuesdays, first 6 week series ends October 15; next 6 week series runs from October 22 to November 26. 11:00 a.m. - 12:00 p.m. 6 wks. /\$20 - due at first class. \$4 for drop-in. Brain Yoga uses different activities to stretch your brain. 

Lunch & Learn Reading Fire Dept.: October 8 @ 12:00 lunch, speaker at 12:30 with Lieutenant Paul Jackson. Learn some important fire safety tips for the home and more. 

Oktoberfest Lunch, October 9 @ 12:00 with OOMPAH Band – 12:30 -1:30 pm - Festive songs that inspire you to lift a glass and dance the Polka. (BINGO 1:30) 

Don't put anything bigger than your elbow in your ear! October 10 @ 10:15 - Rose Kilbride of Hallmark Health will come to discuss basic ear care. How to properly clean your ears, medical problems and how aging affects hearing loss. 

Ham and Bean Supper: October 15 @ 5:00 - Reading Police will sponsor their annual Ham and Bean Supper at the Pleasant Street Center. Please note that this event is for Reading residents only. 

What's New in Medicare for 2014: October 17 @ 10:15 A representative from the SHINE program at Mystic Valley Elder Services will update us on changes in Medicare. Open Enrollment starts October 15.

Apple Pie Social: October 17 @ 2:30 pm sponsored by Sunrise of Lynnfield. 

Birthday Lunch: October 21 @ 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.

Lunch & Learn Veteran's Agent: October 22 @ 12:00 lunch, speaker at 12:30 Veteran's Agent; Frank Driscoll will talk about the Aid and Attendance Benefit for seniors. 

Movie Wednesday : October 23 @ 1:15 - "42" - biopic focuses on the relationship between baseball icon  Jackie Robinson and Brooklyn Dodgers manager Branch Rickey, who signed Robinson and in 1947 made him the first black Major League Baseball player .

Lunch Time World Series Trivia: October 24 @ Noon with prizes. 

Domestic Violence Awareness: October 24 @ 9:30 am Breakfast & 10:15 Discussion. 1 out of 2 families have been affected by DV. Recognize the signs and learn to help family/friends. Presented by RESPOND New England's Domestic Violence Support Agency. 

Halloween Party: October 28 @ 3:00 – 5:00 , This year's Halloween bash is sure to be the best ever . Entertainment from 3:00 - 4:00 with the Uptown Girls – Enjoy some frightful finger sandwiches! Scary snacks/ drinks. Start planning your costume now - scary, funny, or just downright outrageous - we will have some great prizes for various costume categories! Sponsored by Longwood Place at Reading. 

Senior Matinee Dr. Jekyll and Mr. Hyde @ the Stoneham Theatre Nov. 6 @ 2:00. This is bring a friend day! Purchase one ticket for \$30 and receive a free ticket for a friend. Checks payable to the Stoneham Theatre due Oct. 23

Lunch is served: Mon. - Fri @ noon, sponsored by Mystic Valley Elder Services. Suggested Donation of \$2.00.

Pleasant Street Spa

Roberta Our Hairdresser—September 30, 9:30 – 1:00 by appointment call 781-245-6605

For facials & manicures please call the Pleasant Street Center (No Van Service)

Facials – Thursday, October 3 & 17 - 8:30 -11:00
Choose 15 min./ \$5 or 30 min. /\$10.

Manicures - Thursday, October 10 & 24 - 9:30 - 1:00
\$5.00 or \$6.00 French.

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 Arts & Crafts Room (No Van)

Computer Classes - Wednesdays

Dick Svirsky 9:00 - 10:00

John Walsh 10:00 - 11:00 

Curtis Anderson 2:30 - 3:30 Learn to use email, send pictures, use the internet to look up your ancestors, medical conditions, vacation spots, news, anything. We have WIFI so bring your own laptop if you want.

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 & Thursdays, 1:00 - 2:30 

Party Bridge: Fridays, 1:15 - 3:45 \$1.00 to play - Maximum 32, Hoyt Great Room (No Van)

Drop in Game Day: Thursdays, 12:30 - 3:30 Do you need a place to meet and play a game with your friends?

Quilting: October 9 & 23 - 1:00

FITNESS

Motion to Music: Tuesdays & Thursdays, 9:00 - 10:00 Hoyt Great Rm. \$20/month; **NOTE:** \$15/month - any 5 classes during the calendar month.

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

Yoga: Mondays - 11:00 - 12:00, 3 weeks for \$30 or \$11 for drop-in.

Zumba Gold with Kelli: Mondays and Wednesdays 9:15 - 10:15 - Hoyt Great Rm. \$5 session. (Minimum of 8), no registration required. Zumba is fun...it's the type of exercise you'll want to do every day and feel good about it! So grab some friends and come take a class!

Tai Chi is back: "FOREVER 49" Fit for Life Fitness Program - Mondays - 1:30 - 2:30 \$5/Session

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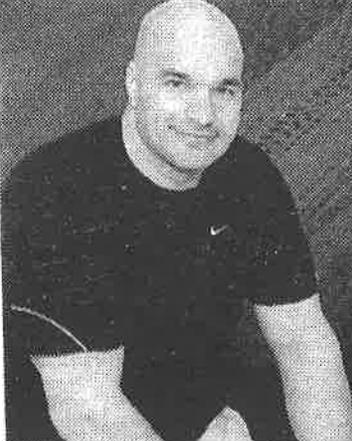
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>These are destination arrival times. Please be ready 30 minutes – 1 hour prior to the time listed. Thank you</p> <p>SUGGESTED DONATION FOR LUNCH IS \$2.00 - IF YOU ARE UNDER 60 YEARS OLD, THE CHARGE FOR LUNCH IS \$3.50</p>	<p>8:30 Burbank YMCA 9:00 Motion to Music 9:30 Art Lessons 9:30 Matter of Balance 11:00 Brain Yoga 12:00 Lunch 1:00 Bingo</p> <p>Stuffed Pepper or Chef's Salad</p>	<p>8:45 Neighborhood Shopping 9:00 Computers with Dick 9:15 Zumba 9:30 Klickity Klack 10:00 Computers with John 10:00 Billiards 12:00 Lunch 1:45 Neighborhood Shopping 2:30 Computers with Curtis Greek Chicken or Seafood Salad</p>	<p>8:30 Burbank YMCA 8:30 Facials 8:45 CG Shopping 9:00 Motion to Music 12:00 Lunch 12:30 Drop in Game Day</p> <p>Veggie Burger or Chicken Salad Sandwich</p>	<p>8:45 FTD Shopping 9:00 BEST 10:00 Painting 10:00 SHINE 12:00 Lunch 1:00 AA 1:00 Chess 1:15 Party Bridge Potato Crunch Fish or Roast Beef/Swiss Cheese Sand-</p>
<p>9:00 Walmart 9:15 Zumba 11:00 Yoga 12:00 Lunch 12:00 Podiatry 1:00 Target, Kohls, Mall 1:00 Cribbage 1:30 Forever 49 - Tai Chi</p> <p>Tortellini or chicken salad sandwich</p>	<p>8:30 Burbank YMCA 9:00 Motion to Music 9:30 Art Lessons 9:30 Matter of Balance 11:00 Brain Yoga 12:00 Lunch & Learn 1:00 Bingo Chicken w/Sauce or Turkey/Cheese Sandwich</p>	<p>8:45 Neighborhood Shopping 9:00 Computers with Dick 9:15 Zumba 9:30 Klickity Klack 10:00 Computers with John 10:00 Low Vision / Billiards 12:00 Special Lunch/Oktobefest 1:00 Quilting 1:30 Parkinson Support 1:45 Neighborhood Shopping 2:30 Computers with Curtis Bratwurst</p>	<p>8:30 Burbank YMCA 8:45 CG Shopping 9:00 Motion to Music 9:30 Manicure 10:15 Ear Health 12:30 Drop in Game Day 1:00 Bingo</p> <p>Salmon Boat or Tortellini Salad</p>	<p>8:45 FTD Shopping 9:00 BEST 10:00 Painting 10:00 SHINE 12:00 Lunch 1:00 AA 1:00 Chess 1:15 Party Bridge Meatball Sub or Roast Beef/Swiss Cheese Sandwich</p>
<p>Town Hall and Pleasant Street Center is closed</p> <p>Columbus Day</p>	<p>8:30 Burbank YMCA 9:00 Motion to Music 9:30 Art Lessons 9:30 Matter of Balance 11:00 Brain Yoga 12:00 Lunch 1:00 Bingo 5:00 Ham & Bean Supper Pot roast or Seafood Salad sandwich</p>	<p>8:45 Neighborhood Shopping 9:00 Computers with Dick 9:15 Zumba 9:30 Klickity Klack 10:00 Computers with John 10:00 Billiards 12:00 Lunch 1:45 Neighborhood Shopping 2:30 Computers with Curtis</p>	<p>8:30 Burbank YMCA 8:30 Facials 8:45 CG Shopping 9:00 Motion to Music 12:00 Lunch 12:30 Drop in Game Day 1:00 Book Club 1:00 Bingo</p> <p>Stuffed Shells or Seafood Salad</p>	<p>8:45 FTD Shopping 9:00 BEST 10:00 Painting 11:00 Senator Clark 12:00 Lunch 1:00 AA 1:00 Chess 1:15 Party Bridge Chicken Chili or Ham/Swiss Cheese Sandwich</p>
<p>9:00 Downtown Errands/Calareso's/ Library 9:15 Zumba 11:00 Yoga 12:00 Birthday Lunch 1:00 Cribbage 1:00 Redstone 1:30 Forever 49 - Tai Chi</p> <p>Breaded Fish Sandwich or Roast Beef/American Cheese Sandwich</p>	<p>8:30 Burbank YMCA 9:00 Motion to Music 9:30 Art Lessons 9:30 Matter of Balance 11:00 Brain Yoga 12:00 Lunch & Learn 1:00 Bingo</p> <p>Cheese/Vegetable Quiche or Seafood Salad Sandwich</p>	<p>8:45 Neighborhood Shopping 9:00 Computers with Dick 9:15 Zumba 9:30 Klickity Klack 10:00 Computers with John 10:00 Billiards 12:00 Lunch 1:00 Quilting 1:15 Movie 1:45 Neighborhood Shopping 2:30 Computers with Curtis Chicken Parm or Turkey/Swiss Sandwich</p>	<p>8:30 Burbank YMCA 8:45 CG Shopping 9:00 Motion to Music 9:30 Manicure 10:15 Domestic Violence Awareness 11:00 Blood Pressure 12:00 Lunch - World Series Trivia 12:30 Drop in Game Day 1:00 Bingo Meat Loaf or Tuna Salad Sandwich</p>	<p>8:45 FTD Shopping 9:00 BEST 10:00 Painting 10:00 SHINE 12:00 Lunch 1:00 AA 1:00 Chess 1:15 Party Bridge</p> <p>Roast Turkey or Cottage Cheese Fruit Plate</p>
<p>9:00 Target, Kohls, Mall 9:15 Zumba 10:00 SHINE 11:00 Yoga 12:00 Lunch 1:00 Cribbage 1:00 Walmart 1:00 Forever 49 - Tai Chi 3:00 Halloween Party Fish Sticks or Ham/Cheese Sandwich</p>	<p>8:30 Burbank YMCA 9:00 Motion to Music 9:30 Art Lessons 9:30 Matter of Balance 11:00 Brain Yoga 12:00 Lunch 1:00 Bingo</p> <p>American Chop Suey or Tuna Salad</p>	<p>8:45 Neighborhood Shopping 9:00 Computers with Dick 9:15 Zumba 9:30 Klickity Klack 10:00 Computers with John 10:00 Billiards 12:00 Lunch 1:45 Neighborhood Shopping 2:30 Computers with Curtis BBQ Beef Patty or Chef's Salad</p>	<p>8:30 Burbank YMCA 8:45 CG Shopping 9:00 Motion to Music 12:00 Lunch 12:30 Drop in Game Day 1:00 Bingo</p> <p>Roast Pork or Breaded Chicken Patty Sandwich</p>	<p>ABBREVIATIONS CG = Cedar Glen FTD = Frank Tanner Drive 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 am you should be ready by 8:45).

There is van service on October 7th (1st Monday in October). The Pleasant Street Center is closed Monday October 14th (Columbus Day)

Woburn Mall, Target or Kohl's for everyone

Monday, October 7th ~ 1:00 - 2:30 p.m. & October 28th ~ 9:00 - 10:30 a.m.

Wal-Mart for everyone

Monday, October 7th ~ 9:00 - 10:30 a.m. & October 28th ~ 1:00 - 2:30 p.m.

Downtown Errands, Calareso's or Library

Monday, October 21st ~ 9:00 - 10:15 a.m.

Redstone Shopping Center for everyone

Monday, October 21st ~ 1:00 - 2:30 p.m.

Burbank YMCA for everyone ~All Tuesdays and

Thursdays from 8:30 - 10:30 a.m.

Neighborhood Shopping: Wednesdays - 8:45 -

10:00 & 1:45 - 3:00

Cedar Glen: Thursdays - 8:45 - 10:00

Tannerville: 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 home pickup and return pickup!
- Please refrain from the use of colognes/perfumes when riding the van. It has been known to cause an allergic reaction for some passengers.

HEALTH SCREENINGS



Podiatry Clinic: Mon., October 7 - Call 781-438-2525 to schedule an appointment. Cost \$30

Blood Pressure Check at Pleasant Street Center:

Fri., October 4, 10:00 - 11:00 Sponsored by Walgreens

Thurs., October 24, 11:00 - 12:00, Town Nurse

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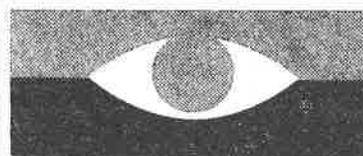
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Assistance for Seniors w/Disabled Children

Many seniors are faced with the challenge of having adult children living at home who are disabled. After a lifetime of caring for their developmentally disabled children, many are reaching a painful crossroads, realizing that they cannot care for them much longer. There are many resources available to those seniors who are planning for the future or are currently looking to explore options. Some agencies to contact are as follows:

- **DDS- Department of Developmental Services, 1-800-426-9009**
Local DDS office: 27 Water Street Wakefield, MA
- **E-Marc, Contact Michelle Faugno 781-587-2322**
26 Princess Street
Wakefield, MA 01880
- **Mass Rehab Commission, 1-800-245-6543 Malden, MA**

Another important step is meeting with Attorney that specializes in elder law and disabled adults to have appropriate documents in place. These documents consist of special needs trust, guardianship nomination, and letter of intent. Along with these documents it is important to have a Health Care Proxy (HCP), Durable Power of Attorney, and a Will.

References: DDS, Mass Rehab Commission and E-Marc, Margolis and Bloom.

SENIOR GROUPS

Parkinson's Disease Support Group -Weds., October 9, 1:00 -3:00; Meets on the 2nd Wednesday of each month. All are welcome.

Low Vision Group – Weds., October 9 - 10:00 Guest speaker – Kerry Valle – caseworker for Reading Elder-Human Services

Not too Stuffy Book Club - Thurs., October 17, 1:00 *Caleb's Crossing* by Geraldine Brooks. Growing up in a tiny settlement amid a band of pioneers and Puritans, Bethia Mayfield yearns for an education that is closed to her due to her gender. She slips away to explore the island's beaches and observes its native Wampanoag inhabitants. At twelve, she encounters Caleb, the young son of a chieftain, and the two forge a secret friendship that draws each into the alien world of the other.

Library Happenings

Fairyland: a Memoir of My Father - Wed, October 9, 10:00 a.m. (Coffee & refreshments at 9:30 a.m.) Alysia Abbott shares her acclaimed debut; a beautiful, vibrant memoir about growing up motherless in San Francisco with an openly gay father -the poet Steve Abbott, who died of Aids at the age of 48.

LiveWires Presents: The Art of Memoir - Tue, October 15 & 22, 6-8:30 p.m. Everyone has a story, learn how to tell yours. Join accomplished writer Nancy Genevieve Kohl for this two part workshop. **Please register for both evenings by calling the library at 781-944-0840.** This program is supported by a grant from the *Reading Cultural Council*, a local agency, which is supported by the *Massachusetts Cultural Council*.



Thank you to: The folks who have donated items for our troops. This donation box will be available until Nov. 11.

MaryEllen Dooling of Hallmark Health for organizing the Health Faire in September.

CHIT CHAT

Questions/Concerns? Visit the Pleasant Street Center

Board of Selectmen Office Hours
Tuesday, Oct. 8 - 6:30 - 7:00 - Town Hall Conf. Rm.



Senator Katherine Clark
Friday, October 18 -11:00

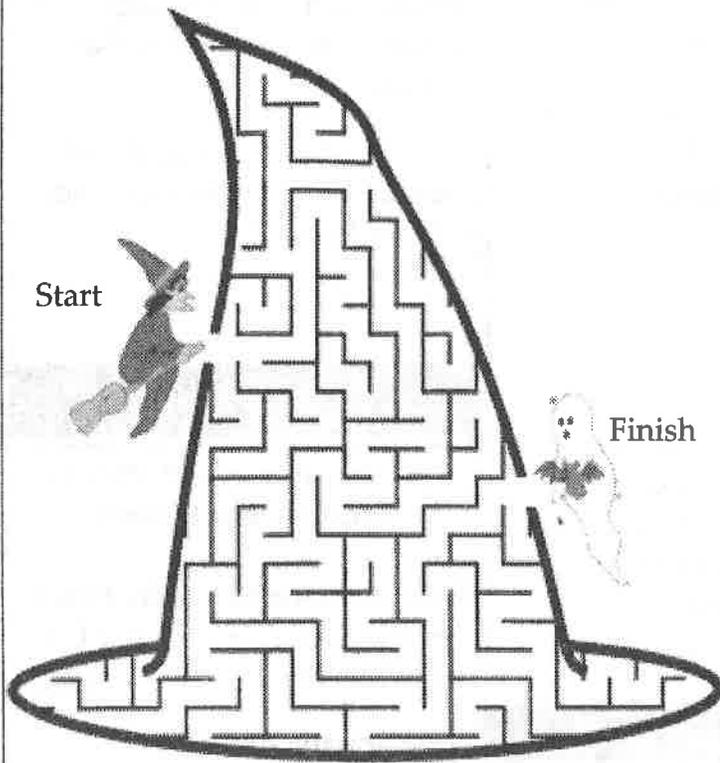
COA Meeting - Mon., October 21 - 6:30, Pleasant Street Center

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



Winner's

Bingo Winners for August - Blanche Spitzs, Elvira Zderdicka (twice), Barbara Ritchie, Bill Sullivan, Margaret White, Maria Serrano, Maria Dinjian, Eleanor Terenzi, and one on August 29th

Which Way Witch?**EASY RECIPES****Cheddar Baked Potato Slices**

1 can Cream of Mushroom soup
 1/2 tsp paprika
 1/2 tsp pepper
 4 medium baking potatoes, cut into 1/4 slices
 1 c. shredded cheddar cheese

In bowl combine soup, paprika and pepper.
 Place potatoes in overlapping rows in greased 2 qt. oblong baking dish
 Sprinkle with cheese, spoon soup mixture over cheese.

Cover with foil; bake at 400 degrees for 45 min. Uncover bake 10 min. or until potatoes are fork tender.

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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.

Reading Response Program

The Reading Response Program is designed to assist in meeting the home health needs of the residents of Reading. The program is offered and funded by the Town of Reading's Hospital Trust Funds and is administered by Hallmark Health Visiting Nurse Association and Hospice.

The Program may provide needed health services or complement existing services on a no cost basis if the resident meets eligibility requirements. The Reading Response Nurse Coordinator will work closely with the client and client's physician to develop the best care plan to meet his or her health

**Anyone may contact us—you,
your family, your physician.**

Call us at (781) 338-7800

Reading residents of all ages whose income qualifies them are eligible to receive the following services:

- ◆ Nursing
- ◆ Home Health Aide
- ◆ Massage Therapy
- ◆ Lifeline Emergency Response System
- ◆ Lifeline Medication Management System
- ◆ Periodic Respite Care

Other home based services may be offered as needed upon approval.

Reading Response Program

c/o Hallmark Health

Visiting Nurse Association and Hospice, Inc.

178 Savin St., Suite 300

Malden, MA 02148

(781) 338-7800

Medical Transportation

- ◆ Taxi or Chair Car Transportation for medical appointments throughout the Boston Area
- ◆ Contact Reading Elder Services for eligibility and more information at **781-942-6659**

2013 SEASONAL FLU CLINIC

Sponsored by the Wakefield, Melrose & Reading Health Departments

Seasonal Flu Shots For Adults 18 years and older — FREE—with Most Insurances

The Wakefield, Melrose & Reading Health Departments will be hosting several clinics to administer the seasonal flu vaccine. The vaccine is free for those 18+ with the following insurances: Tufts, Harvard Pilgrim, Blue Cross of Massachusetts, Unicare, Fallon, Health New England, Neighborhood Health Plan, MassHealth Cigna, Aetna, United Healthcare, Celticare, Network Health, and Medicare Part B.

Residents of all communities are welcome at any of the listed dates and locations. Please be sure to bring your insurance card. The vaccine is \$10 for those without one of the accepted insurances.

Reading Clinic Dates & Locations

Wednesday, October 9th, 2:30-4PM
Coolidge Middle School
89 Birch Meadow Drive, Reading

Thursday, October 17th, 10AM-11AM
McCarthy Senior Center
30 Converse Street, Wakefield

Saturday, October 19th, 9:30-11AM
Coolidge Middle School
89 Birch Meadow Drive, Reading

Wednesday, October 23rd, 7-8PM
Galvin Middle School
525 Main Street, Wakefield

For additional dates/times in neighboring towns please visit the town website at www.readingma.gov

Medicare Open Enrollment - Oct. 15 - Dec. 7

Make your SHINE appointment now!

If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO, PPO), you should be receiving information from your plan by the end of September. It is important to **read** and **save** this information because it explains the changes in your plan for 2014.

During Medicare's Open Enrollment, you will have a chance to **CHANGE** your plan for next year. SHINE Counselors can help you understand your plan changes, as well as other options you may have.

This year, because of the Affordable Care Act, some new programs are being introduced around the same time as Medicare's Open Enrollment. If you are eligible for Medicare, you don't need to be concerned about other "open enrollments."

Trained SHINE counselors offer free, confidential counseling on all aspects of Medicare and related health insurance programs. To make an appointment with the SHINE counselor in Reading, please contact (781) 942-6794. You may also call the Regional SHINE office at Mystic Valley Elder Services at 781-324-7705 x 164.