



Pleasantries

Reading Senior Newsletter

www.readingma.gov/elder



January 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 Worker

Marie Ammer, LCSW
781-942-6659

Van Driver

Joe Beninati

Council on Aging

Carol Oniskey, Chairman
Erica Deane, Vice Chairman
Kevin Walsh, Secretary
Dolly DeRosa
Margaret Havey
Sally Hoyt
Steve Oston
Thomas Procopio
Carole Scrima

What's in a name....often a name makes a big difference. We believe this is the case at the Council on Aging. For some time we have been working to enhance the Senior Center and make it a place that all Reading seniors enjoy visiting. Part of this initiative has been to create an atmosphere of vitality, learning and fun. Our first step was accomplished in December when we requested the Board of Selectmen change the name of the center. We are happy to report this was unanimously agreed upon. Going forward we are now the "Pleasant Street Center". It is our belief that this change will demonstrate to the community that this is a place for all to gather. As we continue to make improvements both in the physical space and programming, we hope all Reading seniors, young and old, take a new look at the Center.—Carol Oniskey, Chairperson, Council on Aging

SPECIAL EVENTS

The Pleasant Street Center will be closed on
Tuesday, January 1- New Year's Day
and Monday, January 21 - Martin Luther King Day
Tuesday, January 8 - 9:30 a.m. **Art Lessons with Steve Greco**
Wednesday, January 9 - 1:30 p.m. **Parkinson's Disease Support Group**
Wednesday, January 9- noon **Winter Special Lunch**
Thursday, January 10 - 10:15 **Massachusetts Senior Medicare Patrol Program**
Monday, January 14 - noon **Birthday Lunch**
Tuesdays, January 15 - February 19, 11:00 a.m. - 12:00 p.m.
Brain Yoga Class - 6 week series
Monday, January 28 - Movie **The Help**
Thursday, January 24, 10:15 a.m. **"Solving Computer Aggravations"**
Friday, January 25 - 10:30 a.m. **Medication Safety**
Thursday, January 31—Noon, **Super Bowl Party**
See page 2 for a full description of the Special Events



IMPORTANT SYMBOLS

Registration Require
781-942-6794



Free Transportation
781-942-6794

**Reservations start December 26th -
Please call by noon at least two days
before the event**

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MONTHLY ACTIVITIES 

Art Lessons with Steve Greco Starting Jan. 8, Tuesdays, 9:30 a.m. - 12:00 p.m. - 2 ½ hours for \$10. Steve teaches any medium. Minimum 5 for the class.  

Fix - It - 1Jan. 8, 11:00 a.m., leave the lamp at the receptionist desk. You only pay for the parts.

Winter Special Lunch - Wednesday, Jan. 9 - 12:00 p.m. Jim Barrineau - singer/guitar player  

Parkinson's Disease Support Group, Wednesday, Jan. 9, 1:30 - 3:00 p.m., Elder Services is hosting a monthly Parkinson Support Group for patients and families. Meetings are the 2nd Wednesday of the month. All are welcome. The group is led by Michelle Caron RN of Greater Medford VNA. For more info visit www.APDA.org or call the Center (781) 942-6794.

Massachusetts Senior Medicare Patrol Program, Thursday, Jan. 10, 10:15 - 11:15 a.m. - Lounge Empowering Seniors to Prevent Healthcare Fraud. 

Birthday Lunch - Monday, Jan. 14 - noon - Celebrate your January birthday - receive a gift and your lunch is free.  

MOVIE - Jan. 28 - 12:45 p.m. - **The Help**, 1960s Mississippi, Skeeter, a society girl, returns from college determined to become a writer, but turns her friends' lives, and her small town, upside down when she interviews the black women who have spent their lives caring for prominent southern families. 

Brain Yoga Class - 6 week series Tuesdays, Jan. 15 - Feb. 19, 11:00 a.m.- 12:00 p.m. 6 wks/\$20 - due at first class. Brain Yoga uses different activities to stretch your brain. Enjoy some simple stretching then relax your brain with Breathing and Mediation.  

SHINE Counseling - Friday, Jan. 18 - 10:00 a.m. - 1:00 p.m.. Call for an appointment (781) 942-6659

"Solving Computer Aggravations" Thursday, Jan. 24, 10:15 a.m. Miklos Jako will give a 1-hour presentation on "Solving Computer Aggravations." 

Medication Safety-Friday, Jan. 25 - 10:30 a.m. Free Brown Bag Lunch - Do you have old, expired and unneeded medication? Bring medications in a zip lock bag. Reading Coalition Against Substance Abuse will be here to collect & dispose of them. Pharmacists from Mass College of Pharmacy will give a presentation on medication safety including common drug interactions. **Lunches will be given out to those who register in advance by Jan 18th.**

Super Bowl Party, January 31, noon, Pizza, games & prizes. Come show your team pride.  

Lunch is Served - Noon, Sponsored by MVES. suggested donation \$2.00/Reservations 2 days in advance 

PLEASANT STREET SPA 

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

Roberta Our Hairdresser - Monday, Jan. 7, 9:30 a.m. - 1:00 p.m. Call 781.245.6605 for an appointment. \$14.00/haircut 

Manicures - Thursday, Jan. 10 & 24 - 9:30 a.m. - 1:00 p.m. \$5.00 or \$6.00 French 

FITNESS 

Motion to Music Tuesdays & Thursdays, 9:00 - 10:00 a.m. Great Rm. \$20/month; \$15/month - 1x/week. Drop-ins \$4/session.

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

Yoga - Mondays - 11:00 a.m. - 12:00 p.m. 3 wks/\$24 or \$10 for drop-in

Zumba w/Kelli Mondays, 9:15 - 10:15 a.m. & Wednesdays, 1:30 - 2:30 p.m.-Great Rm. \$5/session.

SHOPPING

Woburn Mall, Target or Kohl's for everyone - Monday, Jan. 7 - 1:30 p.m. & Jan. 28 - 9:30 a.m.
Wal-Mart for everyone - Monday, Jan. 7 - 9:30 a.m. & Jan, 28 - 1:30 p.m.
Downtown Errands, or Library for everyone - Monday, January 14 - 9:30 a.m.
Redstone Shopping Center for everyone - Monday, January 14 - 1:30 p.m.
Burbank YMCA for everyone - All Tuesdays and Thursdays from 9:15 - 11:00 a.m.
 Community Shopping Wednesdays - 9:30 a.m. & 1:30 p.m.
 Cedar Glen Shopping Thursdays - 9:00 a.m.
 Tannerville Shopping Fridays - 9:00 a.m.
 There is van service on January 7 (1st Monday in Jan.) The Center is closed on Tuesday, Jan. 1 and Monday, Jan. 21 (Martin Luther Day) - Note: 4 bags per rider. Please be on time!

SENIOR GROUPS

Low-vision Group - Winter Break. No meeting in January or February.
Open Bereavement Support Group - Wednesday January 2 & 16 - 1:30 - 3:00 p.m. - Lounge. The program is sponsored by the VNA of Middlesex East; facilitated by Irma Meuse, SP, and L.I.C.S.W. Registration required - Call: Suzie Yoffe, Bereavement Coordinator, VNA of Middlesex East, 781-224-3399.

HEALTH SCREENINGS

Blood Pressure Check : *please note new location. **Tannerville Clinic has been discontinued**
 Thursday Jan. 10 *Town Hall- Conference Rm (first floor) 10:00 - 11:00 a.m.
 Thursday, Jan. 17 Peter Sanborn Place 10:30 -11:30
 Thursday, Jan. 24 Pleasant St Ctr 11:00 - 12:00
 Friday, Jan. 11 - 10:15 - 11:15 by Walgreens
Podiatry Clinic Monday, Jan. 14 - Noon - 6:00 pm Arts&Crafts Rm. Call Dr. Connolly 781.438.2525 \$30.00/Center and \$50.00/home visit.



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MONDAY	TUESDAY	WEDNESDAY
<p align="center">January 2013</p>	<p align="center">Center and Town Hall closed New Year's Day</p>	<p>1 9:30 Kileckity Klack 9:30 Community 10:00 Computer 10:00 Billiards 12:00 Lunch 1:30 Community 1:30 Zumba / Ben Chicken Parmesan w/pas Turkey Sandwich</p>
<p>VAN SERVICE TODAY 9:15 Zumba 9:30 Walmart / Hairdresser 11:00 Yoga 12:00 Lunch 1:00 Cribbage 1:30 Woburn Mall/Target or Kohl's Chicken Divan or Turkey Sandwich</p>	<p>7 9:00 Motion to Music 9:15 Burbank YMCA 9:30 Art Lessons 11:00 Fix It 12:00 Lunch 1:00 Bingo Salmon boat in a lemon dill sauce or Chef Salad</p>	<p>8 9:30 Kileckity Klack / C 10:00 Computer/ Billiar 12:00 Winter Special L 1:00 Quilting 1:30 Parkinson Suppor 1:30 Community Sho Winter Special—Italian po creamy Parmesan polenta</p>
<p>9:15 Zumba 9:30 Downtown Errands/Library 11:00 Yoga 12:00 Birthday Lunch 12:00 Podiatry Clinic 1:00 Cribbage 1:30 Redstone 6:30 COA Turkey a la king or Egg salad sandwich</p>	<p>14 9:00 Motion to Music 9:00 Fuel Assistance 9:15 Burbank YMCA 9:30 Art Lessons 11:00 Brain Yoga 12:00 Lunch 1:00 Bingo Meatloaf w/mushroom gravy or Chicken salad sandwich</p>	<p>15 9:30 Kileckity Klack 9:30 Community SH 10:00 Computer 10:00 Billiards 12:00 Lunch 1:30 Community Sho 1:30 Zumba 1:30 Bereavement Su Macaroni and cheese or Seafood salad sandwich</p>
<p align="center">Center and Town Hall Closed Martin Luther King Day</p>	<p>21 9:00 Motion to Music 9:15 Burbank YMCA 9:30 Art Lessons 11:00 Brain Yoga 12:00 Lunch 1:00 Bingo Hot dog w/baked beans or Roast beef and provolone cheese sandwich</p>	<p>22 9:30 Kileckity Klack 9:30 Community 10:00 Computer 10:00 Billiards 12:00 Lunch 1:00 Quilting 1:30 Community Chicken and vegetable p Ham and Swiss cheese</p>
<p>9:15 Zumba 9:30 Woburn Mall/Target or Kohl's 11:00 Yoga 12:00 Lunch 12:45 Movie 1:00 Cribbage 1:30 Walmart Tomato fish stew or Breaded chicken breast sandwich</p>	<p>28 9:00 Motion to Music 9:15 Burbank YMCA 9:30 Art Lessons 11:00 Brain Yoga 12:00 Lunch 1:00 Bingo Roasted chicken and gravy or Cottage cheese fruit plate</p>	<p>29 9:30 Kileckity K 9:30 Communi 10:00 Computer 10:00 Billiards 12:00 Lunch 1:30 Communi 1:30 Zumba Roast pork or Turkey and Swiss cheese</p>
	<p align="center">SUGGESTED DONATION FOR LUNCH IS \$2.00 - IF YOU ARE UNDER 60 YEARS OLD THE CHARGE FOR LUNCH IS \$3.50</p>	<p align="center">These are destin Please be ready 30 prior to the time ll</p>

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WEDNESDAY	THURSDAY	FRIDAY
<p>Shopping 2</p> <p>Shopping Movement Support ta or</p>	<p>3</p> <p>8:30 Facials 9:00 CG Shopping 9:00 Motion to Music 9:15 Burbank YMCA 12:00 Lunch 12:30 Drop in Game Day 1:00 Bingo</p> <p>Baked Fish w/broccoli cheese sauce or California chicken salad sandwich</p>	<p>4</p> <p>9:00 BEST 9:00 FTD Shopping 10:00 Painting 12:00 Lunch 1:00 AA / Chess 1:15 Party Bridge</p> <p>Tortellini with sauce or egg salad sandwich</p>
<p>Community Shopping 9</p> <p>is lunch</p> <p>ping / Zumba roast served with</p>	<p>10</p> <p>9:00 CG Shopping/Motion to Music 9:15 Burbank YMCA 9:30 Manicures 10:00 Blood Pressure @ TownHall 10:15 Medicare Patrol Program 12:00 Lunch / Sel. Goldy 12:30 Drop in Game Day 1:00 Bingo</p> <p>Stuffed shells or Seafood salad sandwich</p>	<p>11</p> <p>9:00 BEST/FTD Shopping 10:00 Painting 10:15 Blood Pressure 12:00 Lunch 1:00 AA 1:00 Chess 1:15 Party Bridge</p> <p>Boneless BBQ ribs or BBQ chicken patty sandwich</p>
<p>Shopping 16</p> <p>pping</p> <p>port</p>	<p>17</p> <p>8:30 Facials 9:00 CG Shopping 9:00 Motion to Music 9:15 Burbank YMCA 12:00 Lunch 12:30 Drop in Game Day 1:00 Bingo 1:30 Book Club</p> <p>Lemon Dijon chicken served or Roast beef & provolone cheese sandwich</p>	<p>18</p> <p>9:00 BEST 9:00 FTD Shopping 10:00 Painting 10:00 SHINE 11:00 Sen. Clark 12:00 Lunch 1:00 AA 1:00 Chess 1:15 Party Bridge</p> <p>Baked fish sticks or Chef Salad</p>
<p>Shopping 23</p> <p>Shopping / Zumba ot pie or sandwich</p>	<p>24</p> <p>9:00 CG Shopping /Motion to Music 9:15 Burbank YMCA 9:30 Manicures 10:15 Computer Aggravations 11:00 Blood Pressure 12:00 Lunch 12:30 Drop in Game Day 1:00 Bingo</p> <p>Baked fish or Turkey & American cheese</p>	<p>25</p> <p>9:00 BEST 9:00 FTD Shopping 10:00 Painting 10:30 Medication Safety 12:00 Lunch 1:00 AA 1:00 Chess 1:15 Party Bridge</p> <p>Cheese Lasagna or Egg salad</p>
<p>Shopping 30</p> <p>y Shopping</p> <p>y Shopping</p> <p>sandwich</p>	<p>31</p> <p>9:00 CG Shopping 9:00 Motion to Music 9:15 Burbank YMCA 12:00 Lunch / SuperBowl Party 12:15 Town Mgr 12:30 Drop in Game Day 1:00 Bingo</p> <p>Pizza</p>	
<p>ation arrival times minutes – 1 hour ted. Thank you</p>	<p>ABBREVIATIONS CG = Cedar Glen FTD = Frank Tanner Drive</p>	

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Classes, Crafts & Games

Quilting - Wednesday - Jan. 9 & 23 - 1:00 p.m. New classes starting. Come visit and try it out. Class size is limited. Call Edwina Kasper for more information 781.944.6398.

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

Painting Group Fridays - 10:00 a.m. - 12:30 p.m. - Arts & Crafts Room - Limit 6 - call to reserve your spot.

Computer Class with instructor John Walsh  Wednesdays - 10:00 - 11:00 a.m. Learn to use email, send pictures, or look up ancestors, medical conditions, vacation spots, anything. It's FREE! We have WIFI, bring your own laptop if you want.

Games People Play

Mondays 1:00 - 3:00 p.m. Cribbage 

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

Pool table is available Monday, Friday 9:00 am. - 4:00 pm.

Friday, 1:00 - 3:00 p.m. Chess (No van).

Bingo Tuesdays & Thursdays, 1:00 - 2:30 p.m. 

Party Bridge Friday, 1:15 - 3:45 p.m.- \$1.00 to play - Maximum 32, Great Room

Drop in Game Day Thursdays, 12:30 - 3:30 pm.

Library Happenings

LiveWires Coffee & More: Nutrition for the New Year Wednesday, January 9th, refreshments at 9:30 a.m. program at 10:00. Nutrition expert Anna Tourkakis, author of *Delicious Simplicity: Recipes for Today's Busy Life*, prepares an easy-to-follow typical day's menu with a focus on foods which maximize well-being, energy level and a healthy weight.

Not-Too-Stuffey Book Group: The Red Garden by Alice Hoffman Thursday January 17, Pleasant Street Center, 1:00-2:00 p.m.

Drop-in Chess Saturday, January 19, 3:00 - 4:00 p.m.

LiveWires Presents: The Arms Trade: Inside the Headlines

Tuesday, January 22, 7:00 p.m. Craig Brandt, editor of Military Assistance and Foreign Policy will lecture on American arms transfers. With over \$35 billion in sales last year, arm sales affect strategy in Afghanistan, as well as the defense industry in Massachusetts.

American arms transfers. With over \$35 billion in sales last year, arms sales affect strategy in Afghanistan as well as the defense industry in Massachusetts



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HEALTH AND WELLNESS



In Elder and Human Services we are here to assist you. If a situation occurs when the Town Hall is closed there is still help available. Below are some hotline numbers to call for assistance:

- Mystic Valley Elder Services, Malden: 781-324-7705, Extension 100
- Commonwealth of Massachusetts:
Hot Line: 1-800-AGE-INFO or 1-800-243-4636

Prescription Advantage Changes: New ID Cards Issued to Members

As of January 1, 2013, Prescription Advantage will no longer use the Catamaran Pharmacy Benefits Manager (PBM) to process members' claims. All Prescription Advantage members will have their claims processed through Xerox Corporation.

- While this change in PBM has no affect on Prescription Advantage benefits, current Prescription Advantage identification cards will no longer be valid. Replacement cards are being issued.

*Joan Neary for donating k-cups.

*Donna Ayer for donation of candy cane decorations and Reindeer Food.

*Cheryl Webster and Jenny DiMuzio and their 50 middle school students for putting on a great holiday performance.

CHIT CHAT



**Questions/Concerns?
Visit the**

Pleasant Street Center

Board of Selectmen Office Hours

Tuesday, January 8 - 6:30 - 7:00 p.m. - Town Hall Conf. Rm.

Selectman Steve Goldy 
Thursday, January 10 - Noon

Senator Katherine Clark
Friday, January 18 - 11:00 a.m.

Meet the Town Manager 
Thursday, January 31 - 12:15 p.m.

Council on Aging Monday,
January 14 - 6:30 p.m.

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

ANNOUNCEMENTS

NEW SOCIAL SECURITY OFFICE HOURS

Effective November 19, 2012, all Social Security offices will be open to the public Monday, Tuesday, Thursday, Friday from 9 a.m. to 3 p.m., Wednesdays 9 am to 12 pm. While agency employees will continue to work their regular hours, this shorter public window will allow them to complete interviews and process claims more effectively. **Most Social Security services do not require a visit to a local office.** Many services, including applying for retirement, disability or Medicare benefits, signing up for direct deposit, replacing a Medicare card, obtaining a proof of income letter or informing us of a change of address or telephone number are available at www.socialsecurity.gov or by dialing our toll-free number, 1-800-772-1213. People who are deaf or hard of hearing may call our TTY number, 1-800-325-0778. Many social security online services also are available in Spanish at www.segurosocial.gov.

Fuel Assistance Tuesday, Jan. 15 9:00 a.m. - 12:00 p.m. - Assistance with applying for Fuel Assistance is at the **Town Hall**, 16 Lowell Street, Lower Level. Call Ann Gentile for an appointment (781) 942-6608.

MBTA - information

CharlieCard Store

The MBTA has opened a new CharlieCard Store in downtown Boston. Adjacent to the Red and Orange Lines at Downtown Crossing Station.
Hours: Monday - Friday, 8:00 a.m. to 5:30 p.m.

Winner's



Bingo winners for November – Bob Fitzgerald, Barbara Mullen, Carol Holland (twice), Mary Pettrillo, Nancy Marchant, Maria Ser-rano, Romana Pieri, and Pauline Teixeira

FUN AND GAMES

Are you ready for some football... Bring your answers to the Super Bowl Party on January 31. You could win a prize.

1. Where was the first Super Bowl Held?
2. Which NFL team has played in the most Super Bowls?
3. Which NFL teams have never played in the Super Bowl?
4. What was the biggest blowout in Super Bowl history?
5. What was the closest game in Super Bowl history?
6. Who performed the halftime show in Super Bowl I?
7. How many Super Bowls have the Patriots been in?

Originally published by Yahoo! Sports January 2012

EASY RECIPES



- Please leave recipes at the Reception Desk
Beef Chow Mein (for 2)

Ingredients

4 teaspoons *cornstarch*
 1 teaspoon *sugar*
 4 teaspoons *soy sauce*
 1 *garlic clove, minced*
 1/2 pound *beef tenderloin, cut into thin strips*
 1 tablespoon *canola oil*
 2 cups *assorted fresh vegetables*
 1/3 cup *beef broth*

Directions

In a large bowl, combine the first four ingredients. Add beef; toss to coat. In a large skillet or wok, stir-fry beef in oil until no longer pink; remove and keep warm.

Reduce heat to medium. Add vegetables and broth; stir-fry for 4 minutes. Return beef to the pan; cook and stir for 2 minutes or until heated through. Serve with chow mein noodles or rice. **Yield: 2 servings**

Published by tasteofhome.com/recipes. Originally published as Beef Chow Mein in Reminisce January/February 1999

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.

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.