

# Pleasantries

Reading Senior Newsletter

www.readingma.gov/elder



April 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 Bums 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

Thomas Procopio

Carole Scrima

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

Note From Marie: Working with the residents of Reading for 14 years has been a pleasure and a privilege. I thank you for allowing me this wonderful opportunity. I am announcing my retirement effective the end of April 2013. I have tried very hard to work with you to help meet the challenges, to help overcome the obstacles. to help improve whatever situation you found yourselves in, and to help to improve your quality of life. as YOU define it, in some way. I have learned much from you. I have witnessed many acts of courage. I have observed your dignity and your self-discipline in facing difficulties. I have been impressed with your ability to frequently laugh through it all. I will always carry these memories and these lessons with me. I wish you all good health and happiness each day. Sincerely,

Marie M. Ammer, L.C.S.W. Reading Elder Human Services Social Worker

# SPECIAL EVENTS



There is no van service on April 1 (1st Monday in April) The Pleasant Street Center is closed on Monday, April 15th (Patriot's Day) Reservations start Thursday, March 28

<u>\*</u>

Thursdays, 9:00 a.m. - 12:00 pm, Free Income Tax Preparation (see Page 7)

Wednesday, April 3 - 2:30 pm, Parker Middle School Cribbage Tournament

Tuesday, April 2 - Noon, Spring Special Lunch, Entertainer Bill Foley

Thursday, April 4 - 10:15 am, Get Your Greens

Monday, April 8 - Noon, Opening Day at Fenway: Trivia, Prizes

Wednesday, April 10 - 1:30 p.m., Parkinson's Disease Support Group

Thursday, April 11 - 10:15 am, New Procedure for Probate

Monday, April 22 - 12:45 p.m., MOVIE - Trouble with the Curve

Thursday, April 25 - 10:15 am "The Aging Eye"

Monday, April 29 - Noon, Birthday Lunch

Tuesday, April 30 - 6:30 pm, Living Choices for Older Adults

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 March 28 - 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**

Special Spring Lunch, Tuesday, April 2 - Singer guitar player Bill Foley (NOTE: Bingo starts at 1:30)

Brain Yoga Tuesdays - April 2- May 7 11:00 a.m. 6 week program for \$20. Or \$4 for drop-in. We will do exercise and games to stretch and relax our brains. If you don't use the muscles of your body they become stiff. The same is true of the brain. Come let the stiffness out of your brain with fun and laughter.

Simple Ways To Get Your Greens, April 4 - 10:15 a.m. Do you walk past all those green vegetables in the grocery store because you are not sure how to use them? Join Candace Quigley, Registered Dietitian, for a discussion on what some of these greens taste like, simple ways to use them and their nutritional value.

Opening Day at Fenway- Monday, April 8, Noon – Baseball Trivia Game with prizes. Get in the spirit wear your Red Sox gear

Fix - It - Tuesday, April 9 - 11:00 a.m., leave the lamp at the receptionist desk. You only pay for the parts.

New Procedure for Probate - Thursday, April 11 - 10:15 a.m. Tara E. DeCristofaro, Register of the Probate/Family Court, will present an informative overview of the new MA Uniform Code. This will have an impact on Reading Seniors. The new code offers new options to the public and provides for a faster, less complicated and less expensive procedure to probate a will, or if there is no will, to administer one's estate.

Fuel Assistance - Tuesday, April 16 - 9:00 a.m. - 12:00 p.m. Town Hall, 16 Lowell Street, Lower Level. Appointments made by calling 781.942.6608; 15 minutes is allowed for each appointment. When calling leave your home address or email - we will send you the list of required verifications and income guidelines.

S.H.I.N.E. – (Serving Health Insurance Needs of Elders) Meeting in the Computer Room - Friday, April 19 - 10:00 a.m. - 1:00 p.m. Call for an appointment at 781.942.6659.

Movie Day - Monday, April 22 - 12:45 p.m. – Trouble with the Curve: Slowed by age and failing eyesight, baseball scout Gus Lobel checks out the final prospect of his career. Cast: Clint Eastwood, Amy Adams, Justin Timberlake, John Goodman

"The Aging Eye" - Thursday, April 25, 10:15 a.m. What's normal for Aging Eyes and what may be signs of disease. The first step in protecting your eyes is to distinguish between vision changes that are normal and changes that may be signs of disease. Dr Robert Kwon will discuss cataracts, macular degeneration, diabetic retinopathy, and dry eyes to help you identify the difference -Refreshments

Birthday Lunch, Monday, April 29 - noon - Celebrate your birthday - if it is your birthday month you receive a gift and lunch is free. If it is not your birthday month suggested donation for lunch \$2.00.

Living Choices in Reading - Tuesday, April 30, 6:30 pm. Representatives from the various senior living facilities will be talking about options for living in Reading. Learn about aging at home or downsizing. Refreshments will be served.

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

# Senior Groups

Low-vision Group - Wednesday, April 10 10:00 a.m. Speaker Deb Ciampa, and Annie Kirsch from Mystic Valley Elder Services

**Bereavement Support Group -** Suzie Yoffe, Bereavement Coordinator, VNA of Middlesex East, 781.224.3399 for information. Registration required.

**Parkinson's Disease Support Group** Wednesday, April 10, 1:30 - 3:00 p.m. For patients and families. All are welcome as well as those with neurological diseases. The group is led by Michelle Caron RN, Greater Medford VNA, and will meet on the 2<sup>nd</sup> Wednesday of each month.

**Not-Too-Stuffy Book Group**: Thursday, April 18 - 1:00 p.m. Caleb's Crossing by Geraldine Brooks

# Pleasant Street Spa

Roberta Our Hairdresser – Monday April 8 9:30 a.m. Call 781.245.6605 for an appointment. \$14.00/haircut

For facials & manicures please call the Pleasant Street Center.

Facials – Thursday, April 4 & 18 - 8:30 a.m.-11:00 a.m. Choose 15 min./\$5 or 30 min./\$10.

Manicures - Thursday, April 11 & 25 -

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; NOTE: \$15/month - any 5 classes during the calendar month. Drop ins are welcome

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

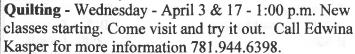
**Yoga** - Mondays - 11:00 a.m. - 12:00 p.m. 4 wks/\$32 or \$10 for drop-in -

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

## CLASSES, CRAFTS & GAMES

Art Lessons w/Steve Greco Tuesdays, 9:30 a.m. - 12:00 p.m. - 2 ½ hours for \$10.

Steve teaches any medium.



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 - Wednesdays

Dick Svirsky 9:00 - 10:00 a.m.

John Walsh 10:00 - 11:00 a.m. -

Learn to use email, send pictures, or use the internet to look up your ancestors, medical conditions, vacation spots, news, anything. And it's all FREE too! We have WIFI so bring your own laptop if you want.

Cribbage Mondays 1:00 - 3:00 p.m. Billiards (No van). Wednesdays, 10:00 - 11:15 a.m. Pool table is available Monday - Friday 9:00 am. - 4:00 pm.

Chess Friday, 1:00 - 3:00 p.m. (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. Do you need a place to meet and play a game with your friends? Come to the game room and play!

# LOCAL ADVERTISERS!

DO YOU WANT TO REACH THE LOCAL SENIOR CITIZENS IN A MEDIUM THAT HAS TREMENDOUS RETENTION?

Then advertise in their Senior Citizen Newsletter! CALL 603-329-8203

EMAIL: seniornewsletter@aol.com Senior News Publications, PO Box 411, Hampstead, NH 03841

# Health Screenings

#### **Blood Pressure Check**

Thursday, April 18 Peter Sanborn Place -10:30 - 11:30 a.m.

Friday, April 12 (2nd Friday of every month) -10:15 – 11:15 a.m. sponsored by Walgreens Podiatry Clinic, Monday, April 8 - Noon - 6:00 p.m. Arts & Crafts Room. Call Dr. Connolly directly at 781.438.2525 -schedule an appointment. Cost \$30/ Pleasant Street Center visit & \$50/home



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4. Pleasantries Senior Newsletter April 2013 April							
MONDAY		TUESDAY		WEDN			
NO VAN SERVICE TODAY  9:15 Zumba 11:00 Yoga 12:00 Lunch 1:00 Cribbage  Beef Stroganoff or Seafood salad sandwich	1	8:30 Burbank YMCA 9:00 Motion to Music 9:30 Art Lessons 11:00 Brain Yoga 12:00 Spring Special Lunch 1:30 Bingo  Spring Special: Honey mustard pork or Turkey and Provolone cheese	2	9:00 Computer w/Dick 9:30 Klickity Klack/N 10:00 Computer w/Jol 10:00 Billiards 12:00 Lunch 1:00 Quilting 1:30 Neighborhood Vegetable cheese quiche			
9:15 Zumba 9:30 Hairdresser/Walmart 11:00 Yoga 12:00 Lunch - Fenway Opening /Podiatry 1:00 Cribbage 1:30 Woburn Mall/Target or Kohl's 6:30 COA Hot dog w/baked beans or Turkey and Swiss	8	8:30 Burbank YMCA 9:00 Motion to Music 9:30 Art Lessons 11:00 Brain Yoga 11:00 Fix It 12:00 Lunch 1:00 Bingo  Beef stew or Tuna salad sandwich	9	9:00 Computer w/Dick 9:30 Klickity Klack/N 10:00 Computer w/Joh 10:00 Low Vision 10:00 Billiards 12:00 Lunch 1:30 Neighborhood 1:30 Parkinson Suppo Baked fish or Chicken C			
Senior Center and Town Hall Closed Patriot's Day	15	8:30 Burbank YMCA 9:00 Fuel Assistance/Town Hall 9:00 Motion to Music 9:30 Art Lessons 11:00 Brain Yoga 12:00 Lunch 1:00 Bingo  Macaroni and cheese or Roast beef and cheese sandwich		9:00 Computer w/Dic 9:30 Klickity Klack/N 10:00 Computer w/Jol 10:00 Billiards 12:00 Lunch 1:00 Quilting 1:30 Neighborhood S			
9:15 Zumba 9:30 Downtown Errands/ Library 11:00 Yoga 12:00 Lunch 12:45 Movie 1:00 Cribbage 1:30 Redstone Fish sticks or Egg salad sandwich	22	8:30 Burbank YMCA 9:00 Motion to Music 9:30 Art Lessons 11:00 Brain Yoga 12:00 Lunch 1:00 Bingo  American chop suey or Seafood salad sandwich	23	9:00 Computer w/Dick 9:30 Klickity Klack/N 10:00 Computer w/Jo 10:00 Billiards 12:00 Lunch 1:30 Neighborhood S Lentil stew or Ham and			
9:15 Zumba 9:30 Woburn Mail/Target or Kohl's 11:00 Yoga 12:00 Lunch/Birthday Lunch 1:00 Cribbage	29	8:30 Burbank YMCA 9:00 Motion to Music 9:30 Art Lessons 11:00 Brain Yoga 12:00 Lunch	30	Everything in E Transportation These are dest tim			

# SPACE FOR SALE

Great Medium to Reach the Senior Citizens! CALL 603-329-8203,

Email: <u>seniornewsletter@aol.com</u>
OR WRITE TO:

SENIOR NEWS PUBLICATIONS, PO BOX 411, HAMPSTEAD, NH 03841

# Home Away from Home

We provide professional medical services such as skilled nursing and rehabilitation therapy in a quality, caring environment.

Welcome to Wakefield (781) 557-2405

WAKEFIELD

1:00 Bingo

6:30 Living Choices

Stuffed shells or California chicken salad

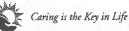
CARE AND REHABILITATION CENTER



30 minutes - 1 hou

Please be

time list



1:30 Walmart

BBQ boneless ribs or

Tuna salad sandwich

April 2012 April 2013 Pleasantries Senior Newsletter

Pleasantries Senior Newsletter			April 2012 April 2013			
SDAY	THURSDAY		FRIDAY			
Svirsky ighborhood Shop n Walsh hopping / Zumba or Roast beef	8:30 Burbank YMCA 8:30 Facials 8:45 CG Shopping 9:00 Motion to Music 10:15 Get Your Greens 12:00 Lunch 12:30 Drop in Game Day 1:00 Bingo Chicken meatball sub or Chef salad	4	8:45 FTD Shopping 9:00 BEST 10:00 Painting 12:00 Lunch 1:00 AA 1:00 Chess 1:15 Party Bridge Tuna noodle casserole or Egg salad	5		
Svirsky ighborhood Shop Walsh  hopping / Zumba Group esar salad	8:30 Burbank YMCA 8:45 CG Shopping 9:00 Motion to Music 9:30 Manicures 10:15 Probate Information 12:00 Lunch/Selectmen Goldy 12:30 Drop in Game Day 1:00 Bingo Chicken paprika or Ham and cheese	11	8:45 FTD Shopping 9:00 BEST 10:00 Painting 10:15 Blood Pressure 12:00 Lunch 1:00 AA 1:00 Chess 1:15 Party Bridge Tortellini w/tomato sauce or Egg salad sandwich	12		
Svirsky ighborhood Shop n Walsh hopping / Zumba key and Swiss	8:30 Facials 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/ Book Club  Meatloaf or Chicken salad sandwich	18	8:45 FTD Shopping 9:00 BEST 10:00 Painting 10:00 SHINE 11:00 Senator Clark 12:00 Lunch 1:00 AA 1:00 Chess 1:15 Party Bridge Roast turkey or Seafood salad sandwich	19		
Svirsky 24 ighborhood Shop n Walsh opping /Zumba neese sandwich	8:30 Burbank YMCA 8:45 CG Shopping 9:00 Motion to Music 9:30 Manicures 10:15 Aging Eye 12:00 Lunch/Town Manager 12:30 Drop in Game Day 1:00 Bingo Baked fish or Turkey & Swiss	25	8:45 FTD Shopping 9:00 BEST 10:00 Painting 12:00 Lunch 1:00 AA 1:00 Chess 1:15 Party Bridge Lemon Dijon chicken or Tuna salad	26		
Id available ation arrival s eady prior to the d.	SUGGESTED DONATION FOR LUNCH IS \$2.00 - IF YOU ARE UNDER 60 YEARS OLD THE CHARGE FOR LUNCH IS \$3.50		ABBREVIATIONS  CG = Cedar Glen  FTD = Frank Tanner Drive			

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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 am).

Woburn Mall, Target or Kohl's - (Your Choice) Monday, April 8 - 1:30 p.m. & April 29 - 9:30 a.m.

**Wal-Mart -** Monday, April 8 - 9:30 a.m. & April 29 - 1:30 p.m.

**Downtown Errands, or Library - (Your Choice)** Monday, April 22 - 9:30 a.m.

Redstone Shopping Center - Monday, April 22 - 1:30 p.m.

**Burbank YMCA -** Tuesdays/Thursdays from 8:30 - 11:00 a.m.

Grocery Shopping to Market Basket/Stop n Shop (Your Choice)

**Neighborhood:** (seniors <u>not</u> living in senior housing) Wednesdays - 9:30 a.m. & 1:30 p.m.

Cedar Glen, Thursdays - 8:45 a.m.

Tannerville, Fridays - 8:45 a.m.

You will have an hour and 15 minutes to shop.

#### 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.
- As a courtesy to others please be on time for home pickup and return pickup!



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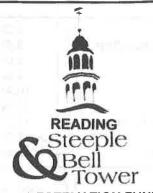
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#### Medicare Information



### Staying Healthy with Medicare

Medicare wants to help people stay healthy by encouraging prevention. Medicare provides a number of preventive services. These services are free whether you have traditional Medicare or a Medicare Advantage plan, like an HMO. Some of these services include:

Colorectal cancer screening (including colonoscopies)

Mammograms

Pap tests and pelvic exams

Prostate cancer screening

Bone density screening

Depression screening

As with all health insurance plans, there are very specific rules which state when and how often Medicare will pay for the above services. For a complete list of free preventive services, go to www.medicare.gov or see a SHINE counselor. For more information, meet with a SHINE counselor. Trained SHINE (Serving Health Information Needs of Elders) counselors offer free, confidential counseling on all aspects of Medicare and related health insurance programs. To make an appointment with the SHINE counselor here, please contact 781.942.6659. You can also call the SHINE office at Mystic Valley Elder Services at 781-324-7705 x164. Please leave your name, telephone number and a brief message and a SHINE counselor will call you back as soon as possible,

### Tax Assistance

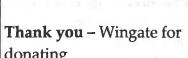


# Free Income Tax Preparation with Electronic Filing for Reading Seniors

Persons age 60 and older can receive help with their tax forms until **April 11**. **Thursdays** - 9:00 a.m. - 1:00 p.m. by appointment only - call 781-942-6608 for an appointment.

**Saturdays** - Reading Municipal Light Department (RMLD) - 9:00 a.m. - 1:00 p.m. Walk ins -NO appointment necessary

Please bring the following forms with you when you come to have your taxes prepared: W-2 forms; Social Security & pension information; Tax forms sent by banks and other financial institutions; Property tax & water bills; copies of 2012 MA and Federal tax forms; estimated taxes paid in 2012; 2012 costs for making your home energy efficient; health insurance card - 2 cards for married taxpayers; Form MA 1099-HC. In general, please bring ANY paperwork you think is REMOTELY pertinent to filing your return.



Thank you – Wingate for donating carnations for Valentine's Day

Crystal Garden - for donating a flat screen TV for the Great Room

## CHIT CHAT

Questions/Concerns? Visit the Pleasant Street Center

Council on Aging Monday, April 8 - 6:30 p.m. at Pleasant Street Center

**Board of Selectmen Office Hours** Tuesday, April 9 - 6:30 - 7:00 p.m. - Town Hall Conf. Rm.

Selectman Steve Goldy
Thursday, April 11 - Noon

Senator Katherine Clark Friday, April 19 -11:00 a.m.

Meet the Town Manager Thursday, April 25 - 12:15 p.m.

For information relating to legislative issues affecting seniors, please call Sally Hoyt, Senate

# Winner's



# February Bingo Winners -

Florence Chuisa, Tommie Kelly, Barbara Mullen (twice), Cheryl Burrows, Bob Fitzgerald, Maria Dinjian, Bill Sullivan and Carol Holland.

#### EASY RECIPES Baseball Trivia Which Red Sox Owner was responsible MICROWAVE COFFEE CUP for building Fenway Park? □ John I. Taylor **SCRAMBLE** ☐ Harry Fazee □ Tom Yawkey 2 Eggs 2 Tbsp Milk Which Red Sox left-hander has the best career 2 Tbsp Shredded Cheddar Cheese winning percentage in games pitched at Fenway Salt and Pepper □ Mel Parnell ☐ Babe Ruth Coat a 12oz. Microwave-safe coffee mug with ☐ Lefty Grove cooking spray. Add eggs and milk, beat until How many no-hitters have been pitched at Fenway? blended. □9 **13** Microwave on high 45 seconds, stir. □ **17** Microwave until eggs are almost set, 30 to 45 seconds longer. Who played in the most games as an outfielder at Fenway Park? Top with cheese, season with salt and pepper. □ Dwight Evans ☐ Ted Williams □ Carl Yastrzemski □ Iim Rice **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 <u>removed</u> from the mailing list and/or sign up to receive it via email, please call Ann at 781-942-6608.