



# Pleasantries

## Reading Senior Newsletter

www.readingma.gov/elder



May 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

781-942-6659

### Van Driver

Joe Beninati

### Council on Aging

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

April a busy month in Elder/Human Services. The Pleasant Street Center was blessed with a generous donation of a new 70" flat screen TV. This was donated by **The Crystal Garden Club** for which we are most grateful. We are now able to offer an exciting new program: Wii Bowling. The kitchen under went renovations and looks fantastic with new lighting, cabinets, countertops, and paint.

We also began offering the Shingles Vaccine for eligible seniors (page 7). Finally, we wish happy retirement to our Social Worker, Marie Ammer. Marie has been a vital member of our team for 14 years and we will miss her. Look for an announcement about our new Social Worker in the coming weeks. Happy Spring to all...

## SPECIAL EVENTS

There is van service on May 6 (1<sup>st</sup> Monday in May)  
The Pleasant Street Center is closed Monday, May 27 in honor of  
Memorial Day

Reservations start Friday, April 26

- Thursday, May 2 - Noon - **Kentucky Derby Day Lunch**
- Wednesday, May 8 - 2:00 p.m. - **Thoroughly Modern Millie, Stoneham Theatre**
- Thursday, May 9 - 10:15 a.m. - **AAA - "Drive - Vacations"**
- Thursday, May 9 - 12:00 - **Mother's Day Special Lunch**
- Monday, May 13 - 12:45 p.m. - **MOVIE - Buck**
- Tuesday, May 14 - 10:15 a.m. - **"Joint Pain, Prevention and Treatment"**
- Monday, May 20 - Noon - **Birthday Lunch**
- Monday, May 20 - 1:30 - **Grand Opening Demo Day - Wii Bowling**
- Thursday, May 23 - 10:15 a.m. - **Memory Loss What's Normal What's Not**

See page 2 for full description of the Special Events



**IMPORTANT SYMBOLS**  
Registration Required  
781-942-6794



Free Transportation  
781-942-6794

Reservations start April 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

**Kentucky Derby/May Day Lunch Party** Thursday, May 2 - 12:00 p.m. - Great Room Put on your fancy hat and race on over to the Pleasant Street Center. We will be serving Mint Julep Punch and a special dessert. There will be a Horse Race Game with prizes. You won't want to miss the fun. 🚗🏇

**Thoroughly Modern Millie** Wednesday, May 8 - 2:00 p.m. @ Stoneham Theatre. Tix \$30 call the Receptionist for details.

**"Are you getting the most out of your AAA membership?"** Thursday, May 9 - 10:15 a.m. A Rep. from AAA will come to the Pleasant Street Center. Learn about discounts available to AAA members. All are welcome. AAA will also share some of the more popular "drive-vacations". Bring your membership card to get your tour books and maps. 🚗🏇

**Mother's Day Special Lunch** Thursday, May 9 - 12:00 p.m. Sing-along with singer/pianist Tommy Smith (Bingo will start at 1:30) 🚗🏇

**MOVIE** Monday, May 13 - 1:15 p.m. - **Buck - Buck Brannaman**, "The Horse Whisperer," is a complex figure in this Award winner for Best Documentary. The master horseman reveals details of his troubled childhood and his dawning awareness of new ways that humans and horses work with one another. Cast: Buck Brannaman, Robert Redford 🚗

**Fix It** Tuesday, May 14 - 11:00 a.m. Leave the lamp at the receptionist desk. You only pay for the parts.

**"Joint Pain, Prevention and Treatment"** 🚗🏇  
Tuesday, May 14 - 10:15 a.m. Do you have aches and pains? Presented by Tracy Rochester, a Physical Therapist from Hallmark Health Rehabilitation Dept.

**S.H.I.N.E. Counseling - (Serving Health Insurance Needs of Elders)** Friday, May 17 - 10:00 a.m. - 1:00 p.m. Call for appointment at 781.942.6659

**Lunch is Served** - Noon - Meals sponsored by Mystic Valley Elder Services. Donation of \$2.00. Reservations required at least 2 days in advance. call 781.942.6794. 🚗🏇

**Birthday Lunch** - Monday- May 20 noon - Bring your friends to celebrate; your lunch is free. If it is not your birthday month suggested donation is \$2.00. 🚗

**Grand Opening Demo Day for our New 70" Television w/Wii Bowling** - Monday, May 20 - 1:30 - 2:30 p.m. "Come learn about Wii bowling" No need to go to the bowling alley with the Wii. We will use the Remote to mimic the actions of bowling. You can do this sitting or standing. Come to our demo/refreshments.

**Memory Loss What's Normal What's Not:** Thursday, May 23 10:15 a.m.. Warning signs of abnormal memory loss are often dismissed as side effects of normal aging. Presented by Lisa Orgettas, Executive Director 🚗🏇

## Senior Groups

**Low-vision Group** - Wednesday, May 8 - 10:00 a.m.  
Speaker - Town Manager - Peter Hechenbleikner 🚗

**Parkinson's Disease Support Group** Wednesday, May 8 - 1:30 - 3:00 p.m.. For patients and families. All are welcome as well as those with neurological diseases. Led by Michelle Caron RN, Greater Medford VNA.

**Not- too-Stuff- Book- Group:** Thursday, May 16 1:00 p.m. Olive Kitteridge by Elizabeth Strout  
**Bereavement Support Group** Suzie Yoffe, Bereavement Coordinator, VNA Middlesex East, 781.224.3399 call for information. Registration required.

## Pleasant Street Spa

**Roberta/ Hairdresser** - Monday May 20 - 9:30 a.m. Call 781.245.6605 for an appointment. \$14.00/haircut 🚗

**For facials & manicures please call the Center**  
**Facials** - Thursday, May 2 & 16 - 8:30 a.m.-11:00 a.m. Choose 15 min./ \$5 or 30 min. /\$10.

**Manicures** - Thursday, May 9 & 23 - 9:30 a.m. - 1:00 p.m. \$5.00 or \$6.00 French.

## FITNESS

**Motion to Music** - Tuesdays & Thurs days, 9:00 - 10:00 a.m. Great Rm. \$20/month; **NOTE:** \$15/month - 5 classes during the calendar month. Drop ins 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. 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. \$5/session

**Brain Yoga** Tuesday, May 7 - 11:00 a.m. Drop in \$4.00

**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. 

**Quilting** - Wednesday - MAY 1 & 15 - 1:00 p.m. New classes starting. Come visit and try it out. 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 welcome. 

**Painting Group** Fridays - 10:00 a.m. - 12:30 p.m. Arts & Crafts Room

**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 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.

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

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

**Pool table** is available Monday - Friday

**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 - Max 32, Great Room

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

**Health Screenings**

Thursday, May 16 - Peter Sanborn Place 10:30 - 11:30

Thursday, May 23 - Senior Center 11:00 - 12:00 pm, 

**Podiatry Clinic**, Monday, May 13 - 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 visit.

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MONDAY	TUESDAY	WED
<p><b>SUGGESTED DONATION FOR LUNCH IS \$2.00 - IF YOU ARE UNDER 60 YEARS OLD THE CHARGE FOR LUNCH IS \$3.50</b></p> <p><b>ABBREVIATIONS</b> CG = Cedar Glen FTD = Frank Tanner Drive</p>	<p>Everything in <b>Bold</b> – Transportation is available</p> <p><b>These are destination arrival times</b></p> <p><b>Please be ready 30 minutes – 1 hour prior to the time listed.</b></p>	<p><b>8:45 Neighborhood</b> <b>9:00 Computer w/D</b> <b>9:30 Klickity Klack</b> <b>10:00 Computer w/</b> <b>10:00 Billiards</b> <b>12:00 Lunch</b> <b>1:00 Quilting</b> <b>1:45 Neighborhood</b> Breaded fish sandwich</p>
<p><b>9:00 Walmart</b> <b>6</b> <b>9:15 Zumba</b> <b>11:00 Yoga</b> <b>12:00 Lunch</b> <b>1:00 Cribbage</b> <b>1:30 Target, Kohls, Mall</b></p> <p>Potato crunch fish or Turkey &amp; cheese</p>	<p><b>8:30 Burbank YMCA</b> <b>7</b> <b>9:00 Motion to Music</b> <b>9:30 Art Lessons</b> <b>11:00 Brain Yoga</b> <b>12:00 Lunch</b> <b>1:00 Bingo</b></p> <p>Tortellini or Chef salad</p>	<p><b>8:45 Neighborhood</b> <b>9:00 Computers w</b> <b>9:30 Klickity Klack</b> <b>10:00 Low Vision</b> <b>10:00 Computers</b> <b>12:00 Lunch</b> <b>1:30 Parkinson S</b> <b>1:45 Neighborhood</b> Veggie burger or Tun</p>
<p><b>9:00 Downtown Errands</b> <b>13</b> <b>9:15 Zumba</b> <b>11:00 Yoga</b> <b>12:00 Lunch</b> <b>12:00 Podiatry</b> <b>1:00 Cribbage</b> <b>1:15 Movie</b> <b>1:30 Redstone</b></p> <p>Cheese lasagna or roast beef</p>	<p><b>8:30 Burbank YMCA</b> <b>14</b> <b>9:00 Motion to Music</b> <b>9:30 Art Lessons</b> <b>10:15 Joint Pain</b> <b>11:00 Fix It</b> <b>12:00 Lunch</b> <b>1:00 Bingo</b></p> <p>Meatloaf or Seafood salad sandwich</p>	<p><b>8:45 Neighborhood</b> <b>9:00 Computers w/</b> <b>9:30 Klickity Klack</b> <b>10:00 Computers w</b> <b>10:00 Billiards</b> <b>12:00 Lunch</b> <b>1:00 Quilting</b> <b>1:30 Zumba</b> <b>1:45 Neighborhood</b> Chicken a la King or E</p>
<p><b>9:15 Zumba</b> <b>20</b> <b>9:00 Target, Kohls, Mall.</b> <b>9:30 Hairdresser</b> <b>11:00 Yoga</b> <b>12:00 Birthday Lunch</b> <b>1:00 Cribbage</b> <b>1:30 Walmart</b></p> <p>Pot roast or Ham &amp; Swiss cheese</p>	<p><b>8:30 Burbank YMCA</b> <b>21</b> <b>9:00 Motion to Music</b> <b>9:30 Art Lessons</b> <b>12:00 Lunch /School Superintendent</b> <b>1:00 Bingo</b></p> <p>Greek chicken or Turkey and provolone</p>	<p><b>8:45 Neighborhood</b> <b>9:00 Computers w</b> <b>9:30 Klickity Klack</b> <b>10:00 Computers v</b> <b>10:00 Billiards</b> <b>12:00 Lunch</b> <b>1:30 Zumba</b> <b>1:45 Neighborhood</b> Salmon boat or Roast</p>
<p><b>Senior Center and Town Hall closed</b> <b>27</b></p> <p><b>Memorial Day</b></p>	<p><b>8:30 Burbank YMCA</b> <b>28</b> <b>9:00 Motion to Music</b> <b>9:30 Art Lessons</b> <b>12:00 Lunch</b> <b>1:00 Bingo</b></p> <p>Macaroni and cheese or Roast beef</p>	<p><b>8:45 Neighborhood</b> <b>9:00 Computers w/</b> <b>9:30 Klickity Klack</b> <b>10:00 Computers w</b> <b>10:00 Billiards</b> <b>12:00 Lunch</b> <b>1:00 Quilting</b> <b>1:45 Neighborhood</b> Roasted chicken or Tu</p>

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WEDNESDAY	THURSDAY	FRIDAY
<b>Food Shopping</b> <b>1</b> Dick Svirsky John Walsh	<b>8:30 Burbank YMCA</b> <b>2</b> 8:30 Facials <b>8:45 CG Shopping</b> 9:00 Motion to Music <b>12:00 Kentucky Derby Day Lunch</b> 12:30 Drop in Game Day <b>1:00 Bingo</b> Chicken Stew or Roast beef	<b>8:45 FTD Shopping</b> <b>3</b> <b>9:00 BEST</b> 10:00 Painting <b>12:00 Lunch</b> 1:00 AA 1:00 Chess 1:15 Party Bridge Beef and bean chili or Egg salad
<b>Food Shopping</b> <b>8</b> /Dick Svirsky / Billiards w/John Walsh <b>Support / Zumba</b> <b>Food Shopping</b> a salad sandwich	<b>8:30 Burbank YMCA</b> <b>9</b> <b>8:45 CG Shopping</b> 9:00 Motion to Music 9:30 Manicure <b>10:15 AAA - Travel</b> <b>12:00 Mother's Day Lunch/ Selectmen Goldy</b> 12:30 Drop in Game Day <b>1:30 Bingo</b> Mother's Day Special - breakfast	<b>8:45 FTD Shopping</b> <b>10</b> <b>9:00 BEST</b> 10:00 Painting <b>10:15 Blood Pressure</b> <b>12:00 Lunch</b> 1:00 AA 1:00 Chess 1:15 Party Bridge Baked ham or California chicken salad
<b>Food Shopping</b> <b>15</b> Dick Svirsky John Walsh <b>Food Shopping</b> Egg salad	<b>8:30 Burbank YMCA</b> <b>16</b> 8:30 Facials <b>8:45 CG Shopping</b> 9:00 Motion to Music <b>12:00 Lunch</b> 12:30 Drop in Game Day <b>1:00 Bingo</b> 1:00 Book Club Vegetable cheese quiche or Turkey salad sandwich	<b>8:45 FTD Shopping</b> <b>17</b> <b>9:00 BEST</b> 10:00 SHINE 10:00 Painting <b>11:00 Senate Clark</b> <b>12:00 Lunch</b> 1:00 AA 1:00 Chess 1:15 Party Bridge Fish sticks or Chef salad
<b>Food Shopping</b> <b>22</b> /Dick Svirsky k w/John Walsh <b>Food Shopping</b> beef and cheese	<b>8:30 Burbank YMCA</b> <b>23</b> <b>8:45 CG Shopping</b> 9:00 Motion to Music 9:30 Manicure <b>10:15 Memory Loss</b> <b>11:00 Blood Pressure</b> <b>12:00 Lunch</b> 12:30 Drop in Game Day <b>1:00 Bingo</b> Pizza w/marinara sauce	<b>8:45 FTD Shopping</b> <b>24</b> <b>9:00 BEST</b> 10:00 Painting <b>12:00 Lunch</b> 1:00 AA 1:00 Chess 1:15 Party Bridge Hot dog & beans or Egg salad sandwich
<b>Food Shopping</b> <b>29</b> Dick Svirsky k w/John Walsh <b>1:30 Zumba</b> <b>Shopping</b> Turkey & Swiss cheese	<b>8:30 Burbank YMCA</b> <b>30</b> <b>8:45 CG Shopping</b> 9:00 Motion to Music <b>12:00 Lunch</b> <b>12:15 Town Manager</b> 12:30 Drop in Game Day <b>1:00 Bingo</b> Stuffed pepper or Chicken salad	<b>8:45 FTD Shopping</b> <b>31</b> <b>9:00 BEST</b> 10:00 Painting <b>12:00 Lunch</b> 1:00 AA 1:00 Chess 1:15 Party Bridge Roast pork or Cottage cheese fruit plate

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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 for everyone**  
Monday, May 6th ~ 1:30 – 3:00 p.m. & May 20th  
~ 9:00 – 10:30 a.m.

**Wal-Mart for everyone**  
Monday, May 6th ~ 9:00 – 10:30 a.m. & May 20th ~  
1:30 – 3:00 p.m.

**Downtown Errands or Library for everyone**  
Monday, May 13th ~ 9:00 – 10:30 a.m.

**Redstone Shopping Center for everyone**  
Monday, May 13th ~ 1:30 – 3:00 p.m.

**Burbank YMCA for everyone** ~All Tuesdays and  
Thursdays from 8:30 – 11:00 a.m.

There is van service on May 6th (1st Monday in May)  
The Pleasant Street Center is closed on Monday, May  
27th (Memorial Day)

**Neighborhood Shopping**  
Wednesdays ~ 8:45 – 10:00 a.m. & 1:45 – 3:00 p.m.

**Cedar Glen Shopping** Thursdays ~ 8:45 – 10:00 a.m.

**Tannerville Shopping** Fridays ~ 8:45 – 10:00 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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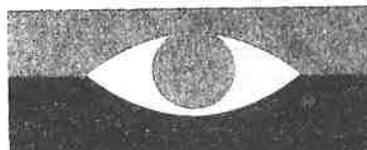
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## Shingles Vaccine



### Shingles Vaccine Offered to Eligible Reading Seniors

Reading Elder Services and Health Department are pleased to announce a new program to offer the shingles vaccine to Reading residents age 65+ who qualify under the program guidelines.

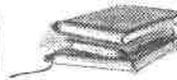
Under the program, income eligible seniors who meet the following guidelines and are not covered under their insurance plan qualify to receive the vaccine at no cost:

- One Person household \$41,100
- Two Person household \$46,950
- Three Person household \$52,850
- Four Person household \$58,700

There is also a limited amount of funding available for those seniors that earn in excess of the guidelines and whose insurance does not cover the Shingles vaccine or their copayment is \$100.00 or more.

Shingles is caused by the Varicella Zoster virus, the same virus that causes chickenpox. Only someone who has had chickenpox- or, rarely, has received the chickenpox vaccine- can develop shingles. Shingles presents as a red, painful, itchy, and blistering rash, typically in one area on one side of the body. It can have serious complications especially in immune-compromised persons. The Center for Disease Control and Prevention recommends people 60 years of age and older be vaccinated. For more information about the shingles virus please contact your health care provider. To request an application to receive this vaccine, contact Dianne Luther at (781) 942-6749.

## Library Happenings



### LiveWires Coffee & More: *The Art of Georgia O'Keeffe*:

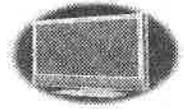
*How to Paint Pastel Flowers* Wednesday, May 8, refreshments at 9:30 a.m. program at 10:00. Create your own pastel painting to take home. Greg Maichack, an award-winning artist. Materials will be supplied for this free class sponsored by the Reading Cultural Council. Maichack will incorporate instruction, demo, and hands-on work. He will cover both O'Keeffe's techniques and insights into her artistic life. Space is limited, please call 781-944-6703 to preregister.

**Livewires Presents: *Boston's Gardens & Green Spaces*** Tuesday, May 28 - 7:00 p.m. Join author Meg Muckenhoupt as she travels through the world of her book *Boston's Gardens & Green Spaces*. This lecture examines the role of public spaces throughout Boston's historic and contemporary landscape. Rediscover the city through its most historic parks and ever-expanding network of public spaces. The author takes you on a fascinating journey through Boston.

**Drop-in Chess** Saturday, May 18 - 3:00 - 4:00 p.m. For all ages and abilities. Instruction provided.

## THANK YOU

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



**WISH LIST:** Coffee K-Cups



## CHIT CHAT

Questions/Concerns? Visit the Pleasant Street Center

**Council on Aging Monday,** May 13 6:30 p.m. at Pleasant Street Center

**Board of Selectmen Office Hours** Tuesday, May 14 - 6:30 - 7:00 p.m. - Town Hall Conf. Rm.

**Selectman Steve Goldy**  Thursday, May 9 - Noon

**Senator Katherine Clark**  Friday, May 17 -11:00 a.m.

**Meet the Town Manager**  Thursday, May 30 - 12:15 p.m.

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

## Winner's



**March Bingo Winners -** Barbara Mullen, Bill Sullivan (twice), Eileen Mullen, Mary Petrillo, Pauline Teixeira, Tommie Kelly, Barbara Ritchie, and Edith Maynard  
**Cribbage Tournament -** Joan Coco & Grace (8th Grader)

## Horse Word Search

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

BREEDS	GELDING	MAMMAL
COLT	HOOVED	MANE
DOMESTICATED	LARGE	MARE
EQUUS	SINGLE-TOED	MARKINGS
FILLY	STALLION	PONIES
FOAL	YEARLING	RACING
FOUR LEGGED		RIDING

## EASY RECIPES



## Sweet and Tangy Pork Chops

2 pork loin chops, 1" thick  
 1 ½ tsp. vegetable oil  
 ½ c. tomato sauce  
 1 tbsp. cider vinegar  
 ¾ tsp. Worcestershire sauce  
 ½ tsp. salt  
 ¼ tsp. each ground nutmeg & black pepper

In a skillet, brown pork chops in oil. Combine the remaining ingredients; add to skillet. Bring to a boil. Reduce heat, simmer, uncovered for 8 to 10 minutes or until pork juices run clear. Add water to sauce if needed to keep from sticking. Spoon sauce over pork chops. Serves 2 – Simple yet delicious.

**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.