



Pleasantries

Reading Senior Newsletter

www.readingma.gov/elder



June 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

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

Please join me in welcoming the latest addition to Elder/Human Services - Kerry Valle. Kerry is our new case worker and has jumped right in serving the needs of the residents of Reading. She comes to us from Minute Man Elder Services with a wide range of experience in supporting seniors and their families. Kerry is located at the Town Hall and can be reached at (781) 942-6659 or kvalle@ci.reading.ma.us. Stop by and say 'hi' or give her a call...

We've started a new program this summer called "Lunch & Learn" A number of different speakers have been scheduled to keep seniors up-to-date on important topics. Check the schedule below for June's 'Lunch & Learn' speakers.

SPECIAL EVENTS

There is no van service on June 3 (1st Monday in June)
Reservations start Wednesday, May 22

- Tuesday, June 4 - 10:15 a.m. **Computer Gadgets** (Page 3)
- Thursday, June 6 - 10:15 a.m. **Diabetes: The Role of Nutrition**
- Tuesday, June 11 - 10:15 a.m. **The Greater Medford VNA, "Senior Elite"**
- Wednesday June 12 - 2:00 p.m. *These Shining Lives* at the Stoneham Theatre.
- Thursday, June 13 - 12:00 - **Father's Day Special Lunch**
- Saturday, June 15 - 11:00 a.m. - 3:00 p.m., **Friends & Family Day** (Birch Meadow Area)
- Monday, June 17 - Noon - **Birthday Lunch**
- Tuesday, June 18 - Noon - **Lunch & Learn with Reading Staff Planner, Jessie Wilson**
- Thursday, June 20 - 10:15 a.m. **Pleasure Island "Disneyland of the East."**
- Monday, June 24 - 1:15 p.m. - **MOVIE - On the Big Screen Argo**
- Tuesday, June 25 - 10:15 am - **US Postal Inspection Service**
- Thursday, June 27 - Noon - **Lunch & Learn with Reading Municipal Light**

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 May 22 - 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



Diabetes: The Role of Nutrition - Thurs., June 6 - 10:15 a.m. Lounge - An overview of what diabetes is, how it is diagnosed and how it is managed with food & nutrition. A test will be given to determine risk factors of becoming diabetic and how to manage those risks.

Fix It - Leave the lamp at the reception desk. You only pay for the parts.

The Greater Medford VNA, "Senior Elite" program. June 11-10:15 a.m. The Greater Medford Visiting Nurse Association and Additional Care will host breakfast. Reps from the agencies will present a new program "Senior Elite". This is a FREE program which assists in managing care for individuals.

These Shining Lives at the Stoneham Theatre. Wednesday June 12. Bring a friend day - purchase one ticket for \$25 and bring a friend for free. Checks made payable to the Stoneham Theatre due to the receptionist by May 31. (No Van Service)

Father's Day Special Lunch, Thursday, June 13 - 12:00 p.m. Lunch with Singer/pianist Diane Dexter (Bingo will start at 1:30)

Birthday Lunch - Monday, June 17 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 n' Learn: Ask the Staff Planner! Tues., June 18- 12:00 - 1:00 p.m. - "What's going on in Town?" There is a lot of development happening, join us and learn about all the new businesses and residential projects coming to Reading. Ask questions and get answers!

S.H.I.N.E. Counseling - (Serving Health Insurance Needs of Elders) Computer Room Friday, June 21 - 10:00 a.m. - 1:00 p.m. Call for an appointment at 781.942.6659

MOVIE Monday, June 24 1:15 p.m.- on the big screen in the Great Room **Argo** - Best Picture 2012. In 1979, Iranian militants seize the American embassy, six Americans slip into the Canadian embassy for protection, prompting the CIA to concoct an elaborate plot to rescue them. Cast: Ben Affleck, Bryan Cranston, Alan Arkin and John Goodman

Pleasure Island - "Disneyland of the East." Thursday, June 20 - 10:15 a.m. Great room (van) Boston's answer to Disneyland, Pleasure Island opened on June 22, 1959. Robert McLaughlin is cofounder of the Friends of Pleasure Island, which was established to collect images, oral history, and artifacts relating to the park. He has selected images from private collections and the Friends of Pleasure Island's archives to tell the story of Wakefield's "Disneyland of the East".

Lunch N' Learn Thurs., June 27- 12:00 - 1:00 p.m. RMLD Workshop. Learn about customer programs : Appliance rebates, budget billing, free home energy assessments.

Postal Inspection Service, Tuesday, June 25 - 10:15 am. As the law enforcement arm of the Postal Service their mission is to enforce the laws that defend the mail system. Learn about current trends in mail fraud targeting elders.

Lunch is Served - Noon - sponsored by Mystic Valley Elder Services. Donation of \$2.00. Reservations required 2 days in advance. Call 781.942.6794.

Senior Groups

Low-vision Group - Wednesday, June 12 -10:00 a.m. Speaker - Priscilla Gottwald from the RMLD 

Parkinson's Disease Support Group Wednesday, June 12 - 1:30 - 3:00 p.m. and will meet on the 2nd Wednesday of each month.

Not- too-Stuff- Book- Group is on summer break.

Bereavement Support Group Suzie Yoffe, Bereavement Coordinator, VNA Middlesex East, 781.224.3399 call for information. Registration

Pleasant Street Spa



Roberta Our Hairdresser - Monday, June 17- 9:30 a.m. Call 781.245.6605 for an appointment. \$14.00/haircut

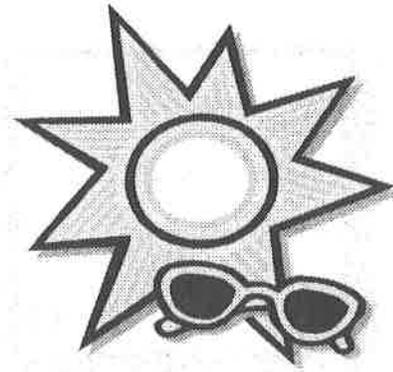
For facials & manicures please call the Pleasant Street Center (No Van Service)

Facials - Thursday, June 6 & 20 - 8:30 a.m.-11:00 a.m. Choose 15 min./ \$5 or 30 min. /\$10.

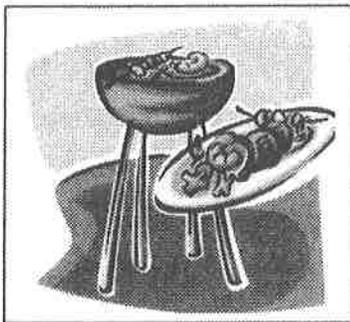
Manicures - Thursday, June 13 & 27 - 9:30 a.m. - 1:00 p.m. \$5.00 or \$6.00 French.

Summer heat is around the corner

Below are some tips from the Health Department to “beat the heat”



- Air-conditioning is the primary protective factor against heat-related illness and death. If you don't have it, visit air-conditioned shopping malls and public libraries to help stay cool.
- During times of extreme heat temperatures stay indoors.
- Schedule outdoor activities carefully, limit sun exposure and rest in shaded areas. Remember the sun is hottest between 10 a.m. and 2 p.m.
- When outdoors wear appropriate clothing: lightweight, loose fitting and light colored. Don't forget sunglasses and wide-brimmed hats.
- Avoid dehydration and drink plenty of fluids. Stay hydrated by drinking plenty of fluids, consuming fruits and vegetables, and avoiding caffeinated and/or alcoholic beverages. Don't wait to drink until you are thirsty as that can be a sign of dehydration!
- Always wear sunscreen. Other skin cancer prevention tips include wearing protective clothing, avoiding midday sun exposure and seeing your doctor for a skin exam.



Summer Food Safety

Many of us during the summer season head outdoors to enjoy picnics or barbeques. Along with the hamburgers and potato salad, don't forget food safety. Common symptoms of foodborne illness include: diarrhea, nausea, vomiting, abdominal pain and fever. It is important to use food safety techniques during every stage that we have contact with

food.

- Always wash your hands before and after handling food. Scrub your hands for at least 20 seconds in warm, soapy water to remove germs and dirt.
- Marinate food in the refrigerator and don't reuse the marinade on cooked food.
- Use a food thermometer to ensure that food reaches a safe internal temperature: hamburgers should be cooked to 160°F, steaks to 145°F, chicken breast 165°F and fish should be cooked to 145°F.
- Do not place cooked food on a plate that previously held raw meat, poultry, seafood or eggs.
- Never let raw meat, poultry, eggs, cooked food, cut fresh fruits or vegetables sit at room temperature for more than **two hours** before storing them in the refrigerator or freezer. When the temperature is above 90°F store within one hour.
- A packed lunch with perishable items like meat, cheese or mayonnaise must be kept cold. A clean, insulated lunch bag with an ice pack is an easy way to do this.

Shingles Vaccine Offered to Eligible Reading Seniors



Reading Elder Services and The 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. The virus stays in the body, and can cause shingles many years later. 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.

CLASSES, CRAFTS & GAMES

- Art Lessons w/Steve** Tuesdays, 9:30 a.m. - 12:00 p.m. - 2 ½ hours for \$10. Steve teaches any medium. 
- Klickity Klack (Knitting Group)** Wednesdays - 9:30 - 11:00 a.m. Arts & Crafts . New knitters welcome. 
- Quilting** Wednesday, June 12 - 1:00 pm. Call Edwina for more information (781) 955-6398.
- Painting Group** Fridays - 10:00 a.m. - 12:30 p.m. Arts & Crafts Room (No Van)
- Computer Classes – On summer vacation.**
- Computer Gadgets** - Tuesday, June 4-10:15. Great  Room. Instructors will demonstrate a variety of tech devices. They will use "APPS" that allow you to e-mail, play music, take photos, look at photos, the weather, the news, make phone calls, read e-books, play games, and gather the latest financial information.
- 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** Fridays, 1:15 - 3:45 p.m.- \$1.00 to play - Maximum 32, Great Room (No Van)
- Drop in Game Day** Thursdays, 12:30 - 3:30 pm. Do you need a place to meet and play a game with your friends?

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 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

SPACE FOR SALE

Great Medium to Reach the Senior Citizens!

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OR WRITE TO:

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MONDAY	TUESDAY	WEDNESDAY
<p style="text-align: right;">3</p> <p>No van service today</p> <p>9:15 Zumba 11:00 Yoga 12:00 Lunch 1:00 Cribbage</p> <p>Beef Stroganoff or Turkey Sandwich</p>	<p style="text-align: right;">4</p> <p>8:15 Burbank YMCA 9:00 Motion to Music 9:30 Art Lessons 10:15 Computer Gadgets 12:00 Lunch 1:00 Bingo</p> <p>Chicken w/Italian Sauce or Egg Salad</p>	<p>8:45 Neighborhood 9:30 Klickity Klack 10:00 Billiards 12:00 Lunch 1:45 Neighborhood S</p> <p>Veggie & Chees Quiche or</p>
<p style="text-align: right;">10</p> <p>9:00 Walmart 9:15 Zumba 11:00 Yoga 12:00 Lunch 12:00 Podiatry 1:00 Cribbage 1:30 Target, Kohls, Mall</p> <p>Hot dog or Egg Salad</p>	<p style="text-align: right;">11</p> <p>8:15 Burbank YMCA 9:00 Motion to Music 9:30 Art Lessons 10:15 Senior Elite Program 12:00 Lunch 1:00 Bingo</p> <p>Honey mustard chicken or Turkey Sandwich</p>	<p>8:45 Neighborhood 9:30 Klickity Klack 10:00 Low Vision / B 12:00 Lunch 1:00 Quilting 1:30 Parkinson Supp 1:45 Neighborhood S</p> <p>Potato crunch fish or Chick</p>
<p style="text-align: right;">17</p> <p>9:00 Downtown Errands/Library 9:15 Zumba 9:30 Hairdresser 11:00 Yoga 12:00 Birthday Lunch 1:00 Cribbage 1:30 Redstone</p> <p>Chicken Parmesan or Tuna Salad</p>	<p style="text-align: right;">18</p> <p>8:15 Burbank YMCA 9:00 Motion to Music 9:30 Art Lessons 12:00 Lunch n' Learn 1:00 Bingo</p> <p>Meatloaf or Chicken salad sandwich</p>	<p>8:45 Neighborhood S 9:30 Klickity Klack 10:00 Billiards 12:00 Lunch 1:30 Zumba 1:45 Neighborhood S</p> <p>Macaroni & cheese or Turke</p>
<p style="text-align: right;">24</p> <p>9:15 Zumba 9:00 Target, Kohls, Mall 11:00 Yoga 12:00 Lunch 1:15 Movie 1:00 Cribbage 1:30 Walmart</p> <p>Fish Sticks or Ham and Cheese</p>	<p style="text-align: right;">25</p> <p>8:15 Burbank YMCA 9:00 Motion to Music 9:30 Art Lessons 10:15 US Postal Service 12:00 Lunch 1:00 Bingo</p> <p>American Chop Suey or Seafood Salad</p>	<p>8:45 Neighborhood S 9:30 Klickity Klack 10:00 Billiards 12:00 Lunch 1:30 Zumba 1:45 Neighborhood S</p> <p>Beef Rib BBQ or Egg Salad</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>Everything in Bold - Transportation is avail</p>

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WEDNESDAY	THURSDAY	FRIDAY
<p>Shopping 5</p> <p>Shopping / Zumba</p> <p>Roast Beef</p>	<p>6</p> <p>8:15 Burbank YMCA 8:30 Facials 8:45 CG Shopping 9:00 Motion to Music 10:15 Diabetes & Nutrition 12:00 Lunch 12:30 Drop in Game Day 1:00 Bingo</p> <p>Salmon Boat or Tortellini Salad</p>	<p>7</p> <p>8:45 FTD Shopping 9:00 BEST 10:00 Painting 12:00 Lunch 1:00 AA 1:00 Chess 1:15 Party Bridge</p> <p>Meatball Sub or Seafood Salad</p>
<p>Shopping 12</p> <p>Billiards</p> <p>Art / Zumba Shopping</p> <p>Caesar Salad</p>	<p>13</p> <p>8:15 Burbank YMCA 8:45 CG Shopping 9:00 Motion to Music 9:30 Manicure 12:00 Father's Day Lunch/ 12:30 Drop in Game Day 1:30 Bingo</p> <p>Father's Day Special - Grilled hamburger</p>	<p>14</p> <p>8:45 FTD Shopping 9:00 BEST 10:00 Painting 12:00 Lunch 1:00 AA 1:00 Chess 1:15 Party Bridge</p> <p>Cheese, bean & rice pocket or Roast beef sandwich</p>
<p>Shopping 19</p> <p>Shopping</p> <p>Sandwich</p>	<p>20</p> <p>8:15 Burbank YMCA 8:30 Facials 8:45 CG Shopping 9:00 Motion to Music 10:15 Pleasure Island 12:00 Lunch 12:30 Drop in Game Day 1:00 Bingo</p> <p>Breaded fish sandwich or roast beef</p>	<p>21</p> <p>8:45 FTD Shopping 9:00 BEST 10:00 SHINE 10:00 Painting 11:00 Senate Clark 12:00 Lunch 1:00 AA 1:00 Chess 1:15 Party Bridge</p> <p>Roast Turkey or Seafood Salad</p>
<p>Shopping 26</p> <p>Shopping</p>	<p>27</p> <p>8:15 Burbank YMCA 8:45 CG Shopping 9:00 Motion to Music 9:30 Manicure 11:00 Blood Pressure 12:00 Lunch n Learn 12:30 Drop in Game Day 1:00 Bingo</p> <p>Roast pork or Chicken Caesar Sallad</p>	<p>28</p> <p>8:45 FTD Shopping 9:00 BEST 10:00 Painting 12:00 Lunch 1:00 AA 1:00 Chess 1:15 Party Bridge</p> <p>Lemon Dijon chicken or Tuna sal- ad sandwich</p>
<p>able</p>	<p>These are destination arrival times</p> <p>Please be ready 30 minutes – 1 hour prior to the time listed.</p> <p>Thank you</p>	<p>ABBREVIATIONS</p> <p>CG = Cedar Glen FTD = Frank Tanner</p> <p>Drive</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 am).

Woburn Mall, Target or Kohl's for everyone

Monday, June 10 - 1:30 - 3:00 p.m. & June 24 - 9:00 - 10:30 a.m.

Wal-Mart for everyone

Monday, June 10 - 9:00 - 10:30 a.m. & June 24 - 1:30 - 3:00 p.m.

Downtown Errands or Library for everyone

Monday, June 17 - 9:00 - 10:30 a.m.

Redstone Shopping Center for everyone

Monday, June 17 - 1:30 - 3:00 p.m.

Burbank YMCA for everyone - All Tuesdays and Thursdays from 8:15 - 10:45 a.m.

Grocery Shopping (Market Basket or Stop n Shop):

Neighborhoods: Wednesdays - 8:45 - 10:00 a.m. & 1:45 - 3:00 p.m.

Cedar Glen: Thursdays - 8:45 - 10:00 a.m.

Tannerville: Fridays - 8:45 - 10:00 a.m.

There is **no** van service on June 3rd (1st Monday in June)

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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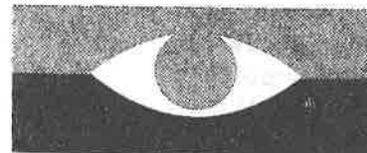
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Boston Strong

Living Your Life During Challenging Times

We live in unsettling times. Ongoing wars, threat of terrorism, and an economic downturn combined with our own personal struggles can cause stress, fear and anxiety. Such feelings can have a cumulative effect on the mental health of Americans.

We all react differently to news of disturbing events, but there are common feelings many of us experience. Disbelief, fear, difficulty making decisions, nervousness and irritability, sadness and depression are just a few.

Here are some things you can do to maintain a sense of "normalcy":

- Remain engaged in the world by staying connected with people. Talk to family and friends about your fears.
- Keep up on the news but **don't** watch it round the clock.
- Take necessary precautions. Make an emergency communication plan with family and friends. Re-introduce yourself to neighbors and exchange phone numbers.
- Maintain your regular routine and include time to do things you enjoy.
- Get involved in local activities.
- Take care of your health. Make time for exercise and other pleasurable activities that lower your stress level. Avoid drugs and alcohol.
- Be optimistic about the challenges ahead.

If your anxious or "down" feelings don't go away or are so intense that they interfere with your daily life, seek the help of a mental health professional. This may be especially important for those who live with depression, substance abuse problems, anxiety or post-traumatic stress disorder.

Library Happenings

LiveWires Coffee & More: Lighthouses and Keepers of the North Shore
Tuesday, June 25 - 7:00 p.m. Historian Jeremy D'Entremont, author of *The Lighthouses of Massachusetts* will share stories of North Shore lighthouse keepers and their families. Featuring Egg Rock Light off Nahant, and the Ipswich Lighthouse at Cranes Beach.

Drop-in Chess Saturday, June 15 - 3:00—4:00 p.m. For all ages and abilities: Bring a friend or make new friends. Instruction provided. Drop-in chess takes place the 3rd Sat. of each month in the library meeting room.

Health Screenings

Podiatry Clinic, Monday, June 10 - Noon - 6:00 p.m. Call 781.438.2525 to schedule an appointment. Cost \$30/ Pleasant Street Center visit & \$50/ home visit.

Blood Pressure Check

Thurs, June 20 - Peter Sanborn Place 10:30 - 11:30 a.m.

Thurs, June 27 - Pleasant Street Center 11:00 a.m. - 12:00 p.m.



Karen Beats, Cedar Glen,
Theresa Burns, Wingate at
Reading,
Jacquie Carson, Peter Sanborn
Home Services
Doug Warren, Longwood Place
for speaking at our recent
evening event on Living
Options for 55+.

CHIT CHAT

Questions/Concerns? Visit the Pleasant Street Center

Council on Aging Monday,
June 10 6:30 p.m. at Pleasant Street
Center

Board of Selectmen Office Hours
Tuesday, June 4 - 6:30 - 7:00 p.m. -
Town Hall Conf. Rm.

Senator Katherine Clark
Friday, June 21 - 11:00 a.m.



Meet the 'New' Town Manager
TBD



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

Winner's

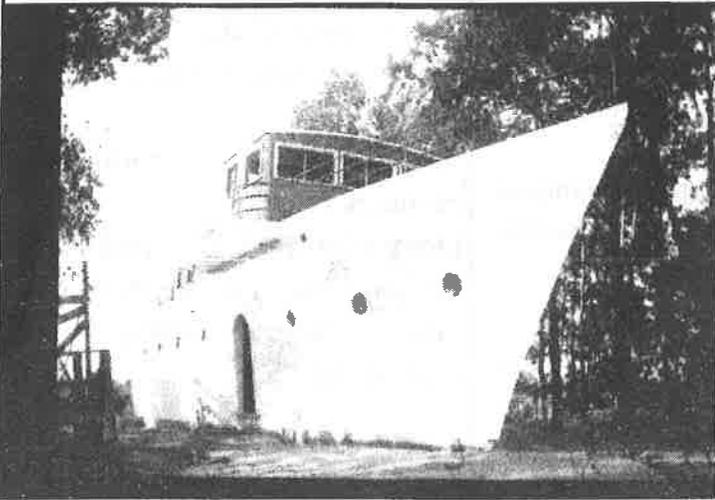
April Bingo

Winners - Pauline Teixeira,
Mary Sullivan (3 times), Carol
Holland (twice), Edith Maynard,
Sheena Rauseo, Robert Fitzgerald,
Maria Serrano, Bill Sullivan
and Eleanor Terenzi.



Blast From The Past

EASY RECIPES



Sailor Tom's Home aka "the ship"
1937

Franklin Street (Behind Home Goods)

Shrimp and Pasta Recipe

- 16 oz package of frozen, cooked shrimp
- 8 oz. of pasta
- 8 oz. Broccoli
- 1 envelope Knorr's Alfredo sauce.

Defrost 8 oz shrimp (freeze the rest for another dinner) and sauté with minced garlic in 1 table-spoon olive oil until heated through
 Prepare 8 oz of pasta according to package (drain)
 Steam or boil 8 oz. broccoli until cooked (drain)
 Mix all ingredients together
 Pour prepared Alfredo sauce (according to directions on package) over top and toss to mix.
 Sprinkle with grated cheese and fresh ground pepper to taste before serving.

So Good!!

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