



Pleasantries

Reading Senior Newsletter

www.readingma.gov/elder



September 2014

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
Melissa Koster 781-942-6680

Van Driver

Joe Beninati

Council on Aging

Christine Hansen, Chairman
Thomas Procopio, Vice Chairman
Donavin Bentley
Erica Deane
Margaret Havey
Sally Hoyt
Steve Oston
John Parsons
Sandra Shaffer
Kevin Walsh

If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO, PPO), you will be receiving information from your plan by the end of September. It is important to **read** and **save** this information. It explains the changes in your plan for 2015.

During Open Enrollment, you will have a chance to change your plan for next year. SHINE (Serving the Health Insurance Needs of Everyone...Medicare) Counselors can help you understand your plan changes, as well as other options you may have. Appointments are limited so call soon.

Trained SHINE counselors offer free, confidential counseling on all aspects of Medicare and related health insurance programs. To make an appointment with the counselor in Reading, please contact (781) 942-6794. You may also call the Regional SHINE office at Mystic Valley Elder Services in Malden at 781-388-4845.

SPECIAL EVENTS



There is **no** van service on Monday, September 8 (Second Mon. in Sept.)
Labor Day Special Lunch, Wednesday, September 3, Noon
Movie Day, Thursday, September 4, 1:00 **August: Osage County**.
Fall Cleaning? De-Clutter and Organize Your Life! Tuesday, September 9, 10:15
Beyond Brain Yoga Tuesday, September 9 – November 18, 11:00 - 12:00
Gentle Chair Yoga, Tuesday, September 9, 1:00 - 1:45
Lunch/Staff Apple Bake Off, September 11, 12:00
Games on the Big Screen, Thurs., September 11, 1:00
Hallmark Health Annual Health Fair - Wednesday, September 17, 10:00
Not Too Stuffy Book Club, Thursday, September 18, 1:00
Dessert with Senator Lewis, Friday, September 19, 2:30 – 3:30
Birthday Lunch, Monday, September 22, Noon
MBTA - CharlieCard, Thursday, September 25, 1:00 – 3:00
Lunch and Learn - Making Each Breath Healthy, Tuesday, September 30, noon
See page 2 for a full description

IMPORTANT SYMBOLS



Registration Required
781-942-6794



Free Transportation
781-942-6794

Reservations start Tuesday, August 26. Please call by noon at least **two** days before the event. Cancellations after 4:00 p.m. - leave a message.

Table of Contents

Special Events	Page 1
Monthly Activities	Page 2 & 3
Calendar	Page 4 & 5
Van Services	Page 6
Sr. Groups	Page 7
Health Screenings	Page 7
Announcements	Page 7
Coming Soon and Recipe	Page 8



MONTHLY ACTIVITIES



Fix It: Leave the lamp at the reception desk any day. You only pay for parts.

Labor Day Special Lunch, Weds., Sept. 3, noon. Welcome fall with local favorite entertainer Tommy Smith.

Movie Day : Thurs., Sept. 4 , 1:00 **August: Osage County.** Their father disappears, and three women return to their childhood home and to their strong-willed mother. Searching for their patriarch, dysfunctional family members wind up facing difficult truths about themselves. Cast: Meryl Streep, Julia Roberts

Fall Cleaning? De-Clutter and Organize Your Life! Tuesday, Sept. 9, 10:15, Too much stuff! We all have it! Organize your home, and your life.... You'll feel pretty good! Learn tips on how to start the process!

BEYOND BRAIN YOGA, Tues., Sept. 9 – Nov. 18,- Stretch your Body and your Brain New Series for stretching, intestine exercise, meditation and relaxation. Learn ways to stimulate your brain and create optimal physical health. No floor exercise. Tuesdays 11:00 -12:00 for 10 weeks - \$40/ series (book included) or \$5 drop in.

Gentle Chair Yoga, Starting Tues. Sept. 9, 1:00 Adapts traditional yoga with a chair for support, making yoga accessible for all. Learn breathing and relaxation techniques, increase your flexibility, strength, improve your balance & circulation. Your body and mind will appreciate this class. Strength training will be incorporated. Wear loose, comfortable clothing, bring hand weights. Cost: \$ 35.00 for 4 weeks or \$10.00 drop in. Instructor: Connie Pustorino

Staff Apple Bake Off, Thurs., Sept 11, noon. Join us for lunch then sample apple recipes made by the EHS Staff. You be the judge - who has the best apple recipe.

Games on the Big Screen, Thurs., Sept. 11, 1:00. Back by popular demand! Price is Right or Wheel of Fortune. Prizes and refreshments provided.

Hallmark Health Annual Health Fair - Stay Healthy and Independent! Weds., Sept. 17 - 10:00 - 12:30 Sponsored by Reading Elder Services and Hallmark Health VNA and Hospice. Screenings include Blood Sugar, Blood Pressure, Bone Density, and Free Hearing Tests. Flu Clinic sponsored by Rite-Aid. Free drawing w/prizes and continental breakfast . Drawings at 12:15.

Lunch September 17, 12:00 - **Boxed Lunch** served upstairs in the Arts & Crafts. Reservations required for lunch.

The Traveling Chef, Thurs., Sept. 18, 12:00 - **MVES will be hosting a "Panini Grill Day,"** with a choice of a tasty chicken parmesan or Italian sandwich, and a tossed green salad. Reserve by Sept. 16 noon 781-942-6794.

Not Too Stuffy Book Club: Thurs., Sept. 18, 1:00 **Lizzie** by Evan Hunter. See Senior Groups, page 7.

Dessert with State Senator Jason Lewis: Fri, Sept. 19, 2:30. Join us for dessert and get to know Sen. Lewis. Raise any questions/concerns and enjoy some treats!

SH.I.N.E. Counseling – (Serving Health Insurance Needs of Elders) Fri., Sept. 19 –10:00 - 3:00 . Call for an appointment 781-942-6794.

Birthday Lunch: Mon, Sept. 22—Noon Your lunch is free. If it is not your birthday month suggested donation for lunch is \$2.00.

MBTA - CharlieCard for READING RESIDENTS - Thurs., Sept. 25, 1:00 – 3:00 . If you are 65 years of age or older, you qualify for a MBTA Senior Charlie-Card! This entitles you to reduced fare throughout much of the MBTA. Simply bring a photo ID with proof of age, and be prepared to have your photo taken. Your new card will take roughly 6-8 weeks to produce and will be mailed to you directly.

Lunch and Learn 'Making Each Breath Healthy'. Sept 30—12:00 Lunch; 12:30 – 1:00 Learn - Every day we breathe nearly 20,000 times, which is a lot of work for the lungs. Common lung problems with aging include COPD, pneumonia and lung cancer. Learn how to be proactive. Presented by Blue Cross Blue Shield of Mass.

Lunch is Served: Noon. Join us weekdays (except holidays) for a good meal, conversation, and occasional entertainment. Sponsored by Mystic Valley Elder Services. Suggested donation of \$2.00 (under age 60, \$3.50). **Advance Registration Required.**

CLASSES, CRAFTS & GAMES**Pleasant Street Spa**

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 (No Van)

Computer Classes: Learn to use email, send pictures, use the internet. Bring your own laptop if you want.

Dick (9-10)& John (10-11)Weds, Start Sept. 10
Ethan - Thursdays @ 1:00

Cribbage: Mondays, 1:00 - 3:00

Billiards: (No van) Wednesdays, 10:00 - 11:15
Pool table is available Monday - Friday

Bingo: Tuesdays 1:00—2:30

Chess: Fridays, 1:00 - 3:00 (No van).

Party Bridge: Fridays, 12:45 - 3:15 \$1.00 to play, New Players Welcome! (No Van)

MAH JONGG: Thursdays, 12:30 - 3:30

Quilting: Weds, 1:00 - 3:00, Sept. 10 & 24. Great techniques and tips for saving time. Come visit and try it out. Class size is limited. \$50/session (Alternate Weds. thru Nov. 19th) Call Edwina 781-944-6398 for more info.

FITNESS

Motion to Music - Tues. & Thurs., 9:00 - 10:00. \$20/month; \$15/month - any 5 classes during the calendar month. Drop-ins \$4/session.

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

Yoga - back Sept. 15, Mon. — 11:00 -12:00 , 3 weeks/\$30; \$11/drop in.

Zumba Gold: Kelli - Mon. and Cindy on Weds 9:15 - 10:15 - Drop-in \$5/session. Zumba is fun... **NO ZUMBA WEDNESDAY, SEPTEMBER 17**

Tai Chi - "FOREVER 49" - Tai Chi, Chi Will restart on October 1 being a free class

Beyond Brain Yoga, Tues. Sept. 9 – November 18, 11:00 - 12:00 10 weeks - \$40/ series (book included) or \$5 drop in.

Gentle Chair Yoga: Tues. starting Sept. 9, 1:00 - 1:45, \$35.00 for 4 weeks or \$ 10.00 drop in. 

Roberta Our Hairdresser—Mon., Sept. 15, 9:30 - 1:00
by appointment call (781) 245-6605 

For facials, manicures, chair massage please call the Pleasant Street Center (No Van Service)

Facials— Thurs., Sept., 4 & 18, 9:00 - 11:00 Choose 15 min./ \$5 or 30 min. /\$10.

Chair Massage - Thurs., Sept., 4, 18, 25—9:00- 11:45,
Receive a 15 minute chair massage for only \$8.

Manicures - No Manicures in September.

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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 you should be ready by 8:45).

Woburn Mall, Target or Kohl's for everyone
Mon., Sept. 15 ~ 1:00 – 2:30 & Sept. 29 ~ 9:00 – 10:30

Wal-Mart for everyone
Mon., Sept. 15 ~ 9:00 – 10:30 & Sept. 29 ~ 1:00 – 2:30

Downtown Errands, Calareso's or Library (everyone)
Mon., Sept. 22 ~ 9:00 – 10:15

Redstone, Home Depot or Jordan's for everyone
Mon., Sept. 22 ~ 1:00 – 2:30

Burbank YMCA for everyone ~All Tuesdays and Thursdays from 8:30 – 10:30

Stop 'n Shop or Market Basket:
Neighborhood, Weds. ~ 8:45 – 10:00 & 1:30 – 2:45
Cedar Glen Shopping Thurs. ~ 8:45 – 10:00
Tannerville Shopping Fri. ~ 8:45 – 10:00

The Pleasant Street Center is closed September 1 (Labor Day)
There is **no** van service on September 8 (2nd Monday in September)

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 all pickups!
- Be sure to cancel if you have a change of plans.

As a courtesy to others, please refrain from the use of colognes and perfumes when riding on the van. It has been known to cause an allergic reaction for some passengers. Thank you for your cooperation.

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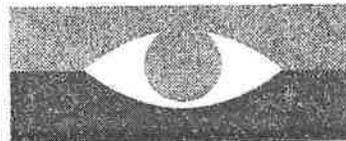


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BALANCE WORKSHOP

A Matter of Balance Workshop: Back by popular demand!! This important workshop is designed to reduce the fear of falling and to view falls as controllable. It also helps increase activity levels. Each session includes discussion and exercises to improve your balance, flexibility and overall strength. An 8 week session meets every Tuesday, Oct 7 through Dec 2, 10:00 am - 12:00 pm. The last session sold out quickly. **A min of 6 people is required to hold the class. Please register by Thurs, September 25.**

TAX VOLUNTEERS NEEDED

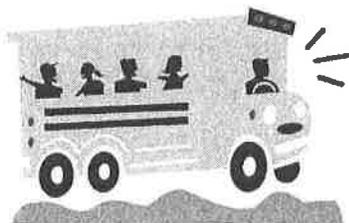
Volunteer With AARP Foundation Tax-Aide for 2015 AARP Foundation Tax-Aide is the nation's largest volunteer-run tax preparation and assistance service. And we want you to join us. Volunteer as a Tax Counselor and work with eligible residents in preparing their tax returns. Basic computer skills and some experience in filing your own tax returns are important, along with a willingness to make a significant time commitment to this worthy effort. Training is provided. Please fill out an application to become a part of this invaluable team: http://www.aarp.org/money/taxes/info-2006/volunteer_tax_aide.html. For questions or additional information, please contact RICK MOCKLER at 781-690-2058 or <massd9dc@gmail.com>.

LIBRARY HAPPENINGS

LiveWires: Lifelong Learning will resume in October. LiveWires programs will take place at The Pleasant Street Center during the renovation process. Details will be provided in the October Pleasantries.

The Library will be moving to a temporary location in September as renovations begin. Look for us at One General Way near Market Basket. Check our website for more details and updates www.readingpl.org

School is back in session - Drive carefully!

**HEALTH SCREENINGS**

Podiatry Clinic, Mon. Sept. 8 – Call (781) 438-2525 to schedule an appointment.
Cost \$30

Blood Pressure – Thursday September 11 and September 25 11:00 – 12:00

Join us at the Health Fair on Sept. 17 for more screenings.

SENIOR GROUPS

Low Vision Group, – Weds., Sept. 10, 10:00 **Speaker Paula Evans**, Mass College of Pharmacy and Health Sciences

Parkinson's Disease Support Group.
Wed, Sept. 10, 1:30 - 3:00 pm, Led by Mary Napoli RN Greater Medford VNA.

The Not Too Stuffy Book Group will meet Thursday, September 18 1:00-2:00 in the lounge. **Lizzie, By Evan Hunter** A novel and fictional account of the 1892 double-murder case of Lizzie Borden, a prisoner of her appetites in conflict with her times.

QUESTIONS/CONCERNS?

Board of Selectmen Office Hours:
Tuesday, September 2, 6:30 - 7:00 - Town Hall Conference Room

Congressman John F. Tierney:
Issues affecting Seniors and Veterans.
Peabody: 978-531-1669,
Lynn: 781-595-7375,
www.Tierney.House.gov

Information relating to legislative issues call Sally Hoyt, Senate President, (781) 944-1191.

Bingo winners for June and July Cheryl Burrows(twice), Maria Dinjian, Carol Holland, Johanna Bisschop, Blanche Spitz, Mary Petrillo, Barbara Mullen, Sheena Rauseo, and Mary Baldwin

CAREGIVER SUPPORT GROUP

Caring for a loved one with Alzheimer's or Dementia is a difficult journey, but it does not need to be traveled alone. Starting in November, please join us on the first and third Tuesday of each month at 6pm. We will help with finding ways to cope through new ideas, improve quality of life while providing a caring environment. The group is designed to provide emotional, educational and social support for caregivers. The group will be designed to enable participants too:

- Share and Explore solutions to problems
- Listen and talk in a confidential environment
- Meet others in similar roles
- Learns ways to cope and decrease stress
- Learn about community resources

The group will meet for the first time Tuesday, **November 4, 2014 at 6 p.m.** at The Pleasant Street Center, 49 Pleasant Street, Reading. **Please contact Social Worker, Melissa Koster, 781-942-6680 or mkoster@ci.reading.ma.us to become involved.**

BAKED APPLES WITH CINNAMON

Ingredients

- 2 lbs apples (either Cortland or Gala for best results), cored and chopped
- 2 tsp cinnamon
- juice of 1 lemon
- 1/3 cup brown sugar

Directions

Preheat oven to 375 degrees. Toss the chopped apples with the cinnamon, lemon juice and brown sugar and place in a baking or casserole dish. Cook apples, stirring occasionally, for about 30 minutes until soft and juicy. Serve for dessert with ice cream or with roast meat for dinner.

Yield: 4 servings

Don't miss the staff apple bake-off September 11 @ noon!



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 at www.readingma.gov. 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.