

PLEASANTRIES

49 Pleasant Street
Reading, MA 01867
(781) 942-6794

Hours: M-F: 8:30am-4:00pm
www.readingma.gov/elder-and-human-services

Staff Contact Information

Administrator
Amy O'Brien (781) 942-6658
aobrien@ci.reading.ma.us

Sr. Case Manager
Kerry Valle (781) 942-6659
kvalle@ci.reading.ma.us

Nurse Advocate
Alyse Warren (781) 942-6693
awarren@ci.reading.ma.us

Senior Center Coordinator
Kelly Coughlin (781) 942-6796
kcoughlin@ci.reading.ma.us

Van Driver
Joe Beninati (781) 942-6754
jbeninati@ci.reading.ma.us

Receptionist/Clerk
Eileen Mack (781) 942-6194
emack@ci.reading.ma.us



Dear Friends,

Happy March! I think we can all agree it has been a long winter; in every sense of the word. Things are starting to look up and we have a lot to look forward to!

Spring is almost here (March 20th), the sun is staying out later and more places are finally starting to re-open. We are still trying to ensure that everyone is safe, but we also look forward to planning some fun and trips in the near future so please continue to stay tuned!

Welcome!

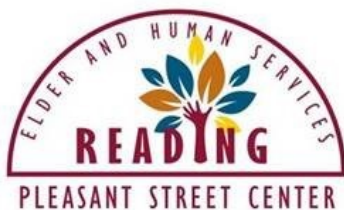
We have a new member of the team! Please join us as we welcome Eileen Mack, our new part-time administrative assistant /front desk receptionist here at the Pleasant St. Center! Eileen is a Reading native who has years of experience and most recently worked at Artis in Reading. If you haven't met her in person yet, please introduce yourself. We are so happy to have her onboard.

Please stay safe & healthy everyone! We are looking forward to seeing you all!

Best Wishes,

Amy

Amy O'Brien
Elder & Human Services Administrator



MARCH PAINTING EVENT AT THE PSC with TIN BUCKET



"Paint Yourself Lucky" Paint Event



Please join us on Wednesday, March, 16th at 11 a.m. at the Pleasant St. Center

with the talented Pam Keating, the owner of Tin Bucket in Reading

\$15 per person for a beautiful painted sign

In the spirit of St. Patrick's Day, we will be creating a luck or lucky sign. Great as a gift for you or a loved one.

Special thanks to Reading's Council on Aging for partially funding this event!

Need not be artistic (or Irish) to attend! Limited space available.

Please call (781) 942-6794 to reserve a spot today!

IN-PERSON FITNESS

Mondays

B.E.S.T. with Pat (Balance, Energy, Strength Training) - @9:00-10:00am \$3 per class. Meets in the Great Room
Chair Yoga for Arthritis 11:15am– 12 pm \$5 per class. All levels welcome. Meets upstairs

Zumba with Kelli 2:45—3:30 p.m. \$5 Meets in Great Room

Tuesdays

Body and Brain Flexibility 10:30-11:30 \$5 per class
Zumba Gold Toning with Kelli 2:30—3:15 p.m. \$5

Wednesdays

Yoga with LeeAnne—@10:30—11:30; 3 weeks for \$20 or \$11 for drop-in. Meets upstairs.

Line Dancing with Val—@1:45—2:30pm \$5 per class. Meets in the Great Room.

Thursdays

Tai Chi - On hiatus until April 14th

Strength & Balance with Terry - @11:15-12:15pm \$5 per class. Bring your own hand held weights or resistance bands. Meets in the Great Room.

Fridays

B.E.S.T. with Pat (Balance, Energy, Strength Training) @9:00-10:00am \$3 per class. Meets in the Great Room

MUST SIGN-UP FOR ALL CLASSES PLEASE!

IN-PERSON ACTIVITIES

Tuesdays

◆ **Art Lessons with Steve Greco** @9:30am – 12:00, \$40/month 10 hours of lessons. First class free.

◆ **Advanced Art Class** 12:30 p.m. FREE to anyone that attends the morning class.

Please call 781-942-6794 to reserve a spot!

IN-PERSON ACTIVITY- UPDATE

Chair Yoga for Arthritis with Terry-This gentle yoga class is designed for people living with arthritis or similar symptoms of joint pain and stiffness. Participants safely perform a variety of poses designed to reduce joint pain, enhance flexibility, increase range of motion and generate ease of movement. Class will meet each Monday from 11:15 am– 12 pm \$5 per class. All levels welcome. Meets upstairs.

IN-PERSON TECH SUPPORT

Technology Support By Appointment Only

Do you have questions about using Zoom, printing photos, searching the Internet, or something else related to your computer?

If so, call the center at (781) 942-6794 to schedule an appointment with Nancy.

VIRTUAL ART

Virtual Zentangle with Susan

9:30-10:30 am March 2nd, 16th & 30th

Virtual Drawing with Susan

9:30 -10:30 am March 9th & 23rd

Take a little time for yourself to tap into your creative side. Alternate between pencil drawing & Zentangle using materials you have at home: paper, pencil, pen; plus for drawing: a kneaded eraser & vinyl eraser. No experience needed. Join us for a relaxing, meditative, comfortable art experience. Susan is a Certified Zentangle Teacher.

IN-PERSON GAMES

- **YOU MUST CALL & RESERVE A SPOT FOR ALL GAMES**
- For safety, each class will have limited space
- Please **do not arrive more than 10 minutes early**

Mondays

◆ **Bingo** 11:30 am- 1:30pm 10 games for \$5.00

◆ **Cribbage**—1:00pm to 3pm (upstairs)

Wednesdays

◆ **Rummikub**- 1:00pm to 3pm (upstairs)

Thursdays

◆ **Mahjong**- 12:30pm to 3:30 pm (upstairs)

Fridays

◆ **Bridge**—12:30pm to 3:30 pm

◆ **Chess**— 12:30-3:30pm

Please call 781-942-6794

Thank you!

GROUPS

Low Vision Group

Support group for those experiencing varying degrees of vision loss. Sponsored by MA Association for Blind & Visually Impaired. Meets the 2nd Wednesday of each month. **Meets via conference call on Wednesday, March 9th from 10-11:15 a.m.** Please call 781-942-6794 for information

PARKINSONS GROUP

Parkinson's Disease Support Group Wednesday, March 9th @ 1:00—2:00pm At the Pleasant Street Center— Lounge

Led by Kathy Hill, PT with the Greater Medford VNA.
Meets the 2nd Wed of each month.

Pleasant Street Center Book Club VIRTUAL

For more information about this group please call Eileen at the Reading Public Library at 781-944-0840. Thursday, March 17th at 10 a.m. VIRTUAL

This month's book is:
The Bookish Life of Nina Hill
by Abbi Waxman



IN-PERSON SHINE COUNSELING

SHINE COUNSELING By Appointment Only

Serving Health Information Needs of Everyone (SHINE) is a free Medicare benefits counseling program available to beneficiaries of all ages and people who are new to Medicare due to retirement, unemployment or disability.

Please call 781-942-6794 to request an in-person SHINE counseling appointment.

**Other SHINE related matters, call
1-800-AGE-INFO (1-800-243-4636)**

**FOR QUESTIONS 24/7, Please call Medicare
1-800-633-4227**

WELLNESS PROGRAMS

A Matter of Balance- A FREE Workshop Series Thursdays, 10am—12pm March 31st– May 19th At the Pleasant Street Center—Lounge

A matter of balance is a free, award-winning program designed to manage falls and increase activity levels. Led by Donna Covelle. *Sponsored by Mystic Valley Elder Services. To sign-up, Please call 781-942-6794*

My Life, My Health—Virtual Workshop Series Wednesdays, March 16-April 20, 10am—12pm On Zoom. Class Size limited

This chronic disease self-management course is for anyone living with an ongoing medical condition. Topics include managing & controlling pain, beginning or improving an exercise program, handling stress, learning to relax and more. **To sign-up, please contact Donna Covelle at dcovelle@mves.org or call 781-388-4867**

VETERANS

The next **Scuttlebutt Meeting is on
Thursday, March 3rd at 10 a.m.**
We hope to see you there!



To sign-up, please contact Kevin Bohmiller at:
kbohmillier@ci.reading.ma.us

HELPFUL RESOURCES

Council on Aging:

Next meeting will be March 14th at 6:30 p.m.

Select Board Office Hours:

Contact Mark Dockser
Mark.dockser@ci.reading.ma.us

Senator Jason Lewis:

(617) 722-1206
Jason.Lewis@masenate.gov

Representative Brad Jones

(617) 722-2100
Bradley.Jones@mahouse.gov

Representative Seth Moulton

(978) 531-1669

Representative Rich Haggerty

(617) 722-2090
Richard.Haggerty@mahouse.gov

Senator Jason Lewis

Senator Lewis hosts office hours at the Pleasant Street Center on the first Monday of every other month.

Next Office Hours: March 7th at 1:30 p.m.

Chromebook Lending Program

If you have been thinking about trying out technology, now is the time to give it a try. Our Chromebooks allow you to access the internet, use email, take part in virtual programs and much more!

Chromebooks will be loaned out for a **2-month trial period**. If you enjoy the experience, the Pleasant Street Center staff will help you purchase and set up your own Chromebook. The units are already set up, so you can quickly check the weather, local and national news, PSC schedules, tutorials on how to ZOOM and more.

ON THE GO!

Van transportation is a **free service** to Reading seniors and non-seniors with disabilities. Our goal is to provide safe, efficient and friendly service. **Reservations are required at least 48 hours in advance by calling the Pleasant Street Center (781) 942-6794.**

Seating is limited. Trip times are subject to change, please call to make a reservation. Masks are required before you enter the van.

March Shopping Dates and Times

Walmart:

Monday, March 7th 10:00 a.m. - 12:00 p.m.

Redstone Shopping Center:

Monday, March 14th 10:00 a.m. - 12:00 p.m.

Walmart:

Monday, March 21st 10:00 a.m. - 12:00 p.m.

Woburn Mall, Target or Kohl's:

Monday, March 28th 10:00 a.m. - 12:00 p.m.

Market Basket or Stop & Shop:

Peter Sanborn Grocery Shopping Wednesdays 8:30 - 9:30 a.m.

Neighborhood Grocery Shopping Wednesdays 9:30 - 10:30 a.m.

Cedar Glen Grocery Shopping Thursdays 8:30 - 9:30 a.m. or 9:30 - 10:30 a.m.

Tannerville Grocery Shopping Fridays 8:30 - 9:30 a.m.

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.

No more than 3 bags per passenger. All shoppers are responsible for carrying their own purchases.



Mon	Tue	Wed	Thu	Fri
1	2	3	4	4
	9:30am Art Class 10:00am Walking Club 10:30am Body & Brain 11 am Advanced Art 2:30 pm Zumba Gold Toning	9:30am Zentangle (virtual) 10:30am Yoga 1pm Rummikub 1:45pm Line Dance	9am- 11 am Computers (appt only) 10 am Scuttlebutt NO TAI CHI 11:15 Strength & Balance 12:30 Mahjong	9am BEST 12:30-3:30 Bridge 12:30-3:30 Chess
7	8	9	10	11
9:00am BEST 11:15am—12pm Chair Yoga for Arthritis 11:30am Bingo 1pm Cribbage 1:30 Jason Lewis (upstairs) 2:45pm Zumba	9:30am Art Class 10:00am Walking Club 10:30am Body & Brain 11 am Advanced Art 2:30 pm Zumba Gold Toning	9:30am Drawing (virtual) 10:00am Low Vision (conference call) 10:30am Yoga 1:00pm Parkinson's Group 1pm Rummikub 1:45 Line Dance	9am- 11 am Computers (appt only) NO TAI CHI 11:15 Strength & Balance 12:30 Mahjong	9am BEST 12:30-3:30 Bridge 12:30-3:30 Chess
14	15	16	17	18
9:00am BEST 11:15am—12pm Chair Yoga for Arthritis 11:30am Bingo 1pm Cribbage 2:45pm Zumba 6:30 pm COA virtual	9:30am Art Class 10:00am Walking Club 10:30am Body & Brain 11 am Advanced Art class 2:30 pm Zumba Gold Toning	9:30am Zentangle (virtual) 10:30am Yoga 11 am Lucky Paint Event 1pm Rummikub 1:45pm Line Dance	9am-11am Computers (appt only) NO TAI CHI 11:00am SHINE 11:15 Strength & Balance 12:30 Mahjong 2- 3pm Making Every Moment Count event 	9am BEST 12:30- 3:30 Bridge 12:30-3:30 Chess
21	22	23	24	25
9:00am BEST 11:15am—12pm Chair Yoga for Arthritis 11:30am Bingo 1pm Cribbage 2:45pm Zumba 6:30 pm COA virtual	9:30am Art Class 10:00am Walking Club 10:30am Body & Brain 11 am Advanced Art 2:30 pm Zumba Gold Toning	9:30am Drawing (virtual) 10:30am Yoga 1pm Rummikub 1:45pm Line Dance	9:00am- 11 am Computers (appt only) NO TAI CHI 11:15 Strength & Balance 12:30 Mahjong	9am BEST 12:30-3:30 Bridge 12:30-3:30 Chess
28	29	30	31	4/1
9:00am BEST 9:00am SHINE 11:15am—12pm Chair Yoga for Arthritis 11:30am Bingo 1pm Cribbage 2:45pm Zumba	9:30am Art Class 10:00am Walking Club 10:30am Body & Brain 11 am Advanced Art 2:30 pm Zumba Gold Toning	9:30am Drawing (virtual) 10:30am Yoga 1pm Rummikub 1:45pm Line Dance	9:00am- 11 am Computers (appt only) NO TAI CHI 11:15 Strength & Balance 12:30 Mahjong	9am BEST 12:30-3:30 Bridge 12:30-3:30 Chess

MONTHLY HEALTH TOPICS

March is National Kidney Month

Get to know your hard working kidneys

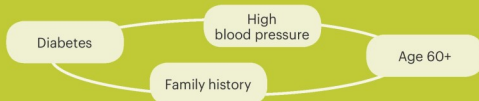
6 WAYS KIDNEYS KEEP YOU HEALTHY



- Regulate fluid levels
- Activate Vitamin D for healthy bones
- Filter wastes from the blood
- Directs production of red blood cells
- Regulate blood pressure
- Keep blood minerals in balance

8 PROBLEMS KIDNEY DISEASE CAN CAUSE

4 RISK FACTORS



7 SYMPTOMS



- Swelling: face, hands, abdomen, ankles, feet
- Blood in urine, Foamy urine
- Puffy eyes
- Difficult, painful urination
- Increased thirst
- Fatigue

2 TESTS YOU CAN TAKE (BLOOD AND URINE)



Urine albumin-to-creatinine ratio estimates the amount of a type of protein, albumin, that you excrete in your urine.

Glomerular Filtration Rate (GFR) tells how well your kidneys are working to remove wastes from your blood. It is the best way to check kidney function. Doctors measure blood creatinine (waste build up) levels and perform a calculation based on race, age and gender.



National Kidney Foundation

Learn more at kidney.org

March is National Nutrition Month



MELROSE-WAKEFIELD AGING IN BALANCE CLASSES

March 2022-VIRTUAL CLASSES

Boosting Your Brain Health Thursday, March 10, 1pm

We all know our lifestyle choices “what we eat and the things we do” play a critical role in our health. What about the brain? Are you wondering what are some things you can do to keep your brain healthy as you age? A healthy brain is essential for living a long and full life. Join Joya Pezzuto, Community Outreach Nurse and learn about healthy eating, physical activity and much more. (This program will not be discussing cognitive decline seen in diseases such as Alzheimer’s).

Slips...Trips...Falls What can you do to prevent falls? Tuesday, March 8, 10 a.m.

Falls are not a “normal” part of aging. There are steps you can take to reduce your risk for falls. According to the Centers for Disease Control and Prevention “Each year in the US, nearly one-third of older adults experience a fall”. Falls can be devastating, costly and most importantly falls are largely PREVENTABLE. Join Stephanie Ramy, Occupational Therapist, for an interactive and informative online workshop that will highlight ways you can prevent falls at home and in the community.

A Matter of Balance- Begins Tuesday, March 15 from 10 a.m. to noon Join us for this free online 9-session series

This popular evidence-based program is now available online using Zoom! Learn several strategies that help to reduce the fear of falling. This program will be co-facilitated by Debbie Grant, physical therapist, and Stephanie Ramy, occupational therapist, both with over 20 years of experience in home health.

The Savvy Caregiver Program Introductory Session Wednesday, March 23, 1 p.m.

This evidence-based program is for anyone caring for a loved one or friend with dementia or Alzheimer’s disease. This free six-week program, designed for caregivers, meets for 2 hours each week and covers:

- The unique impact of dementia on both the care recipient and the caregiver
- Identifying personal barriers to self-care
- Techniques for setting reasonable goals
- Ways to manage stress
- Skills for effective communication
- Offers a source of support
- Helps caregivers to strengthen family resources

If you’re interested in taking part in this workshop series, please register for this 45 minute online Introductory Session to learn more.

Coffee & Conversation Ongoing weekly teleconference calls every Thursday 1-2 p.m.

Join in these weekly calls. Call in once or call in every week for conversation, support, resource sharing and tips to reduce stress and anxiety. No need to register just call in! **PHONE: 1-646-558-8656 and when asked, enter meeting ID 131-672-167##**

To register for Aging in Balance classes contact Stephanie Ramy at 781-338-7559 or email

AginginBalance@melrosewakefield.org

READING PUBLIC LIBRARY for Pleasant St. Center
MARCH 2022 HAPPENINGS– Virtual
For questions, please call the Reading Public Library at 781-944-0840



Virtual Writers Group Wed, 3/2, 10:00 - 11:30am Join us for an hour or two of poetry sharing. This is for those who write Join this drop-in community of writers monthly to share ideas, drafts, and cheer each other on

Registration: <https://libcal.readingpl.org/event/8640393>

Women in Jazz with Galen Abdur-Razzaq-Virtual Sun, 3/6, 3:00 - 4:30 pm Women have been involved in jazz since the early 1920s, not just as vocalists, but as instrumentalists: women such as Bessie Smith, Valaida Snow, Mildred Bailey, Mary Lou Williams, Billie Holiday, Ella Fitzgerald, and Sarah Vaughn. Join Master Flutist, Galen Abdur-Razzaq for a presentation with live performances by Galen. Registration required for this virtual event. This program is being offered in partnership with the Abbot Public Library of Marblehead and the Beverly Public Library and is generously co-sponsored by The Friends of the Reading Public Library Registration:

<https://libcal.readingpl.org/event/8703494>

Virtual RPL Book Group Tues, 3/8, 7:00-8:30 pm The RPL Book Group is a participant-run adult book discussion group that meets to discuss a broad range of book selections, both fiction and nonfiction. Copies of each month's selection are available in the holds pick-up area. March's featured title is Emma Donoghue's *The Pull of the Stars*, and the discussion leader is Susanne Sullivan. Registration: <https://libcal.readingpl.org/event/8667862>

Virtual Poetry Share Wed, 3/9 & 3/23, 6:30-8:00 pm Join us for an hour or two of poetry sharing. This is for those who write poetry and want to share their writings with other writers. Attendees are urged to bring one of their poems to their first session. Following sessions include writing poems with particular themes that the group chooses. Please register for this event. Registration: <https://libcal.readingpl.org/event/8078791>

Age Well: Fitness at Home – (Virtual) Thurs, 3/31, 7:00 - 8:00pm

Keeping active and staying fit is invaluable for your health! Join Carla Nazzaro and Pat Agostino from Peoplefit to learn about staying fit when it's harder to get out and about. *Age Well* is a series about keeping healthy as you age, which is graciously funded by the Friends of the Reading Public Library.

Registration: <https://libcal.readingpl.org/event/8641652>

All About Birds: Warblers The Avian Jewels of Spring! – (Virtual) Tues, 3/22, 7:00 - 8:30pm

This presentation will explore the more than 25 species of Warblers that pass through our area on their northward journey. Strategies on how to find and identify these beautiful birds will be covered. These avian gems are only here for less than a month, so you don't want to miss this virtual presentation!

SUPPORT SERVICES

We are dedicated to helping our residents live actively and engage in the community. We provide education, support and services for residents of all ages. This includes:

***Reading Response:**

- Medical transportation
- Lifeline Medical Alert
- Adult Day Health

*Reading Response income guidelines for medical transportation and lifeline: 1 person=\$44,650; 2 person=\$51,050. For every \$5,000 over the income guidelines there is a \$5.00 copay. Clients on standard Mass Health are **not eligible**.

To schedule an appointment for any of the above services please contact:

Kerry Valle, Sr. Case Manager
(781) 942-6659



For Health support or to request a blood pressure check, please contact **Alyse Warren, Nurse Advocate 781-942-6693**

Please note we are seeing clients **BY APPOINTMENT ONLY**

BLOOD PRESSURE CHECKS

Frank Tanner– Thurs., March 10th @ 10:00-10:45am
Pleasant Street Center– Thurs March 24@10:15-11:00am

If you have questions or need different arrangements, please contact **Alyse Warren, Nurse Advocate** (781) 942-6693



FUEL ASSISTANCE

LIHEAP/Fuel Assistance applications for the 2021/2022 fuel season are now available. If you have not received one already, please contact us at 978-681-4950. Fuel Assistance will have staff available Monday-Friday from 8:30-4:30. For Emergency Heating Assistance call 978-681-4955.

The **LAST DAY** to apply for fuel assistance is **April 30th, 2022**. An application **MUST** be signed and postmarked by that date to begin the fuel application process.

FILE OF LIFE

In an emergency, time is critical! When our Firefighter/Paramedics arrive on the scene they are looking for information about the person in need. Seconds count and can make the difference between life and death. A File of Life allows our Firefighters/Paramedics to immediately begin the best possible treatment, notify loved ones, and pass this vital data to awaiting physicians in the emergency room. If you would like a File of Life or have questions about the program, please do not hesitate to contact **Kerry Valle at (781) 942-6659 or Alyse Warren at (781) 942-6693**. The Files of Life available through the Pleasant Street Center are kindly supplied through a donation to Fire Dept Local Union 1640.



LAMP REPAIR

Lamp Repair is on hiatus until May of 2022

WELL BEING CLASS

The last 2 years have been a lot on all of us. Many of us have been stressed & anxious about when things will be "normal" again. Join us in welcoming Mary Crowe from CareDimensions as she presents ***Living Well, Making Every Moment Count on Thursday, March 17th*** & discuss what it means to live well, the barriers we face & how we can start to live well.



The last 2 years have been A LOT on all of us. Many of us have been stressed and anxious about when things will be "normal" again.

Join us in welcoming Mary Crowe from CareDimensions as she presents "***Living Well, Making Every Moment Count***" and discuss what it means to live well, the barriers we face and how we can start to live well ourselves.

By making ourselves more aware and being in the present, we can start to live well and take away some of the anxiety life has thrown at us

Thursday March 17th
2:00-3:00
Please call
781-942-6794 to make a reservation



Reading Elder Services

16 Lowell Street
Reading, MA 01867

PLEASANTRIES

Reading's Newsletter for Residents 60+
pleasantstreetcenter@ci.reading.ma.us
readingma.gov/pleasant-street-center

Did you know:

You can obtain a copy of the *Pleasantries* at several locations around town or via email at readingma.gov. If you would like to be removed from the mailing list and/or sign up to receive it via email, please call 781-942-6608.

RAMBLERS WALKING CLUB

**The Reading Ramblers will be walking all around town.
Walks are open to all and vary each week.**

Special thanks to Ace Folds for Leading the Ramblers to their 5 year "mile" stone! Congrats! Here's to many more!

March Schedule: *Tuesdays-10:00am*

3/1-Meet at the entrance to Reading Public Library
3/8-Meet at Parking lot for Tri Community Greenway
(Main St, Stoneham)
3/15-Birch Meadow Drive – across from Oakland Rd.
3/22-Meet 1 General Way (formerly Reading Athletic Club)
3/29-Meet at Washington St. entrance to Washington Park

- ♥ ***Please remember to practice social distancing & masks are strongly encouraged.***
- ♥ ***Walks will be cancelled in the event of inclement weather***

Contact the Pleasant Street Center for an updated departure location at (781) 942-6794.



STAY TUNED FOR MORE...

We will continue to be planning more fun events, trips and programs, so please stay tuned!

May good luck be
always your friend
Through life in
all you do,
And may trouble
be always
A stranger to you.

Irish Blessing