

# RNN Newsletter

## October 2018



### September 25<sup>th</sup> program “Being Mortal”



Many members and invited public, attended a very interesting and informative presentation featuring a video of Atul Gawande speaking on end of life care and followed by a panel discussion with Ruth Wynot Goldberg, Laura Cavicchio, Mary Anne Kieran and Dr. Wayne Saltsman. The panelists explained the Hospice experience from the perspective of a lay person, a Hospice Chaplain, a Hospice nurse and a Geriatrician. If you were unable to attend and want to see the video here is a link:

<https://www.youtube.com/watch?v=4kEsEYG9OUg>

Ellen Rockefeller recommends reading this book as well, *The Graceful Exit* by Mona Hanford, a distinguished end of life activist.

### Upcoming program dates

#### **Sunday October 28 “Age Friendly Community Movement”**

2:30-4:30 p.m. Reading Public Library Meeting Rooms A and B

Mark Weiss will speak about how BrooklineCAN (Brookline Community Aging Network) is creating an Age Friendly Brookline. Mark Weiss is a Host of Age Friendly Brookline, a show on a local Brookline TV channel. He serves as Secretary of BrooklineCAN Aging Network and manages BrooklineCAN social media accounts. He is also a Member of Brookline Select Board Age Friendly Cities Committee.

### RNN Website

We are delighted that 41 RNN members have subscribed as USERS on RNN Website ([www.Readingnnc.club](http://www.Readingnnc.club)). If you are not one of them and have any questions or need help with this, contact Louise Ward ([louiseward27@hotmail.com](mailto:louiseward27@hotmail.com)).

If you already are a User we hope you will go online to become more familiar with the website. The calendar is very helpful with dates, times, locations of upcoming events along with descriptions and contact person for each event. **If you are having difficulty logging out, go to the home page, click on the box in the upper right hand corner and Log Out.**

## Interest group updates

The next **Koffee Klatch** will be on Friday, October 19<sup>th</sup> at **10:00**. Join them for friendship, food & fun at Fusion Cafe.

The **Meditation Group** will meet on October 5 and October 19 from 1:30 to 2:30 at the Community Room of the Reading Police Station. Contact Pat Brennan.

**Travel Group** Saturday October 13<sup>th</sup> 10:00 am to 4:00 pm

Tour The Amos Blanchard House in Andover. The house was built in 1818-1819 in the Federal period style. It has changed little since it was built and is now the oldest former residence within the main business district of Andover.

**Film and Arts Group** recently went to the Beauport Hotel for a Culinary Arts experience (lunch) pictured here



**Political Discussion Group** will meet on Tuesday October 9<sup>th</sup> from 4 to 6 pm on “Term Limits”.

You are encouraged to search for information on Term Limits for the discussion. (Google search shows many articles). Meeting will be held at the home of Diane Chapin, 66 Sturges Rd.

Interested in **Shooting Pool ? Shooting the Breeze?** Dave Heron has invited interested RNN members to his home to socialize and shoot some pool. He would like to start an RNN Interest Group if there is interest, meeting 1st and 3rd Wednesday evenings from 7-9 pm. Please email Dave (dbheron@gmail.com) by Monday Oct. 1st to let him know you would like to attend. Dave says, “As I am not proficient, proficiency not required!”

## Lend a Hand

One important focus of the Reading Neighbors Network is that we act as a Mutual Support System. Lend a Hand has helped out this month with connecting a member in need of computer assistance with a member who can help. It is easy and painless to ask for help,

- Are you interested in having someone come to visit with you?
- Would a ride to Logan Express be helpful to get your vacation started?
- Do you have a nagging minor home repair that someone could help you with?

Contact for October:

Libby Woods ([galligel@bc.edu](mailto:galligel@bc.edu))

Call

781-944-2331