

RNN Newsletter

December 2018



Important Reminder:
December 7 is the deadline for Medicare Part D Open enrollment



“December offers opportunity to engage with quiet, dark and contemplative moments. But often, to create the seasonal mood, we go crazy with the hustle and bustle of parties, gifts, decor, merriment and services. And yet at the center of the season sits the symbol of the opposite of busyness: a quiet flame of a candle standing out against the deepening of the night, capturing the mystery that it often takes darkness and silence for us to perceive, hear and connect to what matters most.” (adapted from Soul Matters Intro, SL)

Thanks to Louise Ward for offering the passage above

December is a month of RNN Sundays!

**Sunday December 2, 2018 1:15 to 3 pm Reading Public Library
“Just this Moment” Mindfulness as a way of being awake to the present moment”**

Note time of program changed to 1:15

Amy Grose, LICSW is a senior clinical oncology social worker at The Dana-Farber Cancer Institute. She has worked in the field of oncology for over twenty-five years, providing psychosocial support to children, adults and families as they have coped with the emotional impact of cancer. Ms. Grose is trained in mindfulness meditation and has a private practice in Woburn, MA.

Sunday December 9, 2018 2:30 to 4:30 pm Reading Public Library

Jane Burns, Reading's Administrator for Elder and Human Services, will lead an interactive talk about dementia, along with opportunities for Q&A. Learn about dementia's warning signs and 5 key messages. Jane will also provide some tips for communicating with someone with dementia.

Sunday December 16, 2018 – Holiday Open House 2:00 - 5:00 pm

at the home of
Lynda Hersey and Dave Heron
50 Green Meadow Drive**
Reading

Enjoy an afternoon with RNN'ers you know and meet those that have joined this year.
Feel free to bring a finger food appetizer or dessert. We will be collecting nonperishables to donate to the Reading Food Panty. Questions? Contact Lynda Hersey lwhersey@gmail.com 978-314-8844 (cell)
** Driving & parking directions will be emailed week of party.

New Members

Please welcome new members Kathleen Harrington and Joe and Gina Healy.

Interest group updates

Many groups are on holiday break. See below for things to know.

Koffee Klatch will be held **10:00 – 11:30** on Wednesday, December 19. Join them for friendship, food & fun at Fusion Cafe.

Meditation Group will meet on December 7 and December 21 from 1:30 to 2:30 at the Community Room of the Reading Police Station.

Men's Bridge is organizing and will be meeting on 1st and 3rd Sunday afternoons at 1 pm. It will start in January. Contact Dan Clark (dclark@trinitylg.com).

Hot Topics Discussion Group A met on November 11 and discussed the topic "The New Aristocracy and the Income & Gender Gap". The next meeting of this group will be on January 13 to discuss the topic "The First Amendment & Free Speech". To be added to this group, or become part of an additional discussion group (no more than 12 members per discussion group), email Tom Mottl (tomottl123@gmail.com) asap.

Shooting Pool This group is looking for additional members (women & men) for first and third Wednesdays of the month from 7-9 pm in January, skipping February, then March.

Contact Dave Heron to join (dbheron@gmail.com)

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 rides to Logan Express. It is easy and painless to ask for assistance and you give others a serotonin boost when they help. It's a win-win!

To start the ball rolling contact

*Rob Ward (rsward23@verizon.net) Text or call 781-864-1257

*Libby Woods (galligel@bc.edu) Call 781-944-2331

A Prescription App suggestion from RNN member Joanne Wooldridge, RN

Goodrx - Free in the App Store on your iPad or iPhone

This app lets you put in the name of a drug. Sometimes you can get it for less than the insurance covered price. Try it out!