

RNN Newsletter

February 2019



Next RNN General Meeting

Sunday February 3, 2019 2:30 pm - 4:30 pm

@ Reading Public Library

Jane Burns, Elder & Human Services administrator for Reading, will review her "Dementia Friends Information session" that she presented in December for RNN members. In addition to review of the warning signs of dementia and her 5 key take-home messages, Jane will talk about the roll of Caregivers. She will let us know about a series of dates for Caregiver Support workshops being formed in Reading.

Reminder: If able, please park on the street while attending a program in a Library Meeting room.

Friendship and Food!

Koffee Klatch 1/18/19
and
Film and Arts Lunch 1/25/19



Save the Date – March 6

We have 24 new members this year! This seems like a reason to party, so join us on March 6th at Fusilli's on Main Street (near 128) for a lunch of pizza, salad and coffee, tea, etc. Fusilli's has set aside round tables toward the back of the dining room...Watch for email invitation with more specifics coming soon!

New Web Resource on Members Only Page

Many thanks to Joanne Wooldridge and her committee, Pat Brennan, Marsha Audette, Marilyn Lambert and Mary Anne Kieran, for compiling a Consumer Information and Resources listing about the many aspects of aging! This is a super friendly index to many resources that you might need as you or a family member ages. Go to our website, click on Members Only, login and scroll down to RNN Consumer Information and Resources, click on it or the link below and find sources for a variety of information on aging.

<https://www.readingnn.club/wp-content/uploads/2019/01/RNN-Aging-Resources.pdf>

If you are having trouble logging the Members Only portion of our website or have not yet tried it, please contact Louise Ward (louiseward27@hotmail.com) or send a note through Contact Us on the website.

New Member – Please welcome our newest member, Pam Amidon

Interest group updates

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

Meditation Group will meet on Friday, Feb. 1st and Friday, Feb.15th from 1:30 - 2:30 p.m. in the Community Room at the Reading Police Station. Join us if you wish.

Political Discussion Group will meet on Tuesday afternoon February 5th at 3:00pm. The topic this month has not yet been announced .

Men's Bridge will hopefully get more players, so they can begin in March. Contact Dan Clark (dclark@trinitylg.com) if you are interested.

Hot Topics Interest Group Geri Tolman will host the next meeting of the Hot Topics Interest Group on Tuesday February 12th at 1:30. The topic for the February meeting is " Longevity and End-of-Life Issues". An email providing further details will be sent out next week to all Hot Topics Interest Group members.

Film and Arts The January event at the Lawrence Regional Voc. School was a delicious success with 11 members attending. Libby Woods (galligel@bc.edu) is making plans for a visit to the Whistler House and/or the NE Quilt Museum in Lowell in the coming month(s).

Shooting Pool This group will be skipping February, then meeting again in March on the 1st and 3rd Wednesdays. Contact Dave Heron to join (dbheron@gmail.com)

Lend a Hand

Lend a Hand has been active this month. Five members requested visits, groceries, and a couple of rides to appointments and one to an RNN Program in January. It is wonderful that so many members offered to help. We all thank you. "Everyone needs somebody sometime, so if that sometime is now..." please ask by contacting:

*Rob Ward (rsward23@verizon.net) Text or call 781-864-1257 or*Libby Woods(galligel@bc.edu)
Call 781-944-2331



Craving a Sweet Treat? Enjoy this recipe that so many requested from the Holiday Party in December!



Lynda Hersey's Scandanavian Almond Cake Recipe

Beat well 1 $\frac{1}{4}$ c. sugar, 1 egg, 1 $\frac{1}{2}$ tsp. Almond extract, $\frac{2}{3}$ c. almond milk

Add 1 $\frac{1}{4}$ c flour, $\frac{1}{2}$ tsp. Baking powder and 1 stick melted butter or margarine

Spray pan just before use with baking spray. Bake at 350 degrees for 40 to 50 min. until golden brown on edges and toothpick comes out clean.

Remove from pan after cooling for 15 minutes. You may need knife to loosen from pan.