

RNN Newsletter

January 2019



Next RNN General Meeting

Tuesday January 22, 2019 2:30 pm - 4:30 pm

@ Reading Public Library

“Healthcare as We Age in Place”

Home Healthcare, Hospital Healthcare and Issues of Transitions in Care speaker: Deborah Costello, RN, MS, Executive Director and Chief Operating Officer, Lahey Health at Home
moderator: RNN member Anne Marie Borque, NP.

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

December was a busy month!



Amy Gross led meditation, Jane Burns trained a group to be Dementia Friendly. Below, many members attended the Holiday Party. Thanks to Dave Heron and Lynda Hersey for opening their lovely home.



New Member – Please welcome our newest member, Paul Scharr

Interest group updates

Koffee Klatch will be held **10:00 – 11:30 on** Friday January 18th. Join them for friendship, food & fun at Fusion Cafe.

Meditation Group will meet on January 4 and January 18 from 1:30 to 2:30 at the Community Room of the Reading Police Station.

Political Discussion Group will meet on Tuesday afternoon January 8th from 3:30 to 4:30. The topic this month will be Our Medical System.

Men's Bridge will be meeting on Sunday afternoons January 6th and 20th at 1 pm. Contact Dan Clark (dclark@trinitylg.com)

Hot Topics Interest Group-The next meeting Hot Topics Interest Group A will be on January 13 to discuss the topic "The First Amendment & Free Speech". To be added to this discussion group, or become part of an additional discussion group (no more than 12 members per discussion group), see email from Tom Mottl on December 25 and email Tom (tomottl123@gmail.com) by January 3rd.

Film and Arts will be traveling (weather permitting) to Lawrence Regional Voc. Tech, 57 River Road, Andover on Friday, January 18th for the buffet lunch (only offered on Friday). Highly recommended showcase of student's skills. They offer - soup, salad, coffee, veggie, fish, chicken, beef and the large selection of desserts all for the sum of \$12.00. Tipping is extra. Contact Libby Woods (galligel@bc.edu) Call 781-944-2331

Shooting Pool This group will meet at Dave Heron's on January 2nd and 16th from 7-9 pm, and is looking for more members. They 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 is just starting to get more opportunities for mutual support. Remember that those who are able to lend a hand receive the gift of fulfillment, as well as the member who made the request! Start the New Year by checking a "to do" off your list and by giving another member the satisfaction of assisting.

To start the ball rolling contact

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



Lynda Hersey and Gina Healy delivered the your holiday donations to The Reading Food Pantry. Thank you.