

RNN Newsletter

February 2020



Cannabis and the aging population with Dr. Ryan Zaklin



Picture of Dr. Zaklin courtesy of Dave Maroney

Dr. Ryan Zaklin spoke to a large audience of RNN members and guests about Cannabis and the aging population. He has an Integrative Medicine practice in Salem, MA and has an extensive academic, musical and medical background. Using cannabis to control side effects from debilitating diseases allows Dr. Zaklin the pleasure of hearing from patients who have an improved quality of life, whether it be release from pain or ease of tremors, or other symptoms. He uses meditation and other methods of treatment as well as cannabis, and his dosing is as minimal as possible so that patients are treated without the “high” that recreational cannabis users seek. Interestingly he will be

switching to an insurance based practice rather than pay as you go so that those who are not able to pay out of pocket, do not lose the benefits of treatment. Cannabis is not regulated in the same way in each state. Treatment of medical diagnoses with Cannabis should be under the care of a physician with knowledge of its use and not just purchased through a Cannabis directory. And one sideline - if you are prescribed cannabis and travel to another state where it is not legal, you might find yourself in a predicament!

Paul Scharr videotaped this program and it will be available in the Members Only section of the RNN Website after it is edited. Thank you, Paul.

Next RNN Program
Sunday, February 16th at 2:30pm
at the Library (notice the change of day to Sunday)

The Delta Blues

by Dan Leclerc

Recently Dan visited the Delta Region in Mississippi and nearby Alabama, where he drove up the "Blues Highway" (Route 61 from Jackson to Clarksdale, Mississippi). There he encountered deep poverty and various museums depicting the rich history of Mississippi Delta Blues. The trip left him with powerful impressions of the tragic legacy of slavery and racism as well as some exciting signs of the rise of a "New South", in which young people have glimmers of hope for their future. This presentation will be a personal, observational and interpretive narrative including photographs, videoclips, and a few selected blues tunes by iconic singers.

Dan taught history for 20 years in the Chelmsford and Hingham Public Schools, and was a senior administrator for 12 years and retired as Assistant Superintendent in the Ashland, MA Public Schools. He holds a Masters Degree in History from Northeastern University specializing in Modern European and Early U.S. Colonial History and has traveled extensively in the US and made numerous trips to Europe, Israel, Russia and Canada. Most recently he explored the Delta Region of Mississippi and Alabama in search of the sources of the origin of American Blues Music. He has presented to numerous historical societies and libraries and currently has taught in the OLLi at UMASS Boston and Tufts University and Beacon Hill Seminars.

Membership

We welcome our four newest members to RNN: Ann Hale, Maureen McIsaac, and Tom and Joyce Callaghan.

You can look for them over the next several weeks as they become active in our Interest Groups and Lend a Hand.

Ann Hale signed up for Active Outings, Film/Arts and Travel Groups.

Maureen McIsaac will participate in Film/Arts and Travel and Tom and Joyce Callaghan have joined Film/Arts, Hot Topics, Meditation, Political Discussion, Billiards and Foodies Groups.

RNN is now 105 members strong!

Focus on our website - Members Only

Log on to readingnn.club and use your password to enter the Members Only tab. Know what you can find there? Over a year ago a few of our members put together a valuable resource called

Reading Neighbors Network Consumer Information & Resources

This is where you find the link for the best pricing for your prescription medications, a senior moving specialist for downsizing time, and information for older drivers - just for starters! “Let your fingers do the walking,” but this time on the keyboard rather than the Yellow Pages - Remember them?

Thanks to Joanne Wooldridge, Mary Anne Kieran, Pat Brennan and Meredith Lambert for enlightening us.

Interest Groups Updates

Film and Arts Group

Movie Mondays have been a big success and our group has seen a variety of films including *Judy*, *Knives Out*, *Harriet*, and *Bombshell*. The next Movie Monday is **February 3rd** and we’ll be headed to the AMC Liberty Tree Theatre to see *The Gentlemen* with a 1:30 showtime. Tickets may be purchased at the theatre or online for under \$10. We will discuss the movie over coffee at Panera immediately following the show. We hope you’ll join us for a fun outing.

We are rescheduling our visit to the Rose Art Museum at Brandeis. Stay tuned for updates.

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

Meditation Group will meet on **Friday Feb 7th** and **Friday Feb 21st** in the community room at North Bank on Main St. from **1:30 –2:30 pm**.

Hot Topics Interest Group (here is a note from Tom Mottl)

Our February topic for discussion is: “*What will the world be like for future generations given environmental and social trends?*”

A host for this meeting is needed, so please let me know if you would like to host at your home. Our meetings have typically had 8-12 people attending, and the suggested day/time for this meeting would be **Sunday, February 23rd from 2:00 to 4:00 pm**. The person hosting a meeting can act as moderator for the discussion, or we can find a moderator to help out. I will look for a short video (10-15 minutes) to get the discussion started, and perhaps some related articles.

Political Discussion

Jack Walsh, current Political Group participant, has volunteered to provide organizational support for our discussions. He will help prepare background information and serve as a backup facilitator, as needed.

Thank you, Jack! If anyone has a question, or if anyone may need help with transportation, please give a call to Paul Scharr 781-521-2374 or Jack Walsh 781-944-7892.

The Group will meet on **Tuesday, February 11th from 3 to 4:30pm at Staples** (34 Walkers Brook Dr in Reading) in the "**Spotlight**" room.

The topic of discussion is "**Medicare for all**"

Is a change in the current system needed? Is it feasible? How will it be financed? will/should private insurance be phased out? What happens if the courts kill the ACA? How would it work here (vs Canada or UK)?

See below some online references. (sampling -- not intended to be exhaustive) -- please do share your own info sources.

Problems with Employer Sponsored Health Care

<https://www.niskanencenter.org/whats-wrong-with-employer-sponsored-health-insurance/>

Pre-existing Conditions

<https://www.cms.gov/CCIIO/Resources/Forms-Reports-and-Other-Resources/preexisting>

Bernie's Plan

<https://berniesanders.com/issues/medicare-for-all/>

Why Medicare for all won't work

<https://finance.yahoo.com/news/medicare-for-all-wont-work-this-might-182720069.html>

Op/Ed -- Problems with Medicare for all

<https://www.charlotteobserver.com/opinion/opn-columns-blogs/article234971212.html>

Comparison of proposals

<https://www.healthline.com/health/what-medicare-for-all-would-look-like-in-america#1>

Canada - Universal Health Care

<https://www.cNBC.com/2019/07/03/medicare-for-all-how-universal-health-care-works-in-canada.html>

UK - Universal Health Care

<https://www.npr.org/sections/parallels/2018/03/07/591128836/u-k-hospitals-are-overburdened-but-the-british-love-their-universal-health-care>

Women's Billiard/Ping-Pong will meet on **Tuesday February 11th from 7:00 to 9:00 pm** at Lynda Hersey's home. She has some beverages on hand, but if you have a favorite, please take it along!

Men's Billiard/Ping-Pong will meet on **Wednesdays February 5th and February 19th from 7:00 to 8:30pm**. Join the men for a round of pool! It's fun and you do not need to even know how to play. Email Dave to let him know you are coming. Feel free to bring a drink or a nibble to share.

Foodies- Nine RNN members went to the Emerald Rose in Billerica in January and all claim to have a great time. In February our lunch group is going to the Northeast Vocational School in Wakefield. A date will probably be set for the end of the month and will be announced by email to the group.

Travel Group had annual planning meeting in January and the future activities will be announced by email.

Lend a Hand or Recommend

If you need assistance for a one time favor, please consider asking RNN's Lend A Hand. We all like to help out; not only does it benefit the person in need, but the person who helps! Energize a fellow member with serotonin! To send your request contact:

*Rob Ward Text or call 781-864-1257 or

You will be amazed how quickly help requests are answered.

RNN Caregiver Support Group - Caregiver Stress Syndrome is real and for those responsible for a loved one, taking time for yourself is important. Eileen Collins & Joanne Wooldridge along with several other RNN members have started a Support Group to help. Being able to share joys & challenges with others who are "in the trenches" themselves can be invaluable. If you are a Caregiver and are interested in joining them or learning more about the group, contact Eileen Collins (eileen.collins97@comcast.net). The group will be meeting on the 3rd Monday of each month.

To find more information on our town/community affairs go here:

<https://www.readingma.gov/metro-north-regional-housing-services-office/pages/your-community-connection>

Thank you to Tom Mottl for sharing the information about this event with RNN!

**The Future of Aging
- The New Reality of Age in Our Society -**

Age is Not a Medical Condition: Healthy Aging After 50
Keynote Speaker: Louise Aronson, Author of Elderhood
Monday, March 2, 2020, 12-2 pm
WBUR Cityspace, 890 Commonwealth Ave., Boston

This program addresses the importance of lifestyle choices and accessible healthcare services. Louise Aronson, Professor of Geriatric Medicine at the University of California at San Francisco and author of the NY Times bestseller *Elderhood: Reinventing Aging, Transforming Medicine, and Reimagining Life*, will be the keynote speaker. Her talk will focus on how policies, medical systems, social opportunities, and personal choices shape age at least as much as biology. The program will be moderated by Joann Montepare, Director of the RoseMary B. Fuss Center for Research on Aging and Intergenerational Studies at Lasell University. Joann will lead a discussion on key issues raised in the keynote, supported by four panelists: Jan Hively (Boston College Sloan Center on Aging and Work, and Co-Founder of the global Pass It On Network); Lisa Krinsky (LGBT Project Director, Fenway Health); Sarah Lamb (Professor of Anthropology at Brandeis University); and Terry O'Malley (Geriatrician, Mass General Hospital). This event is sponsored by the Massachusetts Gerontology Association and online tickets and related information are available at <https://www.wbur.org/events>.

(Anyone that wants further details can email Tom Mottl at tomottl123@gmail.com)