

# RNN Newsletter

## September 2020



### Note from Louise

I am happy to say that I am finished with chemotherapy and feeling better each day. I want to thank everyone who sent me healthy thoughts and let you know they worked! I also want to thank Rachel and the entire RNN board for stepping up and being so creative in helping so many of us be Zoom proficient and as social as was possible in these very weird times.

### Upcoming Events

#### September Pop-up!

We are planning “Picnic in the Park” for some early evening in September to meet at Memorial Park with your mask, chair, bug spray and supper. We will sit in our socially distanced chairs in groups of 6-8. Since we need to have decent weather for this, we will send out an email blast just a couple of days before our selected date. Hope you can make it!

#### September Educational Program

*The program committee (Mary Anne Kieran, Joan Carcia and Jeanne Thomases) is hard at work scheduling our monthly meetings which for now will all have to be held virtually. We look forward to these monthly educational opportunities and hope to provide social time each month as well.*

On Tuesday, September 15th at 3:00pm we will have two speakers from Boston University, LaDora Thompson, Ph.D, PT, and Teresa Baker, PT, DPT, who will present their research and its practical applications in the prevention and treatment of frailty and other chronic conditions in the aging population. More information will be available as the program date nears and we look forward to sharing this important information with many of our members.

#### Poetry in October

Moira Linehan Ounjian’s Poetry Pop Up will be held in October. Watch for the date in the October Newsletter.

## Lend a Hand (LAH)

LAH will be available for two categories:

1) Help a Homebound member, including: Visit/ call; providing a meal and/or some groceries; run an errand

2) Basic Technology: For example, help with computer, cell phone, TV via phone or a video connection.

Currently, for the sake of continued safety, RNN will not plan to use 'Provide A Ride'; 'Accompany Member to an Appointment' or 'Help Around the House' (with possible exception if the chore is outside and safe).

LAH coordinator: Rob Ward - call/text at 781-864-1257; or e-mail: [rsward23@verizon.net](mailto:rsward23@verizon.net).

LAH Co-coordinator: Pam Amidon - call/text at 617-429-6902

## Voting in 2020

By now we all have voted in State primary election and a local Reading election. Whether we did it by mail, or visited the library during the early voting period or dropped our ballots in the drop box at the entrance to the Town Hall parking lot, or have voted in person at RMHS, we have found the way of voting that works best for us and will be ready to apply that in November.

Early voting for November 3, 2020 Elections will be held at Reading Public Library (Community Room) from October 17th through October 30th

Saturdays, Sundays and Fridays from 12:00pm to 5:00pm

Monday, Wednesdays and Thursdays from 8:30am to 5:30pm

Tuesdays from 9:00am to 7:00pm.

## Interest Groups Updates

### **Koffee Klatch Group (a message from Ginny)**

We will meet on Zoom on Friday, September 18th at 10:00am.

A day or two before we "meet" you will receive an email with login info.



### **Film and Arts Group (a message from Gina)**

We will meet on Zoom on Monday September 14th at 1pm. You will receive login information before the meeting.

### **Travel Group (a message from Ann)**

I've hosted the Travel Group for a bit. I much enjoyed our trips and getting know those of you who participated.

But, since the Coronavirus hit, apart from a couple of game months, I've done nothing. Traveling at a social distance doesn't work. Perhaps someone has some good ideas and would like to lead this group. In any case, I have finished with anything I can think of and will no longer host this group. Thanks to those who have shared our trips, Ann Mottl

### **Hot Topics (a message from Tom)**

The Hot Topics Interest Group has not been picked up by anyone after my stepping back from chairing this group in June. Rather than letting the group drop off the RNN list of interest groups, I would like to suggest a meeting on Wednesday September 9th at 1:00 p.m. to both view/discuss a "hot topic" and decide whether this interest group should continue. I'll host this meeting on ZOOM and use a video of a talk given by Jon Meacham, the historian, about his book *The Soul of America: The Battle for Our Better Angels*, which provides perspective on whether the strong political division we're experiencing today is really different from what the country has experienced over our history. We can continue to meet monthly thru May, skipping December if enough people are interested in doing so, and will discuss how this simple format, i.e., meet on ZOOM to view and discuss a video program related to "hot topics", works for us. An email to Hot Topics Interest Group members along with a ZOOM invitation to the meeting on the 9th will be sent out shortly. If you're not registered as a Hot Topics Interest Group member but are interested in attending, please email me at [tomottl123@gmail.com](mailto:tomottl123@gmail.com) and I'll send you a ZOOM invitation.

### **Meditation (from Pat Brennan)**

We will have Mindfulness Meditation on Friday September 18th at 2:00pm.

## From our members....

### **ZENTANGLE (from Pam Amidon)**

If you are finding yourself with time on your hands, you might enjoy zentangle, a relaxing easy-to-learn drawing practice. I am finding it enjoyable and I have no artistic ability. There is a class given through Reading Senior Center on Tuesdays, September 1, 15, and 29 at 10:00-11:00 am. To get a zoom invitation, email Maria at [mpuglielli@ci.reading.ma.us](mailto:mpuglielli@ci.reading.ma.us). There is much on line about zentangle and many books on Amazon.

### **Words with Friends (from Joanne Wooldridge)**

Train your brain, connect with & stay in touch with friends & family, expand your vocabulary & show off your word skills. It's one of the most engaging games & it's FREE. Download Words With Friends & give it a try.

### **More games (from Geri Tolman)**

Here are two free games - no subscription to the NYTimes is needed.

[www.nytimes.com/puzzles/spelling-bee](http://www.nytimes.com/puzzles/spelling-bee)

[www.nytimes.com/puzzles/tiles](http://www.nytimes.com/puzzles/tiles)

### **What to do - are you bored?(from Rachel Baumgartner)**

We asked RNN members to recommend things to others in case of boredom from being inside and unsociable during the pandemic. Here are a few thoughts -

Volunteer - A couple of suggestions:

English at Large needs language tutors for English Language Learners. It can be done virtually. Call them at 781-395-2374.

Senior Medical Patrol - help by empowering and assisting Medicare beneficiaries against fraud and other tasks. Contact Joanne Wooldridge for more info ([joanne287@verizon.net](mailto:joanne287@verizon.net))

Find a social or political cause to support such as Reclaim Our Vote (Bipartisan group to get out the vote/writing postcards) or House of Renewed Hope

Volunteer in your neighborhood. There may be a student in need of some tutoring, or a neighbor who might like a weekly phone call or check in.

Visit friends outside in yards and on porches or decks, while the weather is still pleasant.

Find an online game, craft or art site: Words with Friends (Scrabble and such App to download), Bridge, Zentangle, or Fishbowl (<https://fishbowl-game.com/>).

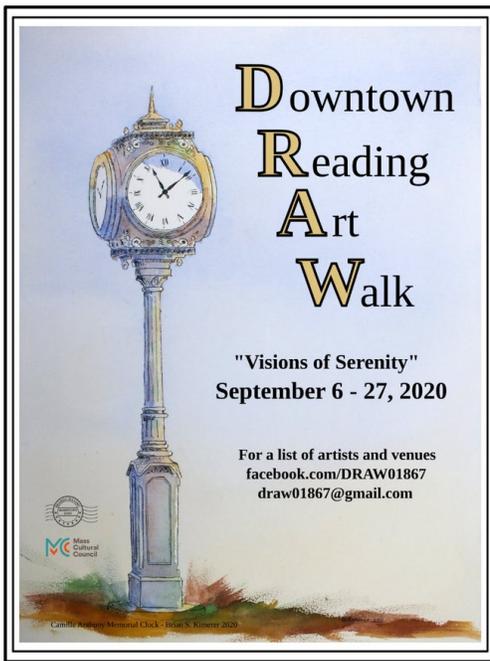
And lastly,,Remember the phone calls that we started making in late March when we thought this was going to be a few months? Most of us started and then it all fizzled out. Getting through to another member is tough because we likely screen our calls and do not answer unknown numbers. Please leave a message for a fellow RNNer, and if you get a message consider calling back and having a conversation. It is a great way to get to know others even if you have no idea who they are!

## Take a stroll in Reading Center this September

Make sure you take a walk around downtown to see the Downtown Reading Art Walk starting next week through September 27. Look for the pieces in store windows. Several RNN members have artwork in this show. And while you are downtown make sure to check out the Outside the Box Mural Project!



Artwork: Matt Baynes Photo: Julia Corbett



**Thank you, Elder Services, for the enrichment ideas....**

**.....for our souls and minds.....**

**Explore Boston!**

**Why go far when there is so much to see and do right in our very own back yard! Because we are all staying safe at home, many venues have added virtual tours and interactive visits for us to see and enjoy in the comfort of our homes.**

**Here are a few places you might like:**

**John F. Kennedy Museum** - explore curated content and virtual programs. Have fun investigating this website. Learn about JFK's childhood, his future in politics and our country's history.

**[Click here to visit the John F. Kennedy Library](#)**

**New England Aquarium in Boston** – each day the museum offers new and exciting programs, videos, activities and stories for you.

How about a visit to the Shark Tank or to the Splash Room, would you like to feed the penguins? I think you will love these short presentations.

**[Click here to visit the New England Aquarium](#)**

**Isabella Stewart Gardner Museum** – learn about the fascinating Mrs. Gardner and the legacy of treasures she left behind for us.

**[Click here to visit the Isabella Stewart Gardner Museum](#)**

**Museum of Fine Art, Boston** – one of the most comprehensive art museums in the world!

**[Click here to visit the Museum of Fine Arts](#)**

**Chronicle on channel 5** - our very own award winning local program highlighting stories of Boston and all around New England. This is one of our favorite programs and did you know you can go on line and watch past programs. Have some fun exploring!

**[Click here to explore Chronicle.](#)**

## .....and for our bodies.....

In addition to our exercise programs, we are excited to announce a **NEW** show now airing on RCTV—

“Get Healthy with Holly” is a monthly TV show with Holly Kouvo of **Fitting Fitness In®**. As a Personal Trainer and Nutrition Specialist, Holly talks about health and fitness topics that teach people how to live a healthy lifestyle. She regularly will demo simple and healthy recipes to try at home. Episode topics in this series include: **Exercise and your Brain, Benefits of Meditation, Eating Healthy can be Easy, Let’s Talk Diabetes** and more. Please see the schedule below.



### Stay Active and Fit!

—Be sure to tune into this **NEW** show now airing on RCTV—

#### “Get Healthy with Holly”

Tune in each day at the times below to RCTV (Comcast channel 9 and Verizon channel 31)		
Sunday	10:00am 12:00 Noon 5:00—8:00 PM	60+ Better Balance Chair Yoga Get Healthy with Holly
Monday	12:30pm 1:30pm 4:00-6:30 PM	60+ Better Balance Chair Yoga Get Healthy with Holly
Tuesday	8:30am 10:00am 3:00pm 4:00pm 6:00-9:00 PM	B.E.S.T with Pat Exercise with Emma 60+ Better Balance Chair Yoga Get Healthy with Holly
Wednesday	8:30am 10:00am 11:00am 4:00pm 5:00-7:30 PM	B.E.S.T with Pat Exercise with Emma Chair Yoga 60+Better Balance Get Healthy with Holly
Thursday	8:30am 12:30—3:30 PM 4:30pm 5:30pm	B.E.S.T with Pat Get Healthy with Holly Chair Yoga 60+ Better Balance
Friday	9:30am 11:00am 12:00 Noon 6:30—9:30 PM	Exercise with Emma 60+ Better Balance Chair Yoga Get Healthy with Holly
Saturday	9:00am 1:00pm 4:00pm 5:30-8:30 PM	Exercise with Emma Chair Yoga 60+ Better Balance Get Healthy with Holly

**CAPTION**

## .....and finally, news from RMV

Are you over 75, your Birthday is in September and your driving license expires this year? A renewal letter will be sent to eligible customers who currently hold a driver's license expiring in September. Below are the options to renew by appointment:

- If you are a AAA member, you may make a reservation now to renew your driver's license/ID at a AAA location. Visit [aaa.com/appointments](http://aaa.com/appointments) to schedule your visit.
- If you are not a AAA member, visit [Mass.Gov/RMV](http://Mass.Gov/RMV) to make a reservation to renew at an RMV Service Center. Select the "Seniors License Renewal" option on the "Make/Cancel a Reservation transaction"
- Email the RMV for assistance to renew at [MassDOTRMVSeniors@dot.state.ma.us](mailto:MassDOTRMVSeniors@dot.state.ma.us) email address.
- Call the RMV at 857-368-8005.

### *In Memoriam*



Charles ("Charlie") F. Collins, beloved husband of Eileen.

August 19, 1931 - August 23, 2020

<https://www.cotafuneralhomes.com/obituary/Charles-CollinsJr>