

RNN Newsletter

February 2021



Thank you to Everett and Ginny Blodgett for their presentation of “A Glimpse into Reading’s Past”

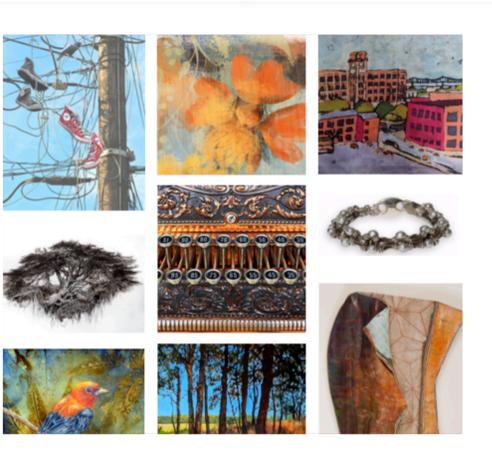
A significant number of RNN members attended on Zoom and were delighted and surprised by how many new things they had learned about Reading from the talk. We all know that “life long learning” contributes to keeping our minds agile!

*If you missed this or other RNN programs you may view them on the RNN website. During this Pandemic year (2020-2021) we have recorded most of our monthly programs. With the exception of September, the videos of these programs are now on the Members Only part of our website. You will need your password to get onto that page. When on it, scroll down past Interest Group listings to find **Past Programs Taped for Viewing**. Click on the program title that you want to watch and enjoy.*

On Tuesday, February 16th at 3:00pm on Zoom

John and Gillian Ross will present

"We Live In An Art Gallery" - Life With A Twist.



John and Jill are the owners and curators of the Gallery Twist in Lexington. RNN Travel Group visited this gallery in October 2019 and we were delighted by the artwork and its staging in the beautiful historic house. Join John & Gillian Ross for an insight into the what, when, where, and the why and how of their story - owning and running Lexington's 'gallery twist' - while in the comfort of their own home. And a whistle-stop, guided tour of the current show. Questions and interactivity welcome. To learn more about the gallery go to www.gallerytwist.com

RNN Elections

It is hard to believe that the end of our 5th year is approaching. RNN has certainly grown and evolved since its kickoff in summer, 2016. This year has seen many adjustments made necessary by the COVID pandemic.

We have our elections every April for Executive positions (Chair, Co-Chair, Assist Chair, Secretary, Treasurer, and Member(s) at Large). The Board also appoints Coordinators for Steering Committee positions (Programs, Hostess, Newsletter, Lend a Hand, and Webmaster).

If you are interested in volunteering or getting information regarding any position listed above, or as a leader for any current or yet to established Interest Group, we would love to hear from you. We encourage fresh voices and ideas in any capacity you wish to participate. Please contact one of the members below by text, phone or email by **February 15th**:

- Louise Ward Chair 978-790-2727
- Rachel Baumgartner Co-Chair 781-724-4657
- Geri Tolman Assist Chair 617-365-4736
- Joy Nemergut Nominating Comm 781-534-593

Food Pantry Project

The RNN invites you to participate in the Valentine's Day drive to benefit the Reading Food Pantry. The drive will be conducted on February 10th through 12th and the items requested are:

Brownie mix, muffin mix (not corn)

Herbal and regular tea

Canned salmon, tuna, clams, hash and beef stew

Coffee-regular, decaf, instant

Bins will be available to collect food items at the following locations:

Rachel Baumgartner
285 Summer Avenue

Lynda Hersey
Johnson Woods
50 Green Meadow Drive

Louise Ward
39 Hampshire Road

Cash donations can be sent to: Reading Food Pantry, 6 Salem St, Reading, Ma 01867

Save the Date - Senior Scam Alert

On Tuesday, March 16th at 11:00 am DA Ryan will discuss the impacts of the COVID-19 pandemic including the increase in scams that target the elderly and other vulnerable populations. To register for this Zoom program go to https://actonma.zoom.us/webinar/register/WN_hdCeL3tLT9KfKhpT0L7DvQ
Please contact Sheryl Ball sball@acton-ma.gov for questions or help with registration for this event. Zoom information will be sent to you upon registering.

Interest Groups Updates

Koffee Klatch Group (a message from Ginny)

Hello Koffee Klatch friends. I hope that you are all staying safe. It certainly is encouraging news that some of you have already signed up for the Covid vaccine. Light at the end of the tunnel! The Koffee Klatch will meet on Zoom on Friday, February 19th at 10:00am. A day or so before the meeting you will receive another email with log on information.



Film and Arts Group (a message from Gina)

We'll be having Movie Monday on February 8th at 1 pm. Please note it is the second Monday of the month!

Hot Topics (a message from Tom Mottl)

The Hot Topics Interest Group will meet on Wednesday, February 10th on Zoom at 10:30am. We will watch two Ted Talk videos, one 8 minutes long, the other 17 minutes long. These videos are on "Mindfulness" – the first teaches a 30 second mindfulness practice technique offered by a psychiatrist and the second, given by a Professor of Psychology and Psychiatry, discusses how mindfulness changes the emotional life of our brains to combat stress, depression, anxiety, etc, etc.. Why is "Mindfulness" a "Hot Topic"? Well it occurred to me that under the conditions we have had imposed on us since early last year and will have to continue to endure for a while yet (can summer be that far away??), that learning a bit about "mindfulness practice" to ease our rather stressed lives might just be a "Hot Topic"!!! Hope you agree!!! I'll send out an email to our group on the 5th. Hope to see you on Wednesday!

Meditation (a message from Pat Brennan)

The RNN Mediation Group will meet on Friday, February 26th at 2:00 p.m. for a Mindfulness Meditation focusing on the cultivation of kind and caring attention to the present moment. Please join us.

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.

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

From our friends at Elder Services come “Pleasantries”.

To read “Pleasantries” click on the link below:

https://www.readingma.gov/sites/g/files/vyhlif1116/f/pages/jan_2021_newsletter.pdf

Important Updates from the Pleasant Street Center

COVID-19 Vaccine Information

- **We are in Phase 1** of the vaccination roll out. Available vaccines are currently being provided to **COVID-facing healthcare workers, long term care facilities, first responders (EMS, fire, police), congregate care settings, home-based healthcare workers, and non-COVID-facing healthcare workers.**
- **Phase 2** of the vaccination roll out, scheduled to occur in **February 2021**, includes **adults 65+.**
- **Phase 3**, scheduled to begin in **April 2021**, includes the **general public.**

If you have questions regarding COVID –19 Vaccine roll-out, please continue to check the town website:

<https://www.readingma.gov/home/urgent-alerts/everything-you-need-to-know-during-the-covid-19-state-of-emergency>

Information is updated regularly, including phases and locations of the state’s roll out plan.

Please Note: Timelines are fluid. We are working to get information regarding vaccination plans out as quickly as possible. Please feel free to call the center with questions or concerns (781) 942-6794.

AARP Tax Preparation Update

AARP is making plans to assist our Reading older adult community with tax returns. Please call the center at (781) 942-6794 after February 15th, and we will take your name **if we are taking appointments.** The process would be contactless. More instructions will be given at the time of the appointment. **Note: you will receive a form in the mail about your stimulus payment Form 1444 and 1444B. The money is not taxable but anyone who didn’t get this form will receive it after the return is filed. Remember to save all the forms you receive in the mail from Social Security, Pensions, IRA distribution, interest and dividends, and also tax and water & sewer bills for the Circuit Breaker.**

This information has been shared with RNN by email, and here it is again:

to read the letter from Reading Town Manager and for the information on the Covid-19 and vaccinations in Reading go to <https://www.readingma.gov/>

From our members....

This one is from Louise (sent from Elder Services)

Calling all Cooks!

The Massachusetts Councils on Aging (MCOA) is creating **a year of free monthly nutrition education and cooking videos**. Each 30-minute segment will highlight a nutrition theme and recipe demonstration.

The first segment is now up for viewing! The theme for this month is **One Pot, One Pan**.

[Click here to watch MCOA's January Cooking Video - One Pot, One Pan](#)

Next up on the menu for February:

Bowl O'Goodness!

This one from Hanna:



If you are interested in the BSO programs, go to

https://www.bso.org/brands/bso/features/bso-now.aspx?gclid=Cj0KCOiAx9mABhD0ARIsAEfpavSlGZmtzpOqZ62c8x-N6r_vgOxSf3jhbiZtoiF-JTCm6bGfI_pAtz3IaAgITEALw_wcB

...also from Hanna (my friend sent this puzzle to me)

If one and a half chickens lays an egg and a half in a day and a half, how long does it take two chickens to lay 32 eggs?