

RNN Newsletter

March 2021



We are all invited to

Backyard Birdwatching with Dave Williams

On Tuesday, March 9th at 3:00pm on Zoom

Have you become more observant of the birds in your yard and neighborhood during the past year? Due to the pandemic, we have all had more time for gazing out the window! Join Dave Williams for a presentation on "Backyard Birdwatching." Dave has been watching birds in Reading and elsewhere for forty years. He is a graduate of the Mass. Audubon Birder's Certificate Program. He leads birdwalks and teaches at Audubon's Joppa Flats Education Center. Dave will share information, and show photographs of the birds we might see around town, tell us about their habits. What birds have been around this cold winter? What birds will be arriving soon? Learn to identify a few birdsongs that you may hear this spring.

ZOOM link will be sent out a week ahead as well as the day before. You will be able to logon at 2:45 to get ready for the program. We invite everybody to stay after the presentation and share you impressions with your RNN friends.

Thank you to John and Gillian Ross for their presentation of

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

The virtual presentation was attended by 39 RNN members all of whom enjoyed the story behind the gallery and the slide show accompanying it. 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.*

Thank you to all who responded to the Survey that was sent to RNN members in January. If you missed the Survey you may still respond to it if you wish.

Thank you to all who took part in the Valentines day Food Pantry Project, in particular to Lynda, Rachel and Louise.

Fun in the snow

On Saturday, a week ago, ten RNNers gathered their snow shoes and cross country skis and met at the Memorial Park for an hour of socially distanced fun. Thank you to David Maroney who documented the outing.



CAN YOU TELL WHO IS BEHIND THE MASKS?

Senior Scam Alert Program

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 doing well. We will meet on Zoom Friday, March 19th at 10:00am. A day or so before the meeting you will receive another email with log on information. I'm hoping that, by the time we "meet" again, Winter will be well on its way out and Spring will be just around the corner.

Film and Arts Group (a message from Gina)

The Film/Arts Group will meet via Zoom on Monday, March 1st at 1pm. Please join us to talk about movies you've watched recently and to get suggestions for your future viewing. Some films and series that have been recommended in recent meetings are:

Australia - starring Nicole Kidman who plays an English aristocrat managing a cattle farm in Australia

The Vast Night - sci-fi mystery thriller as set in the 1950's - free on Amazon Prime

Exit Through the Gift Shop - a documentary about street art and a film maker who documents the work of graffiti artist, Banksy

Beauty is Embarrassing - documentary regarding the life and times of artist, Wayne White

News of the World - with Tom Hanks - based on the novel of the same name, a Civil War vet travels across the plains to return a young girl kidnapped by Native Americans to her relatives

Series:

All Creatures Great and Small - on PBS -heartwarming stories about a country veterinarian.

Emily in Paris - Netflix - a young American woman who doesn't speak French goes to work in a Parisian company.

Hot Topics (a message from Tom)

The Hot Topics Interest Group will meet on Wednesday March 10 from 10:30 to noon. The topic for this month's meeting is "Happiness". Last month we discussed "Mindfulness" and learned how practicing that technique for 30 seconds one or more times a day could lower our stress levels and anxieties. So this month, as a natural follow-on to that meeting, and now that those of us who attended are less stressed and have done away with anxieties, we will watch two videos that will help us understand how to be happy. The first video is titled *What makes a good life? Lessons from the longest study on happiness*, and the second is titled *The Blue Zones of Happiness*, which will inform us about happy people and the ingredients of their happiness in Singapore, Costa Rica and Denmark. Come prepared to be happy!!

Here's the link for our meeting: <https://zoom.us/j/93218244604>

Meditation (a message from Pat)

The RNN Meditation Group will meet virtually on Friday, March 26th at 2:00 pm. We will do Mindfulness Meditations with a focus on relaxing into some moments of being rather than doing. Please join us. If you are not already on the RNN Meditation Groups list, contact Pat Brennan at pbrenn42@comcast.net.

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 members....this one (very timely and important!) is from Rachel:

Finding vaccine - tips and patience!

We do know that more vaccine is coming and the news seems to change about it daily. To those who have found an appointment or received the first dose or both doses, congratulations. Please keep following the CDC guidelines until we no longer need to mask and social distance. So hard to wait...

For those not using a computer to book an appointment, call 211 and leave your information. The website says they will call you back.

If you are trying to get an appointment online, here are a few tips from some lucky members who got appointments.

-Have .jpg images of both sides your insurance card (supplemental not Medicare) on your computer and know where they are on the computer, as you will have to insert them into the form.

-Have computer on and be on schedule page for the site you wish to go to (ie Doubletree Danvers, or such) at 5:59 am. Refresh the page repeatedly if you see no openings on the schedule. (Refresh by clicking the curled arrow at the end of the URL address at the top of the page). The first week, appointments were announced to open at 8 am and the system crashed. Last week, it was said that appointments would be released at "rolling times through the morning." The site started taking appointments at 6 am! By 8 they were all gone. You will get a number that will eventually give you a random place in a waiting room, and by patiently waiting you may get a slot.

-If you do get an appointment, be careful of the link to put your appointment on your Google Calendar (or calendar of your choice)! Last Thursday those times were in GMT so you might think your appointment was for a time 5 hours off of the real time! This error has been reported but we do not know if it is fixed.

If you are trying for a drugstore appointment at a Walgreens or CVS, the vaccination slots seem to open at various times for various locations, so try during the day. You do not need an image of an insurance card, but make sure to take all insurance information with you. Two people we know of have found appointments at Walgreens in Saugus by logging on just after midnight in the wee hours of Thursday morning. Others found them in Everett and Beverly a little later in the day.

If this is too complicated, call 211! Stay safe and be patient, it has been a long year already!

...this one is from Louise: (sent from Elder Services)

Calling all Cooks!

The Massachusetts Councils on Aging (MCOA) recently released the **February segment** of its year-long nutrition and education cooking videos. This month's theme is "Bowl O'Goodness".

To view the cooking demonstration click below:

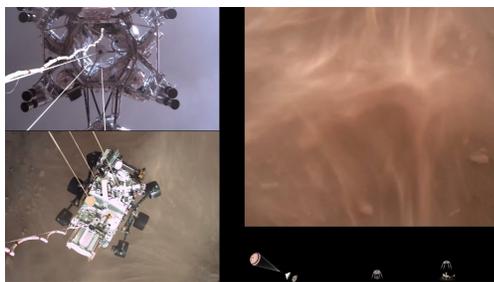
https://www.youtube.com/watch?utm_source=Daily+Digest&utm_medium=Email&utm_campaign=website&v=Uu-UFKAPFroE&feature=youtu.be

Click below to view the recipe card:

<https://mcoaoonline.com/wp-content/uploads/2021/01/CASC-Recipe-card-February.pdf>

... this one is from Hanna:

(Click on it in case you missed Perseverance Rover's landing)



To see more space views go to

<https://eyes.nasa.gov/>

Or watch "The Martian", the 2015 movie with Matt Damon, to see how much the Vadi Rum, the desert in Jordan and the location where the movie was made, resembles the surface of Mars. (Available on Amazon).

The movie is based on Andy Weir book of the same title. The book presents in more details some of the ways employed by the protagonist to survive on Mars, and they include applying biology, physics, ancient navigation, and in general problem solving. Very enjoyable! I also enjoyed Andy Weir's second book, "Artemis" taking place on the Moon colony.

...and this one is from Joanne:

The Savvy Caregiver Program - New group starting early 2021.

This evidence-based program is for anyone caring for a loved one or friend with dementia or Alzheimer's disease. This free six-week program offers caregivers a source of support. Caregivers will meet for 2 hours each week. To schedule a 30-minute private call to learn more about this upcoming program call 781-338-7559 or email schissler@melrosewakefield.org

From our friends at Elder Services come "Pleasantries".

To read "Pleasantries" click on the link below:

https://www.readingma.gov/sites/g/files/vyhlf1116/f/pages/jan_2021_newsletter.pdf