

RNN Newsletter

April 2021



We are all invited to the
RNN Annual Business Meeting
On Tuesday, April 20th at 3:00pm on Zoom

Join the meeting to hear the RNN Officers' reports, learn the election results and meet new Officers, and socialize with other RNNers.

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.

Thank you to Dave Williams for his presentation of

“Backyard Birdwatching”

Dave's virtual presentation was attended and enjoyed by many RNN members. This presentation has not been recorded. Some recordings of RNN's previous programs can be found on our website:

<https://www.readingnn.club>

RNN Elections - Vote by email

You will receive a ballot in your email on April 5th which will allow you to vote anonymously, on line.

Please vote before the April 20th Annual Business Meeting.

If your email from RNN is going to spam or junk, try putting

ReadingNN@GoogleGroups.com in your address book or contact list. And if someone you know is not getting these messages please let Rachel arkbee13@gmail.com know and she will try to resolve the issue.

Reading Town Elections on April 6th

Vote safely during the pandemic!

Polls will be open at the High School Field House 7am to 8pm. In person voting, Vote-by-Mail, or vote via Absentee Ballot are options for this election. More information about voting can be found at

<https://www.readingma.gov/administrative-services/elections>.

New Feature in our Monthly Newsletter

A few months ago one of our members shared, with permission, the Groton [MA] Neighbors newsletter with our Steering Committee. We liked the feature which interviewed members so that they got to know each other better, especially with the pandemic limitations. RNN will be publishing one or two self-written bios each month. Please consider participating and send your bio along to Hanna Rudnicki (hprudnicki@gmail.com) our newsletter editor with a picture of yourself as a twenty or thirty year old. Always fun to see how we looked back then!

April 2021 Member Bios

We publish these first two bios in great appreciation of Louise and Rob Ward, who have tirelessly contributed their time and ideas to make Reading Neighbors Network what it is today. As Louise finishes her years gearing up for and chairing the organization and Rob ends his years of leading and refining the Lend-A-Hand part of RNN, we send them off to Greenfield to live near their son, with our deepest thanks and admiration. They have promised to maintain their membership and return for some programs and of course parties. Read on....



LOUISE WARD



THE WARD FAMILY

From Louise Ward

I am a longtime Reading resident and worked in the Reading Public Schools as a Speech-Language Pathologist, retiring in 2009. Rob and I raised 2 children here, volunteering in scouts and church committees while both working in human services fields. After retiring I relished the freedom to not have to set an alarm, have unstructured days, to travel, go to lunch with friends, and work in the garden.

Rob and I joined RNN at the launch party in 2016 so we would be prepared for the next stages of our lives. A year after joining I found myself on the RNN board as Hostess, soon leading Koffee Klatch and Film/Arts Interest Groups, then Vice Chair with Chair Evie Pyle and Chair for the past 2 years with Rachel Baumgartner and now Geri Tolman as part of the "Chair Team." Because of RNN my garden has not gotten the attention it thought it would but I have had a blast. My knowledge about so many educational, medical, and cultural fields has been broadened but more important are the friends I have made. Living and working in Reading I have known a lot of wonderful people but through RNN I have made amazing new friends of all ages whose paths I never would have crossed without this organization. I am so grateful for RNN to have had this opportunity to continue to broaden my knowledge and experiences, to stretch my leadership skills and to have such fun working and playing with so many of you.

As some of you may know, Rob and I will be moving to Greenfield, MA this summer to live closer to our son. We will only be 1 3/4 hours away down Rt 2 (near Amherst). We would love for you to visit us there. We don't want to make a clean break from Reading or RNN so don't be surprised to see us at a program or two and at the PARTIES over this next year.

From Rob Ward

Hello, my name is Rob Ward and I have been a proud member of RNN since its inception several years ago. I am lucky to be married to the lovely Louise Ward who is the current talented chair of RNN. We have two wonderful grown children - a son & daughter.

Retired Special Education Collaborative Administrator, Rehabilitation Counselor & Coordinator; post retirement Psychology Instructor - sort of starting near the top and gradually working my way down.

* Grateful for the blessings of love, family, friendship, a caring community, the medical community, first responders, front line workers, teachers, etc.

* Favorite Activities where I am a jack of a few trades and not a master of any: tennis, baseball, singing, piano, a few chords on guitar, and love to watch TV westerns.

Favorite sayings, "Courage is being scared to death but saddling up anyway" (John Wayne);

"If we don't learn from the past then we are condemned to repeat it" (Winston Churchill);

"Nature has given us only one tongue but two ears - that we may hear from others twice as much as we speak." (Epictetus);

"Many times what people need is not a brilliant mind that speaks but a special heart that listens."

Mask Up, Be Safe, Have Fun, & Shuffle On

Interest Groups Updates

Koffee Klatch Group (a message from Ginny)



Hello Koffee Klatch Friends. I hope you are all well and that we are all either there, or well on our way, to being fully vaccinated. I'm really looking forward to seeing you folks in person soon. Maybe in a few months we could start by bringing our coffee and folding chair and meeting outside - something to think about.

But for now we will meet on Zoom, on Monday, April 19th at 10:00am.

Fun fact - This is also PATRIOT'S DAY.

Film and Arts Group (a message from Gina)

The Film/Arts Group will meet via Zoom on Monday, April 5th at 1pm. Please join us to talk about movies you've watched recently and to get suggestions for your future viewing.

Hot Topics (a message from Tom)

The Hot Topics Interest Group will meet on Wednesday, April 14th at 3:00 pm. We'll consider the topic of "Tribalism" - what's it all about, and can the American democratic "experiment" overcome this natural tendency of human beings everywhere? We'll watch two or three short videos and figure it all out!! 😊

Meditation (a message from Pat)

The RNN Meditation Group will meet virtually on Friday, April 30th at 2:00 pm. We will be doing a Loving Kindness Meditation focused on cultivating care and kindness for ourselves and others. We will also discuss the possibility of meeting in person in May when most participants will be fully vaccinated. 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:

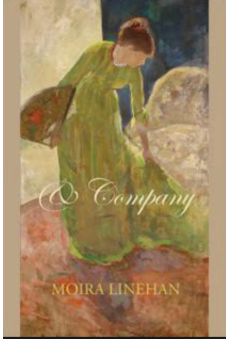
- 1) Help a Homebound member, including: Visit/ call; providing a meal and/or some groceries; run an errand
- 2) Basic Technology: For example, help with computer, cell phone, TV via phone or a video connection.

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

Congratulations to RNN member, Moira Linehan



Some of you will remember Moira Linehan read to RNN members last year from her third collection of poetry, TOWARD. Many of those poems are set in an Irish landscape. At the end of 2020 Dos Madres Press published her fourth collection, & COMPANY. Here is a biography of the imagination about her maternal grandmother, a dress designer and seamstress in Paris and then Boston, a biography Linehan has composed in poems. Using French and American Impressionist paintings of women in fashionable dress, both as background and foreground for many of the poems, Linehan documents the customs and constraints of her grandmother's world of work and the changes that came to it. Woven in are elegies for her own mother.

From our members....these are from Louise (sent from Elder Services)

Cooking....

The Massachusetts Councils on Aging (MCOA) recently posted the **March segment** of its year-long nutrition and education cooking videos. This month's theme is "Fads & Myths," of foods, specifically when it comes to older adult nutrition.

To view the latest video on YouTube click below:

https://www.youtube.com/watch?v=nWdp_ruTqNQ

To view the handout click below:

<https://mcoaonline.com/wp-content/uploads/2021/02/March-CASC.pdf>

and traveling to Dublin.....

[Click here for Rick Steves' Travel Guide.](#)

...this one is from Joanne:

Want to learn all about Zoom and set up your own account?

The Aging in Balance Program at MelroseWakefield can help you set up your own free Zoom account and teach you how to use it! Schedule your 1-hour appointment .

To register contact Stephanie Chissler, Aging in Balance Program Manager, at 781-338-7559 or email schissler@melrosewakefield.org

...and this is from Rachel

ANNOUNCING THE PANDEMIC PEACE AND PROMISE PHOTO PROJECT: Let's collaborate on a community-wide project for posterity! It's been a year since the pandemic upended our lives. Let's mark that occasion by documenting what's brought us peace and helped us maintain our sense of promise during this strange time. What's brought you hope and peace? Pictures of our graduating seniors planted on the lawn of Town Hall? Walks in the forest? Baking? Food drives?

I am working with the Reading Public Library to create a digital archive of these photos. We hope to print them in a book and to put together a traveling collection as well. Please fill out a release and get info about submitting your image here: <https://docs.google.com/forms/d/e/1FAIpQLSeU0m-XFINnI8-xTLS76Pc8vnTmM5p-DVpGs4nttcEjc8k3HyA/viewform?vc=0&c=0&w=1&flr=0&gxids=7628>

We will be accepting submissions through June 4th (graduation day).

*Please share this link on your own Reading-related pages.

This is a volunteer project. To learn more, please visit us on FB @PandemicPeacePhotos or email us at PANDEMICPEACEPHOTOS@GMAIL.COM.

Sherri VandenAkker, Reading Resident

From our friends at Elder Services come “Pleasantries”.

New “Pleasantries” just out! It is loaded with stuff! To read it click on the link below:

https://www.readingma.gov/sites/g/files/vyhlif1116/f/pages/april_2021_newsletter.pdf

Save the date- Sunday, May 16 for RNN Garden Party
Time and hopefully a safe outdoor place will be announced later