

RNN Newsletter

November 2021



Join us for the RNN November Program

“Wine Tasting and Pairing”

Tuesday November 16th at 7:00 pm
Please RSVP by November 6th

Rebecca Beraldi, owner of Beacon Hill Wine & Gourmet shop at 538 Main St., Melrose (<https://www.beaconhillwine.com/melrose>) will lead us through the tasting and have suggestions for pairing the four wines** with your holiday meals.

Though it will be via Zoom, we hear that some members are planning on gathering a small group of friends, family and/or neighbors to participate. Perhaps you'd like to plan ahead, too, and enjoy this opportunity to gather with a small trusted group.

Please RSVP to Eileen Collins by **November 6th** at eileen.collins97@comcast.net if you intend to buy the wine so the store will have enough stock on hand.

**Red, White, Rose and Sparkling, each priced between \$15-\$20; 10% discount if you purchase all four (mention RNN).

Hint: if you are joining others, have one person purchase all the wine to get the discount; then figure out how you will split the cost.

October's program on communicating with our families as we make our legal and health decisions was recorded on Zoom and is now available on our Members Only page on the RNN website. Thanks to Cathy Zeek for organizing this program.

Time to speak up!

Town of Reading needs our input

It is estimated that there are over 7000 residents of Reading who are or will soon be age 60 and older. The US 2020 census reports 17.5% of the population is currently over 65. Before we know it, possibly more than one out of four Reading residents will be in this growing age group! There are two opportunities for you to be heard regarding Reading's needs and programs that will affect us. The first is a newly approved official town committee called the ReCalc Committee (Reading Center for Active Living Committee). There will be 4 at large members. The following link is information about this committee which will investigate the need for a possible replacement for the Pleasant Street Center:

<https://www.readingma.gov/home/news/ad-hoc-committee-volunteers-wanted>

The Council on Aging (COA) is also looking for associate members. Rachel Baumgartner met with Marilyn Shapleigh, the COA chair and COA member Nancy Ziemlek, to learn about the COA. It is a state, not town, funded program, but the members are selected by the Select Board (same as RE-Calc). It meets 10 times a year on the second Monday of each month except for January and July. An official description of the COA role is on the town website:

<https://www.readingma.gov/council-on-aging>

COA hopes to do more outreach post COVID, improve the dining situation at the Pleasant Street Center, and identify the needs of the Reading Seniors. They are looking for new members with energy and new ideas. Any takers? An associate member cannot vote (unless there is not a quorum, at which time they are allowed to vote in place of a member), but will be heard.

The volunteer application for ReCalc and/or the COA is on the town website:

https://www.readingma.gov/sites/g/files/vyh1if1116/f/uploads/application_for_appointment_to_board_0.pdf

The volunteer selection sub-committee of the Select Board interviews and appoints volunteers to fill openings when applications are received.

Interest Group and Small Meeting Policy

As the weather turns colder and meeting outdoors is no longer an option, the RNN Executive Board approved the following for Interest Groups and smaller meetings (not yet for the entire membership). We will be considering resuming in person meetings for 2022 at our next Board and Steering Committee meeting, including the option of recording the meeting for those who prefer to not attend in person.

"RNN prefers outdoor meetings when possible, although weather will not always cooperate! **It is each member's individual decision as to whether they feel comfortable meeting indoors, well-spaced, and masked when possible.**

RNN requires attendees of indoor meetings to **provide proof of vaccination**. Proof of vaccination may consist of showing a vaccination card or photo of the card.

For individuals who are not able to be vaccinated, RNN will accept **proof of a negative Covid-19 test within 72 hours**, as recommended by the CDC. Proof of negative test result may come from showing a text or email containing date and time of test and its negative result."

Interest Groups Update

Meditation (a message from Pat)

The RNN meditation group will be taking a "pause" for the months of November and December. We will start up again in January depending on member interest. In January we will meet inside at the Northern Bank on Haven St. in Reading. All participants must be fully vaccinated and masked. If you are interested please contact Pat Brennan by January 15, 2022 at pbrenn42@comcast.net.

Film and Arts Group (a message from Charlotte, Joy and Jeanne)

A few days beforehand, the Film and Arts Group will receive an email about joining the Zoom Movie Monday Discussion. We will meet Monday, November 1st at 1:00pm.

Lunch Bunch (a message from Pamela and Maria)

In October eight of us enjoyed lunch at Red Heat Tavern in Wilmington. We ate inside at a table separated from others. It was just too windy to be outside. The November information will be out shortly.

Koffee Klatch Group (a message from Ginny)

Hello Koffee Klatch Friends.



Alas, as the New England cold is upon us once again, and as much as I hate to say this, I'm afraid that our fair weather gatherings (although October's gathering was a little chilly) at Memorial Park have come to an end for now. Therefore, I believe that it is time to move our gathering back to Fusion's. I have checked with Fusion's and they are more than happy to welcome us back. I asked if we could RESERVE an area that would sit 6 to 10 and they said they would be glad to reserve that space on the day we meet.

Guidelines from RNN for inside gathering are listed in this newsletter.

Our next Koffee Klatch gathering will take place on Friday, November 19th, at 10:00am in Fusion's Cafe on 607 Main Street.

Hoping to see some you then,

Hot Topics (a message from Tom)

The Hot Topics Interest Group met on the 22nd to discuss our monthly meetings, open to any interested RNN member, and came up with the following list:

- On Friday, November 12 at 11:00 a.m. Gail Page will facilitate a discussion on home heating system options and costs. Reading Municipal Light is advocating use of heat pump systems, for which substantial rebates are available. Gail has been investigating this option as have several other RNN members. This topic is linked with the critical issue of climate change, which will also be part of this discussion. This discussion will be held as a ZOOM meeting, and this is the meeting link: <https://us06web.zoom.us/j/85291172790>. An email to all RNN members will be sent out with this as a clickable link on Monday the 8th.
- In January, on a date and time to be announced, Paul Scharr will facilitate a meeting on topics related to Reading local history that might be of common interest to RNN members and perhaps be explored in follow-up meetings and activities.
- In February, on a date and time to be announced, Tom Mottl will facilitate a meeting to discuss aging in place with respect to the growing number of options available for addressing personal needs and concerns that can change with advancing age.

The January and February meetings will also be held as ZOOM meetings unless COVID related concerns abate significantly

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 Co-coordinators:

Jack Leonard - call/text at (978) 866-8483; or e-mail: jjleonardjl@gmail.com

Colleen O'Shaughnessey- call/text at 781-267-4743; or e-mail: colleen.colleen.oshaughnessy@gmail.com

Medicare Open Enrollment is October 15th to December 7th

Do you want expert, unbiased advice on your Medicare and health insurance options? Turn to SHINE in your community.

If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO, PPO), you will be receiving or should have received information from your plan regarding open enrollment. This information explains changes in your plan for 2022.

During **Medicare Open Enrollment (October 15 to December 7, 2021)**, you will have a chance to CHANGE your plan for next year.

Trained SHINE Counselors can help you understand your plan, changes and options you may have. SHINE counselors offer free, confidential counseling on all aspects of Medicare and related health insurance programs.

Call your local Senior Center or Mystic Valley Elder Services at 781-388-4845 to schedule a phone consultation appointment. For your convenience, counselors will be available for in-person or remote counseling over the telephone. It is important to have your Medicare and insurance cards along with a complete list of your medications when speaking to the SHINE counselor. Call early to get a SHINE appointment during Open Enrollment.

Mystic Valley Elder Services SHINE program serves older adults in the communities of Chelsea, Danvers, Everett, Lynn, Lynnfield, Malden, Marblehead, Medford, Melrose, Middleton, Nahant, North Reading, Peabody, Reading, Revere, Salem, Saugus, Stoneham, Swampscott, Wakefield and Winthrop

From our friends at Elder Services come “Pleasantries”

<https://www.readingma.gov/pleasant-street-center/pages/pleasantries-newsletter>

From our friends at Aging in Balance Community Services

<https://conta.cc/3vWfIRi>