

RNN Newsletter

October 2021



Join us for the RNN October Program

“Family Talk”

Tuesday October 19th 2:45 to 4:00 pm

When did you last have “The Talk” with your kids? That is, The Talk where you explain your wishes for legal and medical needs and review all the related documents, which of course are fully prepared and signed. Or maybe not.

With the holidays approaching, this is an opportune time to be sure your estate planning is up to date and the people who will be affected are aware of your preparations. Our speaker at the October 19 program will be Michael Callahan, a local attorney whose specializations include elder law and estate planning. He will describe the value and process of estate planning, including documenting your wishes for your health care and your estate, and communicating your plans clearly. Wherever you are in your estate planning and preparing for The Talk, we hope you’ll join Michael Callahan and the RNN group for this essential topic.

The program takes place October 19 from 3:00-4:00PM. You’ll receive the Zoom link ahead of time, with a reminder the day before. On October 19, feel free to log in beginning at 2:45 to settle in and chat with others, and to stick around for a few minutes after for socializing.

In case you missed “Finding Your Inner Artist”

It was a beautiful sunny afternoon. Some members still went inside to attend the September meeting, and were intrigued with the skills of our craftspeople who presented their art to us. Members Keith Manville and Don Erickson were joined by Susanne Sullivan to show off quilting, model ship building and stained glass work. The recording of the program is now on our website under “Past programs” in the Members Only tab. Enjoy!

Interest Groups Update

Koffee Klatch Group (a message from Ginny)

Hello Koffee Klatch friends. I am pleased to report that we had a nice gathering of thirteen of our RNN friends last month. This month we will be meeting on Tuesday, October 19th, at 10:00am at Memorial Park.



Rain date will be Wednesday, October 20th. Memorial Park has access from Salem St., Charles St. and Harrison St. Since access and parking is safest on Harrison St., we will be gathering from that point. So, please join us with your folding chair and beverage of choice. Please let me know if you need a ride or an assistance carrying your chair and beverage once you arrive.

Meditation (a message from Pat)

The RNN Meditation group will meet on Friday, October 15th at 2:00 pm. We will meet again outside, weather permitting. This may be our last outside meeting this year. Please join us for a Mindfulness Meditation on the breath and body. For additional information contact Pat Brennan at pbrenn42@comcast.net.

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

Reading Neighbors Network is inviting you to a scheduled Zoom meeting. RNN Movie Monday will meet on Oct 4 at 1:00pm. Hope you can join us at any time during the meeting. We will send another reminder the day before.

Lunch Bunch (a message from Pam and Maria)

The Lunch Bunch group enjoyed lunch on September 14th at California Pizza Kitchen in Lynnfield. Watch for our October choice coming soon.

Hot Topics (a message from Tom)

The new Hot Topics Interest Group operating format for this coming year offers the opportunity for RNN members to suggest topics of interest that they would like to explore in small group discussions with other RNN members. I will facilitate forming a discussion group on any topic that is raised in this way. In September, I didn't receive any requests to form a group, but have had brief one-on-one discussions with several RNN members who do have an interest in perhaps setting up a group on a particular topic. I will send out an email invitation to all RNN members for a ZOOM meeting in mid October to hold a general discussion about forming one or more discussion groups on topics of interest. Anyone interested in participating in this ZOOM meeting should please let me know by responding to that email, which I'll send out next week.

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>

Council on Aging seeks input

Once again the Council on Aging has openings for associate members and is looking for ideas about a future Senior Center. They want to know why you don't go to the Pleasant Street Center if you do not, or why you do. If interested in giving them some ideas or joining the Council, please send Rachel an email. arkbee13@gmail.com

Join the Parade on Sunday, October 3rd!

In case you misplaced an email from Cindy and Tom, here are the excerpts:

On October 3rd, Dad is turning 101 and on October 5th, Mom turns 100!!! To celebrate such an amazing milestone we are planning a Drive-by Parade on Sunday, Oct. 3rd and would love it if you could join us. We are aiming to gather next to Memorial Park on Harrison Street at 3pm for the parade beginning at 3:30.

Please feel free to email me at: cindybates63@gmail.com with any questions or if you think you might be joining us, and please reply only to me. Of course, last minute additions are always welcome!

Some non-Zoom Meetings of RNNers



LUNCH BUNCH IN OUTDOOR RESTAURANT



KOFFEEKLATCH IN MEMORIAL PARK