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# MEETING HOUSE ECHOES Edith A. O'Leary Senior Center

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Summer 2016 - Volume 40

North Reading, MA 01864

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## Dept. of Elder Affairs

Tel: 978-664-5600

Email: mprenney@northreadingma.gov

## Senior Center

157 Park Street  
Third Meeting House  
on the Common

## Senior Center Hours:

Mon.-Thur. 8am-4pm

Fri. 8am-1pm

## Director

Mary S. Prenney

## Clerk

Mark Meehl

**Pgm. Mgr.** Jean Fitzgerald

## Van Driver

Mechele Cronin

## Meal Site Managers

Ron Visconti, Brenda Bugden

## Home Delivered Meals

**Driver** Donna Ruck

## Council on Aging Board

Atty. Brian Snell, Chair

Maureen Donato, Secretary

Rich Wallner V. Chair

Joe Venio

Frances Cheney

## Representatives to

## Council on Aging

Lt. Mark Zimmerman,

N. R. Police Department

Deputy Chief

Barry Galvin,

N. R. Fire Department

Selectman Steve O'Leary

## Friends of the COA

## Officers

Hugo Wiberg III, Pres.

Angela Mauceri, V.Pres.

Tom DeSwarte, Treas.

Jean Fitzgerald, Sec'y.

## COUNCIL ON AGING MISSION STATEMENT

The Council on Aging advocates for older adults by helping to meet their needs in areas of health, economic, social and cultural welfare.

The Council encourages maximum independence and seeks to improve the quality of life of citizens of the Town of North Reading.

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### *From the Director — Mary Prenney*

Summer is here and I hope everyone is enjoying the outdoors, safely of course, with sunscreen, bug spray, and keeping hydrated. I want to thank everyone who took part in the survey that went out in our Spring newsletter (2300 newsletters were mailed). We had a good number of responses, all agreeing with our N. Reading Senior Action Teams (NRSAT) "3 Core Values." 1) People want to stay connected to their community, regardless of age or ability. 2) People want to have *purpose*, regardless of age or ability. 3) People want to stay in their homes as long as they possibly can. The intent is for the NRSAT to be staffed and supported with the same community of people it will serve, plus other family and community members that recognize this is how you build a true quality of life program that ultimately benefits us all. The NRSAT is always looking for members to join the team. If you have an interest in transportation, housing, multi-generational recreation, lifelong learning, or anything that may benefit long and healthy in N. Reading, please let us know. Contact NRSAT Chair Rich Wallner ([rich@lakesidefi.com](mailto:rich@lakesidefi.com)) or call the Senior Center at (978) 664-5600. Happy Summer!

### *From the Editor — Katharine Barr*

Well, summer is finally on our doorstep, and does it feel good! Warm breezes ruffle the curtains, and the bright sun on our face erases all memories of icy cold mornings and wet gloves. How long do you think it will be before someone whines "Aw, it's too hot!" To that person I say – "C'mon down to the Senior Center. It's the "coolest" place in town to hang out!" Plenty to do inside, in the A/C. And if the weather is great, we've also got fun activities outside – walks, picnics, trips, etc. So "c'mon down" for a good time at the Center!

## DINING AND TRANSPORTATION

### Senior Dining at the Center

Mon. — Fri., noon, \$2.00 donation  
(Call before 10:30AM the day before)

### Home Delivered Meals

(formerly Meals on Wheels)  
Mystic Valley Elder Services  
(781) 324-7705, Ext. 300

### FREE Van Transportation

In town, for medical appointments,  
shopping, local errands, Senior Center  
Family Medical Center, Wilmington  
Lahey Satellite Clinic, Wilmington  
(Call one day ahead to arrange a ride)

**The following Senior Center Programs are FREE unless otherwise noted**

## HEALTH & WELLNESS

### • Blood Pressure Screening

Mondays 1PM — no appointment needed  
At Edith A. O'Leary Senior Center

- **BEST** — Pat Brennan, Instructor  
(Balance Energy Strength Training)  
Meets 9AM Monday mornings and works  
toward strong bones, energized muscles, better  
balance.

- **Exercise** — Emma Palmer, Instructor  
Meets 9:30AM Tuesdays and Thursdays, and  
involves gentle stretching, toning,  
strengthening.

### • SHINE (Serving Health Insurance Needs of Elders)

A counselor is available every Tuesday  
afternoon— by appointment only — to help answer  
questions and fill out applications.

### • Care Options Councilors

from Mystic Valley Elder Services is available — by  
appointment only — to offer information, advice and  
education in confidential setting, to elders and their  
families.

**Assistance with Fuel Oil and Food Stamps  
(SNAP) Applications** is available at the Center  
call for an appointment.

## ALSO AVAILABLE AT THE CENTER:

- **Card Games**  
Tuesdays & Thursdays 1:00PM
- **Bingo**  
Wednesdays 1:15PM
- **Senior Chorus** — *Marcia Cutlip, Director*  
Mondays 10:30AM. Singing is good for  
mind, body and soul!
- **Wii Bowling**  
Mondays 1:00PM
- **Bridge**  
Tuesdays at 1PM
- **Project Linus Coffee Hour**  
1st Friday of the month, 10 AM

## Need a Ride? Call TRIP.

If you need to go places, and you don't or can't drive,  
here's an easy solution. Designate a friend, neighbor as  
your TRIP driver and that person will take you wherever  
you need to go. As your designated driver, he/she  
will be fully reimbursed for mileage they drive you. So  
it's a win-win situation for everyone! To sign up,  
contact MVES at 781-324-7705. Get out and enjoy life!

## Eating Local – It's Fun!

This is our fourth year of supporting our local eateries.  
Diners are responsible for their own meals and gratuity.  
But the van service — and the comraderie — are  
FREE! This is a fun way to enjoy lunch with old and  
new friends. This summer, our delicious destinations  
are: June 23 – Hornet's Nest – picnic in Ipswich River  
Park; July 26 – Ginger Gourmet; August 23 – Mystery  
Trip; September (date TBA) – Bunratty Tavern,  
Reading.

## Learn Watercolor Painting .

It's easier than you think. Especially when you're learn-  
ing from well-known local artist William Duke. Classes  
are held monthly at the Center at 1PM on Tuesdays.  
This summer, the dates are June 14, July 12, August 9  
and September 13. The \$20 fee includes all materials.

## Free Passes to N.R. High School Games for Seniors!

Got a grandchild, niece or nephew playing High School  
baseball, soccer, or other games? North Reading Senior  
Citizens can get FREE passes to all regular season High  
School games. Simply identify yourself as a Senior  
Citizen — and enjoy the game!

## Stay Alert for Scam Phone Calls

Sgt. Derek Howe, NRPD

Scammers make unsolicited phone calls, trying to scare their victims. And they have many new tricks up their sleeves that can cost those victims more than \$23 million per year! **DON'T BE THEIR NEXT VICTIM!** If you or someone you know has been the victim of a scam, it is important to report it immediately, as there is a very small time frame in which money can possibly be retrieved. We need to warn others in our community to beware of the same scam. And please... **ABSOLUTELY DO NOT** give any personal information over the phone to anyone you do not know, even if they pretend to know you! If you do not recognize the phone number, do not answer! Anyone of importance will leave a legitimate message, and you can call them back.

## When You HAVE To Call 911, But Cannot Speak:

Massachusetts' 911 Silent Call procedure allows you to use a touchtone or wireline phone or cell phone to call for help. If you are unable to communicate your emergency over the phone, due to a physical disability, domestic violence, home invasion, or any other reason, follow these instructions –

### First...dial 911

Once the call is answered, indicate your need by pressing the appropriate number:

If you need Police, press 1...Fire, press 2...  
Ambulance, press 3

The 911 dispatcher may ask questions that require YES or NO answers:

Press 4 for YES  
Press 5 for NO

## NEWS FROM MYSTIC VALLEY SERVICES New to Medicare?

Are you going on Medicare soon? Are you overwhelmed about the choices and decisions you need to make? Don't go through this alone! Meet with a SHINE (Serving the Health Insurance Needs of Everyone) counselor. Trained SHINE counselors offer free, in-person, confidential counseling on all aspects of Medicare and related insurance programs. To make an appointment, call your local Senior Center or the Regional SHINE Office at Mystic Valley Elder Services in Malden at 781-388-4845. You'll be asked to leave a message and a daytime phone number. A SHINE counselor will return your call within two business days.

## Got Unused or Outdated Prescription Drugs?

Sgt. Derek Howe, NRPD

Sgt. Howe reminds residents there is a free, safe, anonymous way to dispose of unused or expired prescription medications and hypodermic needles that are capped or in a special "sharps" container. There are MedReturn Drug Collection units available in the lobby at the North Reading Police Department (150 Park Street) where they can be disposed of —anonymously — at any time. If you have any questions about this program, please call the police station at (978) 664-3131.

## FREE Movies Continue!

Thursdays at 1:15PM are Movie Days at the Center. Just show up – no reservations required! And do bring a friend. This summer's lineup includes several highly-acclaimed films.

June 9	Spotlight
July 14	Joy – 5PM (note change of time)
August 11	The Martian
Sept. 22	The Intern

## In Memory of/In Honor of" Envelopes.

Envelopes are available at the O'Leary Senior Center to remember a deceased individual, or to honor an individual or group with a donation to the "North Reading Friends of the Council on Aging." Donations will help us fund the good works of the Center and the population it services. Envelopes may be picked up at the Center during regular hours: Mon./Thurs. 8AM – 4PM; Fri.8AM – 1PM.

## Tick Alert!

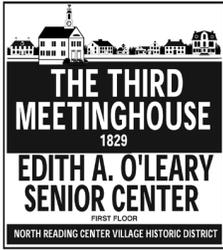
Sue Swansburg, RN, N. Reading Board of Health

Tick season is here, so please remember these tips to help keep you safe:

- Try to stay out of the woods and brush-filled areas.
- Wear long pants and tuck them into your socks.
- Wear light-colored clothing, so you can easily spot ticks.
- Check your body and your pets regularly.

To remove a tick, grasp it with tweezers as close to your skin as possible and gently but firmly pull the tick straight out. Clean the area with alcohol and apply an antibiotic cream. If you develop any type of rash, call your doctor. If possible, put the tick in a baggie to show the doctor.

Enjoy the great outdoors this summer, but take precautions!



**NORTH READING ELDER AFFAIRS**  
**157 PARK STREET**  
**NORTH READING, MA 01864**

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### **Save These Dates!**

- June 16: Father's Day Party at noon, with Jim Barrineau
- June 21: Dinner and Delvina Theater at 5PM
- July 28: Annual BBQ at noon, with Mel Simons
- August 18: Helofit Day — trip to Salem Willows with Salem Harbor Tours (call the Center for tour price)
- Sept. 15: Apple Pie Social — with singer Carol Lissere

### **North Reading Food Pantry**

The Food Pantry, located in the North Reading Town Hall on North Street, is open Mondays 9 – 10:00AM, and every 1st and 3rd Monday 7:00 – 8:00PM. Transportation is available on Monday mornings. Please call in advance to arrange a ride. For times, dates, other details, and to make a reservation, please call the Center at 978-664-5600.

### **Our Very Special Thanks To:**

- Meadow View Center for Wed. Bingo Donuts
- Wash. Street Dunkin Donuts for Tuesday morning treats
- Lauren LeBouef School Guard for a Safe Year
- Friends of the COA for new planters and plants for "Barbara's Garden"
- Sue Kramer for taking good care of "Barbara's *Amazing Garden*"
- Richard Curran — Sen. Tarr's representative — for his monthly visits
- N. Reading Community Impact Team for purchasing new "Crisis Resource Guides"
- Nan's Café for helping support our Mother's Day Brunch and our Dinner/Theater event
- Sheila O'Donnell for her Irish breads
- N. Reading Christian Community Services and Food Pantry for their kindness in supporting our elderly
- Ciera Mastascusa, Class of 2016, who has helped create this newsletter. Best of luck in college!
- Welcome to Abby D'Orlando and Jillian Brooks, Class of 2018. Both will be helping with the newsletter for the next two years!

### 3 Ways Seniors Can Boost Energy

Don't automatically blame your age for a lack of energy some days. It could be related to your diet, your activity levels, even to your mood. Here are 3 things you can do to help you feel more energetic than ever:

**Watch Your Nutrition.** The foods you eat are the fuel that help keep your energy levels up. Eating a well-balanced diet, and limiting the amount of junk food you consume has been shown to give you more energy. Foods like spinach, honey, oatmeal, sweet potatoes, bananas, and eggs are great energy boosters and easy to add to your regular diet.

**Drink Plenty of Water.** As we age, it gets harder for your body to recognize when it needs water. Dehydration is not only unhealthy, it can sap you of your strength and slow down your metabolism. While it's important to drink 7-8 glasses of water a day, you should also eat foods that have a high water content, like fruits and vegetables.

**Exercise.** The better shape you are in, the more energy you will have. Also, if you have a chronic condition like arthritis, exercise is great at helping lubricate your joints.

### You Can Be a Valued Resource for Your Family and Community

**Volunteer!** Volunteering allows seniors to get involved in activities that keep them busy, occupied and busy. It also them to meet up with other people, socialize, and at the same time, help those in need. An added benefit is that it makes you feel better — which is great for helping fend off anxiety and depression.

**Become a Mentor.** Seniors have a lot of valuable knowledge — whether it's working with your area's Boys and Girls Clubs, or simply teaching someone how to cook. Mentors can also impart valuable knowledge about history, art, politics, business, current events, and many social issues.

**Caring For Younger Family Members.** Raising children is one of the biggest (and most stressful) jobs a parent can undertake, and having some help can make it easier. Grandparents can provide great support in child-rearing and babysitting. Also, they have a wealth of knowledge and wisdom they can pass on to their grandkids.

By being involved, seniors not only help themselves, but their families and their communities, as well.

### Our Wii Bowling Team Are Champs!

The O'Leary Senior Center's Wii Bowling Team has been meeting alternately once a month at each other's Senior Center for a friendly competitive tournament with the team from the Wilmington Senior Center. A "Wii Bowling Invitational Champions — First Place Trophy" is at stake and has been *honorably displayed* at the two Centers at various times throughout the year. The tournament not only brings the pride of being champions, but has evolved into a great friendship between the Centers. Current members of the O'Leary Senior Center team are: Ann Connors, Ann Donahue, Doris Florence, Jean Fitzgerald, Carolyn Martino and Mechele Cronin. The team is always looking for new members to join the fun and take part in some "friendly" competition. Please call the Center for more information at 978-664-5600.

### Summer Fire Safety Tips

Barry Galvin, Deputy Chief NRPD

The NRPD would like to remind you to replace any electrical cord that is worn or cracked. In addition, never overload outlets or power strips. And, as we start to enjoy the nice outdoor weather, remember to keep any grill — gas or charcoal — at least 10 feet away from any structure. NEVER use gasoline to start your charcoal, and make sure to let landscape equipment cool down before refueling.

### Scam Alert: Tax ID Theft & IRS Imposter

Sgt. Derek Howe NRPD

**Tax ID Theft** — your personal information is stolen and used to file a fraudulent return. What to do:

Mail your return early, before the scammers do. Don't give out personal information unless you're sure you know who's asking for it and why they need it. Shred personal and financial documents. Know your tax preparer. Check the status of your refund at [irs.gov/refunds](http://irs.gov/refunds).

**IRS Imposter Scam** — caller claims to be an IRS employee and says you owe taxes and must pay up immediately. Know that the IRS does NOT —

Call you to demand immediate payment — they'll send a letter first. Ask for credit or debit card numbers over the phone. Threaten to involve local police to arrest you for nonpayment.

If you have any doubts, call the IRS directly at 800-829-1040, or the North Reading police at 978-664-3131.

