



## Retirement News and Notes

### October 2017

Melrose Retirement Office  
562 Main Street, Melrose, Ma 02176  
781-979-4151 Fax: 781-979-4206



Volume 74

News from the Public Health Office

Submitted by Karen Cronin

### ***2017 Seasonal Flu Clinics***

***Support your local health departments by getting your flu shot at one of our flu clinics.***

***Sponsored by the Melrose & Wakefield Health Departments***

Seasonal Flu Shots For Adults 19 years and older **FREE** with most insurances. Blue Cross Blue Shield of Mass, Celticare, Cigna, Harvard Pilgrim, Health New England, Fallon, Neighborhood Health Plan, Network Health, Tufts, Unicare, MassHealth and Medicare Part B. Residents of all communities are welcome at any of the listed dates and locations. Vaccine is \$10 for those without participating providers. Please be sure to bring your insurance card.

**Saturday, September 30th, 10a.m. - 12p.m.**

Farmers Market

Hall Park, North Avenue, Wakefield

**Wednesday , October 11th, 11 a.m. - 12p.m.**

Memorial Hall

590 Main Street, Melrose, Ma

**Thursday, October 19th, 6p.m. - 7p.m.**

Town Hall, Wakefield 1st Floor Conference Room

1 Lafayette Street, Wakefield

**Thursday , October 26th, 6p.m. - 7p.m.**

Knights of Columbus

23 West Foster Street, Melrose

**\*\*United Healthcare is accepted after 10/1\*\***



**Autumn Lunch at Milano Center:** Tuesday, October 17<sup>th</sup> at Noon. Join us as we welcome Autumn, the stunning colors and beautiful aromas that come with it. This lunch will begin with broccoli cheese soup, followed by pot roast with jardinière gravy, served with garlic mashed potatoes, candied carrots, parsnips and gingerbread for dessert. Sign up at Milano front desk or call



781-662-6886. **\$2 suggested donation for lunch.** Transportation available.

**MOVIE: A Man Named Pearl.** Tuesday, October 17<sup>th</sup> at 1:15 p.m. Angered about comments that he would not “keep up his yard”, Pearl Fryar teaches himself topiary sculpture and becomes the first African American in a Bishopville, S.C. neighborhood to win the coveted “yard of the month award”. This acclaimed documentary traces Fryar’s inspiring story as he becomes a legendary horticulturist, welcoming thousands of tourists anxious to get a glimpse of his beautiful works of art. Healthy Snacks provided by Visiting Angels of Medford. \$1 donation or item for Food Pantry suggested.

**Halloween:** October 31<sup>st</sup> at noon. Arrive for lunch dressed in costume (not just wearing orange) and you will be entered into a drawing for a \$25 Shaw’s gift card. **Don’t forget to order your lunch in advance!** \$2 suggested donation.

**Book Club 2:** Meets second Thursday of month at 1 p.m. October book: ***Blessings*** by Anna Quinland. This book will be available at the Melrose Library the beginning of October. Room for more members. Sign up at Milano front desk.

**Looking For Readers!** Would you like to join a book club at Milano Center? No firm commitment required at this time but if this club is of interest to you, please go to the Milano front desk to let us know.

**Alzheimer’s Caregiver Support Group;** 1<sup>st</sup> and 3<sup>rd</sup> Friday each month. This confidential meeting is designed for those caring for a loved one with a diagnosis of dementia. Please call 781-910-8958.

**Today's News:** Every Thursday, 11 a.m. to Noon. Join us for a lively discussion about current events.

**Get Hooked on Helping Your Neighbors:** Melrose’s FISH transportation program is looking for volunteers to drive Melrose residents to medical appointments. If you can spare a couple of hours per week, we would like to offer you the opportunity to experience the rewards of assisting seniors in this “neighbor helping neighbor” program. The time commitment is based entirely on your availability. No driving to Boston and no firm commitment to a schedule required. If you can help, even one day a month, please call 781-665-4304 for more information.

**Rep. Paul Brodeur:** 3<sup>rd</sup> Friday of the month, 2 p.m. - 3 p.m., 617-722-2030.

**Rep. Katherine Clark:** 1<sup>st</sup> Tuesday of the month, 1 p.m. - 2 p.m., 781-396-2900.

**Senator Jason Lewis:** 3<sup>rd</sup> Friday of the month, 11:30 a.m. - 12:30 p.m., 617-722-1206.

**Holiday Hours:** The Library will be closed in observance of Columbus Day on Sunday, October 8<sup>th</sup> and Monday, October 9<sup>th</sup>.

**Special Announcement:** Welcome Winter! The library is seeking winter-themed 2D artwork for display in our upcoming show, *Welcome Winter!* The exhibit will run from the end of November to the end of February and is open to artists 18 years and older. Preference will be given first to Melrose residents and then to artists with a Melrose connection. Stop by the library or visit our website: [melrosepubliclibrary.org](http://melrosepubliclibrary.org) for an application. Any questions, please contact the Reference department at 781-665-2313. Applications are due October 27<sup>th</sup>.



**Special Announcement from The Friends of the Melrose Public Library - Annual Meeting:** Wednesday, October 4<sup>th</sup>, 7p.m. - 8:45p.m. All community members are invited to the Friends of the MPL annual meeting. Guest speaker Carolyn Wirth, sculptor of The Reader, will discuss how she created Melrose's most recognized figure, tell you about her latest work, and answer your questions. Library Director Linda Gardener will provide an update on the latest happenings at the library, including what it means for the MPL that we are on the wait list for a library renovation grant. You'll also learn more about the Friends and how you can get involved in this non-profit organization that supports the library. Please register at [melrosepubliclibrary.org](http://melrosepubliclibrary.org) on the events calendar as we anticipate that Ms. Wirth's talk will be popular.

**History Book Group,** Wednesday, October 4<sup>th</sup>, 7p.m. - 8:45p.m. This month's topic is The Byzantine Empire, also known as the Eastern Roman Empire. Books could cover its original split with Rome to its dissolution at the hands of the Ottomans. Members are asked to read a book or article on the topic and be prepared to tell the group about what you read. All are welcome to attend and join in the discussion or just listen and learn!

**Great Books Discussion Group (Adults).** Tuesday, October 10<sup>th</sup> and 24<sup>th</sup>, 7p.m. - 8:30p.m. This group meets on two Tuesdays a month to discuss short stories from anthologies. The members continue to read selections from Classical American Short Stories. New members are always welcome. Leader: Victor Amirault

**Jeff Belanger - A Supernatural Evening.** Wednesday, October 11<sup>th</sup>, 7p.m. - 8:45p.m. For over fifteen years Jeff Belanger has been exploring the unexplained. He seeks out ghosts, monsters, and legends all over the world and in your backyard. His talk presents highlights from his own adventures, a look at the investigation process, and compelling audio and visual paranormal evidence. Not just ghost stories, Belanger will delve into the reasons behind the phenomena. Jeff Belanger is an author, adventurer, and one of the most visible paranormal researchers today. He is the founder of the new legend tripping movement and is the Emmy-nominated host, writer, and producer of the New England Legends series which debuted on PBS in October of 2013. This program is generously supported by the Friends of the MPL. Sign up online to reserve a seat or call the Library and speak with a library staff member, 781-665-2313.

*Continued on following page*

**MPL Book Group.** Thursday, October 19<sup>th</sup>, 7:30p.m. - 8:45p.m. The MPL Book Discussion Group (for adults) will meet to discuss **Before the Fall** by Noah Hawley. Stop by the circulation desk or call 781-665-2313 and arrange to pick up this month's title in advance so you can join in the discussion!

**Tasty Books for Hungry Readers.** Tuesday, October 24<sup>th</sup>, 7:30p.m. - 8:45p.m. Join friends old and new while enjoying snacks and treats inspired by our monthly book selection. Stop by the Main Desk to pick up a copy of **The French Chef in America: Julia Child's Second Act** by Alex Prud'homme.

**Author's Corner with Randy Susan Meyers.** Tuesday, October 24<sup>th</sup>, 7:30p.m. - 8:45p.m. Melrose Public Library is pleased to welcome Randy Susan Meyers back. She will talk about her newest novel, **The Widow of Wall Street**, the story of a family caught in the before, during and after of a Ponzi scheme. It is told from two points of view: a man with a criminal hunger for wealth, and his wife, who's unknowingly building her life, her marriage, family, and even friendships, on disappearing sand. From Brooklyn to Greenwich to Manhattan, from penthouse to prison, with tragic consequences rippling well beyond Wall Street, **The Widow of Wall Street** exposes a woman struggling to redefine her life and marriage as everything she thought she knew crumbles around her.

Light refreshments will be served. Sponsored by The Friends of the MPL. Haley Booksellers will have books available for purchase and signing. Please sign up online to reserve a seat or call the library and speak with a library staff member, 781-665-2313.

**Adult Coloring Night.** Wednesday, October 25<sup>th</sup>, 7p.m. - 8:45 p.m. Come unwind and get it touch with your inner child! Materials will be provided, but feel free to bring your own! To reserve a seat, sign up online or speak with a library staff member.

**Red Scarf Book Club (Adults).** Friday, October 27<sup>th</sup>, 1p.m. - 2:30p.m. This group is open to all and will meet the last Friday of each month in the library's Upper Lobby. This month's title is **The Story of a New Name: Neapolitan Novels, Book Two** by Elena Ferrante.

**Popular Science Book Group (Adults).** Monday, October 30<sup>th</sup>, 6:30p.m. - 8:45p.m. Take a journey through the latest scientific developments, expand your horizons, and recognize how science impacts our world. Stop by the library to pick up this month's selection: **The Gene: An Intimate History** by Siddhartha Mukherjee.

## Member News

### **We would like to welcome the following new members:**

School Department: Suchitra Indiresch , Eileen Powers, Rebecca Gray, Jared Gordinas, Lisa Youssef, Rebecca Briano, Nicole Young, Leslie Breen, Samantha Trant, Ashley D'Ettore, Maria Halas, Michelle Cottam, Kristopher Victor, Elizabeth Pellegrino, Mariola Jenkins, Allison Kelley, Anne Marshall, Thomas O'Connor, Christopher Doherty, Rachel Barry, Emma Caffey, Alexandra Terminiello, Rosalba Sonnella, Leigh Sullivan, Amanda Hardy, Bridget Gerety, and Stephen Snook.

### **We would like to offer our condolences to the family and friends of:**

James (Cowboy) Fowlie: Police Department                      Delia O'Malley: School Cafeteria  
Peter Telis: Husband of the late Diana Telis



**A quick casserole to make with 2 meats and 2 cheeses.** Ready in 45 minutes.

### Ingredients:

- 1/2 lb. ground sausage
- 1/2 lb. ground beef
- 1/2 cup chopped onion
- 1/2 cup chopped green pepper
- 2 tablespoons minced garlic
- 1 (15 ounce) can tomato sauce
- 1 (6 ounce) can tomato paste
- 1/4 cup water
- 1 teaspoon basil
- 1 teaspoon oregano
- 1 teaspoon garlic powder
- 1 teaspoon salt and pepper
- 8 ounces wide egg noodles, cooked and drained
- 4 ounces shredded cheddar cheese
- 2 ounces shredded mozzarella cheese



### Directions

- In Dutch oven, sauté sausage, beef, onion, green pepper, and garlic until meats are no longer pink; drain.
- Add tomato sauce, tomato paste, water, and seasonings.
- Bring to a boil, reduce heat and simmer for 5 minutes.
- Stir in noodles.
- Put in 13x9 pan and sprinkle with cheeses.
- Bake at 350\* for 30 minutes or until cheese is browned and bubbly.

### Do chiropractors Have medical Degrees?

No, chiropractors have chiropractic degrees from chiropractic colleges. The education is similar to that of a medical doctor in some respects and different in others. The letters D.C. after a chiropractor's name stand for Doctor of Chiropractic.

### Can You Tell If You Need A Chiropractic Adjustment On Your Own?

Generally, no. A subluxation can be likened to a dental cavity: you may have one developing for a long time with no noticeable symptoms. That's why periodic spinal examinations by a chiropractor are recommended.

However, after a period of time under chiropractic care, some people become much more spine conscious and can actually be able to tell when they need an adjustment. The effects of vertebral subluxations are often gradual and slowly eat away at you well-being in tiny increments. For that reason, an occasional spinal checkup by a chiropractor is advisable.





### Green Street Natural Food

164 Green St., Melrose, MA 02176 (781) 662-7741

Open M-F 1-6, Sat 9-5. Save 20% when you spend \$30 or more. [www.greenstreetnaturalfood.com](http://www.greenstreetnaturalfood.com). **Jason**



Get healthy, and stay healthy, in tip-top shape at **Atlantic Chiropractic**. Mention this advertisement and we will happily schedule you for a NO COST consultation. Call 781-438-9355! **Dr. Tim**

### T' ahpas

529 Franklin Street, Melrose, MA

The finest in South American Cuisine.

Come visit us. Bring this coupon and get 10% discount off your meal on Tuesday nights for the month of October. We are located right across from our other restaurant, La Q Chara. **Lorenzo and Emily**

# WOOD + FIRE

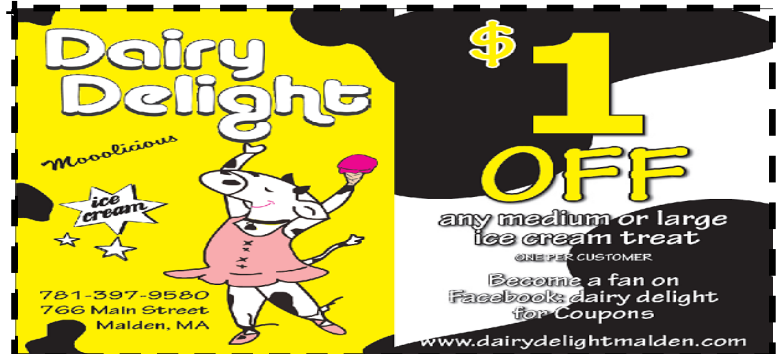
— a neapolitan pizzeria —  
[PIZZA] [PANINI] [ANTIPASTI] [INSALATE] [ZUPPE] [DOLCI]

Bring this coupon in and get a Free Cannoli with any pizza

35 Essex Street Melrose, MA 02176  
781-620-0578 • [woodandfiremelrose.com](http://woodandfiremelrose.com)



Bring this coupon in and get \$5 off a dinner for two. Good for the month of October, 2017. Visit our sister restaurant: T'ahpas. **Lorenzo and Emily**



Our last day is Columbus Day. Come for our end of the season ice cream sale during the last week. Flavors will be limited due to the end of the season.

Have a great fall and winter and I will see you in April.

Cathy

Happy Columbus Day!

Adam and Marty