

Retired Men's Club of Arlington

PRESIDENT'S MESSAGE/NEWSLETTER FOR FEBRUARY 2025 46th Anniversary

We lost the following brother members, may they Rest in Peace.

Robert Rivaïs Arlington date of death 1-1-25

Frank Hewitt Stoneham date of death 1-3-25

UPCOMING SPEAKERS:

2-12-25 William Koehler, Ph.D The origins of WW1

2-26-25 Michael Ruverman The Battle of Menotomy

The Singing Grandpops: are still in need of singers (you really do not need singing ability) to join the Singing Grandpops. Contact Ray Carmichael, Jim Whalen, or Tom Woodbury. The Grandpops are the ambassadors of the Club, bringing joy and happiness wherever they go. You will enjoy this special activity.

Upcoming schedule for the Singing Grandpops:

2/6/25 Residence at Pearl, 75 Pearl St, Reading Thursday 2:00

2/7/25 Santa Maria, 799 Concord Ave, Cambridge Friday 2:00

2/14/25 New Horizons, 21 Warren Ave, Woburn Friday 2:00

Practice on Wednesdays at 10:00 am except on RMCA meeting days, when practice is after the meeting.

Cornhole and Darts: Come on down on Tuesdays at 10am in the Lower Church Hall and enjoy some friendly competition with your fellow brothers.

BOWLING: To all members looking for an opportunity to start bowling and enjoy a *social* experience. New bowlers are more than welcome to join even as a substitute, and have some fun and meet with your brother members. The league is a fully-handicapped league, so it does not matter what your average is. **Bowling has begun, still time to join. Substitues are welcome, even for a few weeks.** The RMCA Bowling League meets at 9:30AM every Thursday at the Wakefield Bowladrome, Doors open at 9AM for a few minutes of free practice. Our League is for **members only**. There are 4 members per team and the teams bowl against each other. Bowling fee is \$15.00 (\$12 for bowling fees and \$3 for dues) each Thursday, absentee fee is **\$3.00**. We use the dues for rolloff prizes and a free luncheon banquet at the end of the season. The Wakefield Bowladrome is located at 92 Water Street, Wakefield. Enter through the parking lot door. There is no bowling if Wakefield schools are closed or delayed because of storms. Bowling Chairman is Tony Masci (arl_mass@yahoo.com)

CRIBBAGE: Monday mornings at 9:30 in lower Church Hall. Brush up your skills by coming down and playing. Dues are \$8.00 per week. Note that women are allowed to play. They do not have to be related to Club members. Great prizes to all that participate. Our last Cribbage tournament resulted in payouts of approximately \$1600.00. Our amount of participants are approximately 30-35. Thanks to John Boudreau as Chairman and Bill Young as Assistant.

Whist Players Wanted: Bob Coffey would like to begin a Whist Card Game. If interested in playing whist, please call Bob at 781-933-7930. Games would be held in *the Hall area*.

Golf: Another successful season, see you next spring!

Poker players wanted: Games are played on Monday, Wednesday and Fridays from 10:00 to 2:00 in the lower Church Hall. The stakes are 10/20 cents with a \$5 buy-in. Come on down and enjoy a friendly game with fellow club members.

DUES ARE DUE!!: Again, one of our goals is to increase our membership. 350 renewal letters were sent out for 2025. 197 members have renewed their dues for 2024. Dues remain at \$35. 1000 RMCA brochures will be distributed to members to reach out to your friends, relatives, neighbors etc. If each of you brings in one new member, we can double our membership. Membership has been increasing during the past few months. As a result of the pandemic, many workers have decided to retire, and they are looking for something to do. If you know one, then sign them up as a new member and if they do not like what we offer then they do not have to pay or if they do pay their dues, they can ask for a refund. Attached to this newsletter and on our website is a membership card, so cut it out and give it to your neighbor, relative, friend and meet and make new friends. Note that they do not have to be retired or from Arlington. Also, note that the membership application now contains a contact name and phone number in case of an emergency. New membership cards will be issued at regular meetings.

ESTATE PLANNING: Please note that the Club is a 501(C)(3) charitable tax-exempt organization so any donations to the Club are tax deductible on your tax return. The exemption certificate is posted on our website. New from the IRS is that you can take a distribution from your IRA as part of your Minimum Required Distribution and donate it to the Club and it will NOT be included in your taxable income and get lifetime income from the annuity payments. Please think about this option in your estate planning. Another suggestion is a donor advised fund where contributions are fully deductible and are distributed to your favorite charities including RMCA. See you soon at a meeting!

Mac Moran, RMCA President

Miscellaneous : Get involved! You only get out of it what you put into it.
Do nothing, get nothing.

RMCA OFFICERS 2024 - 2026

OFFICER/COMM.	CURRENT HOLDER PHONE
PRESIDENT- MAC MORAN	781-899-8908
VICE PRES- PHIL STE. MARIE	781-894-6157
TREASURER- JOHN VIEIRA	781-249-0769
SECRETARY- TOM CORDIMA	781-325-3255
MEMBERSHIP- JOE DIBACCO	978-486-4395
ASST. TREASURER- JOHN BOUDREAU	781-858-3159
ASST. SECRETARY- JIM WHALEN	781-365-1784
ASST MEMBERSHIP- CHARLIE CIAMPA	781-643-4155

IMPORTANT IMPORTANT IMPORTANT

Trip Committee: Our trip committee is seeking a volunteer for the following:
We need someone to form the committee and pick out trips for the year, etc.
Potential committee members would be Tom Cordima, Joe DiBacco, Charlie Ciampa and Bill Young.

If interested in chairing the committee, please contact Mac Moran

SICK & VISITATION – 1/19/2025

SICK

Bill Landry; 10 Lehigh Street; Arlington, MA 02476; (781) 646-1284
I finally got around calling Bill. (I had been informed that he has a unique medical situation.) He then began to tell me about the episodes. First; Bill fell and could not get up and he was “911’d” to Lahey Hospital. They patched him up. While he was a patient he suffered a heart attack which was followed by a stroke. He was released on December 14 and sent home unable to walk without assistance. Bill was then provided hospice care. Now begins his attempts to set up care at a residential rehabilitation center. He is scheduled to sign of hospice care. He is scheduled for evaluation very soon. Then he expects to be sent to a residential rehab center. Bill is one of our cribbage players so send him a card or give him a call. When I learn which center he is, I will update his contact information.

George Gibson; 4 Tremont Street; Bedford, MA 02139: (781) 778-7061
George broke his femur (longest bone in the body-located in the thigh) and

had a rod inserted. He is doing well and gets around the house with a cane. Some of his friends from the Bedford Senior Center come by and play cribbage. His RMCA cribbage buddies visit him and play cribbage. He is a long-time member and is anxious to return to the tournament. I know George would enjoy hearing from all you cribbage players. So give him a call or send him some get well wishes.

George Cox; Marist Hill Rehab; 66 Newton Street; Waltham, MA 02453; (781) 893-02450 or George Cox; 63 Benjamin Road; Belmont, MA 02478; (617) 489-7179 The last time I called and talked to his Wife, Claire she told me George is now in hospice at the Good Shepard Hospice wing of the rehab. He has difficulty eating. He suffers from incurable skin cancer (melanoma) which is likely terminal. Send him a card to let him know he is remembered.

Shaun O'Halloran; 7 Eliot Road; Arlington, MA 02474; (781) 646-9016 I called and left a message. Shaun is dealing with blood clots and is taking a blood thinner. He is suffering from stage 3 kidney failure which has stabilized. He has opted not to have dialyses. So keep in your prayers. It is always one of my pleasures to hear his loud hearty Irish laugh. So please help him laugh again by giving him a call or sending a card.

Bob Tosi; 14 Inverness road; Arlington, MA 02476; (781) 646-8120: I talked to Bob recently. His major issue is a chronic occurrence of hiccups. These hiccups affect his speech, his sleep and are extremely frustrating. His secondary issue is a balance problem which causes instability in his walking. It currently has caused him to temporarily stop bowling. He has long been a caring active RMCA member. Many members have been graced with his calls. So give Bob a call or send him a card.

Jim Dunlap; Aviva Country Club Height; 3 Rehabilitation Way; Woburn, MA 01801; (781) 483-2333 Jim has given up his home due to a number of disabilities and relocated to the assisted living section of Aviva. He is joining his wife who is currently a resident of the inpatient rehabilitation section of the same facility. Hopefully, her physical therapy will be successful and she and Jim will be reunited in the assisted living section. Jim is a long time RMCA member and pleasant regular poker player. For a long time he has been unable to participate in Club activities due to several disability issues. It would be very welcome if you gave him a call or send him a card to welcome him into his new residence.

VISITATION

These members all are homebound or in assisted living. They generally have chronic conditions and feel very isolated. I intend to call them to determine any changes. Meanwhile, a call or a card from an RMCA member would provide some comfort. So please consider it.

**John Pellegrino; Blair House; 10 Elin Terrace; Tewksbury, MA 01876;
(781) 698-1385**

**Alex Armenio; Sunrise Assisted Living; 1395 Massachusetts Ave;
Arlington, MA 02476;
(781) 646-4769**

Bob Carrasitti; 187 Scituate Street; Arlington, MA 02476; (781) 648-5284

If any of you know these members, take time to call them. You will pleasantly be surprised at how they appreciate your thoughtfulness in calling. Also, if you are aware of an RMCA member who is ill or disabled, confined or just might like a call, please contact me so I can assure him that the RMCA Membership cares. Contact Tony Dello Russo at: 781-572-1987. Please provide name, phone number and the nature of the member's condition. (Address would help)

RMCA MEMBERSHIP APPLICATION

January 1, 2025, thru December 31, 2025, DUES \$35.00 Renewal_____

Information_____

New_____

Name: _____MI_____

Address: _____

City: _____State_____Zip_____

Email Address: _____

Telephone: _____

Emergency Contact: _____Phone_____

Cash Amount_____Check #. _____\$_____

Please mail application along with payment made to: RMCA

Mail to: John Vieira, RMCA, P.O. Box 195, Arlington, MA 02476-0002

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