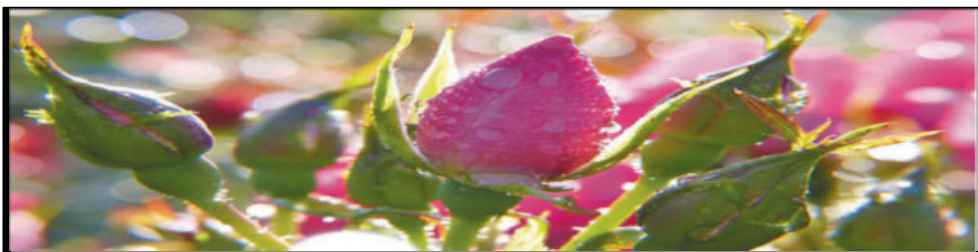


# Robert Rock Senior Center



## April 2022

### Message from the Mayor:

Spring is finally here. Happy spring to you.

We have some exciting news to share. In March I met with Senior Services Director Laura Jones and the Senior Center Advisory Group and was pleased by their excitement and anticipation of the landscape improvements project to take place at the 610 Waterman Ave. property.

The landscape improvement project will feature:

- Gazebo, flowers, plants and trees
  - Shed roof for increased shading
  - Rain garden (helps to collect rainfall-runoff and be a home for plants and pollinators)
  - Pickleball court (can also be used for additional activities such as yoga and meditative therapy).
  - Plants and birdfeeders will also be sprinkled throughout the grounds.
- The project also incorporates accessibility and safety elements on the grounds including:
- Concrete walkways for a safe walking environment
  - Wheelchair ramps and a lighting system so all members can utilize the facility
  - Formalized pathway from Pawtucket Avenue will be created.
  - A bag and waste station will also be added for those who walk their pets on the grounds.
  - This project will shield traffic and allow for more privacy, however, the shielding will still allow for the trees to be visible during the annual Christmas tree event

The improvements are projected to start this spring. If you have not already done so, please take a look at the preliminary plans posted in the lobby of the Robert Rock Senior Center.

In addition, I would like to thank you all for your patience as we explore solutions to the parking issues taking place at the Senior Center. The high school parking lot will be completed in September 2022 which will provide ample parking for students but until then students have been parking in the Senior Center lot. With the support of the East Providence Community Police and the East Providence High School principal, students have been given a designated area to park along the field and in the auxiliary lot located at the entrance to the Center off of Payette Street. Parking permits have been given to seniors and visitors of the Center which will allow police to identify students who are parking in spots designated for our Senior Citizens and visitors doing business at the Center. The situation will be monitored closely as it is important that our seniors, many who may have mobility challenges, have access to parking close to the building.

Mayor Bob DaSilva



610 Waterman Avenue  
East Providence, RI 02914  
401.435.7800  
Fax: 401.563-7024  
[www.eastprovidence.ri.gov](http://www.eastprovidence.ri.gov)

### Staff

Laura Jones  
Director

[ljones@eastprovidenceri.gov](mailto:ljones@eastprovidenceri.gov)

Shontell Gomes  
Admin. Assistant  
[sgomes@eastprovidenceri.gov](mailto:sgomes@eastprovidenceri.gov)

Shahnee Lagor  
Healthy Aging Nurse  
Coordinator  
[slagor@eastprovidenceri.gov](mailto:slagor@eastprovidenceri.gov)

Amanda Mattress  
Elder Resource Specialist  
[amattress@eastprovidenceri.gov](mailto:amattress@eastprovidenceri.gov)

Cindy DeMedeiros  
Dining Room 401-270-1814  
[cdemedeiros@eastprovidenceri.gov](mailto:cdemedeiros@eastprovidenceri.gov)

Pat Thomas & Rhonda  
Marzetta  
Member Services  
Representatives  
[pthomas@eastprovidenceri.gov](mailto:pthomas@eastprovidenceri.gov)  
[rmarzetta@eastprovidenceri.gov](mailto:rmarzetta@eastprovidenceri.gov)

Facilities  
Fernando Dorego  
Kenny Atkinson

Transportation  
Joe Serodio      Dennis Price  
Christopher Januario



### Letter from the Director:

I love this time of year when all the flowers are blooming which makes me think of a time of renewal. Our membership here at the Robert Rock Senior Center is growing every month. Many of our seniors who have been lucky enough to spend time down south are returning to Rhode Island. One of those people is Marilyn Thetonia who teaches chair exercise class here at the Center on Mondays from 11:00 am - 12:00 pm. Welcome back Marilyn and all of you snow birds. We look forward to catching up. I also want to take this time to recognize a few people who are moving on to pursue other things. Thank you to Dick Wood for his years of service as Senior Center driver. We are going to miss you Dick! Don't be a stranger. I want to send well wishes to Gloria Wong who worked in our dining room for many years. Good luck Gloria! I want to also thank two of our long time Senior Center members, Maryann Leonardo and Eleanor Monteiro who are leaving the Advisory Group. Thank you both for your service and all your feedback and ideas that have made our center here in East Providence the wonderful place it is today!

Sincerely,

*Laura Jones*

Laura Jones, Director of Senior Services  
City of East Providence

## Robert Rock East Providence Senior Center Advisory Group

Judy Phillips  
Jan Kinder  
Jim Phillips  
George Furtado  
Ann Fagundes  
Ken Goucher  
Elaine Robinson  
Donald Senna

### MISSION STATEMENT:

The mission of the Robert Rock East Providence Senior Center is to assist, inform, and enrich the lives of all persons 55 years of age and older or disabled persons in the East Providence area.

### ANNOUNCEMENT

There has been a change to the days/times for PACE Chair Exercise. New days/times listed below:

**Wednesdays 1:00PM-1:45PM**  
(Late bus will provide transports home).

**Thursdays 10:45AM-11:30AM.**

If you have any questions, please let a staff member know and we will be happy to answer any questions you may have.

### DAYS TO REMEMBER IN APRIL:

**April 15– Good Friday (Senior Center Closes at 11:30AM, no lunch program)**

**April 18– Easter Sunday**

**April 22– Earth Day**

# **Senior Center Services**

## **Healthy Aging Nurse Coordinator**

**Shahnee Lagor, BSN, RN-BC**

Office hours: Monday, Thursday and Friday

9:00 am-2:30 pm

Nurse is located in the Health Office

## **Registered Dietitian**

**Ann Marie, Sabula, MA, RDA, LDN, CDE, CDOE**

Office hours: Tuesdays and Wednesdays by appointment

Call 401-447-6299

## **Eastside Clinical Laboratory**

When: The first Wednesday of each month

Time: 8:30 am-11:30 am

Drop In Service: Just bring your lab slip

## **Notary Public**

### **Pat Thomas, Receptionist**

The Senior Center now offers the services of a notary.

Pat is available M-F 8:00 am-12:00 pm to notarize documents for our seniors.

## **Blood Pressure Clinics**

10:30 am-11:30 am

No Registration Required

Grace Barker

2nd Tuesday of each month

Hattie Ide Chafee

3rd Tuesday of each month

## **Senior Shopping**

Thursday Mornings by Appointment

Call 401-435-7800

The Senior Center will pick you up at your home and take you to

Stop and Shop or Shaw's in East Providence.

Open to Seniors living in East Providence.

## East Providence Victory!



East Providence faced Cranston in their pool tournament. If you see these gentlemen around the Senior Center, give them a huge **CONGRATULATIONS** for their win over the Cranston Pool Team!  
**GREAT JOB TAKING IT HOME FOR EAST PROVIDENCE!**



The past six years have been a pleasure with Dick Wood as one of our bus drivers. When asking Dick what his favorite aspect of the job was, he stated that the relationships and bonds you create with people are priceless. Aside from driving folks to and from the Senior Center, Dick felt his job gave him the opportunity to hear everyone's stories and backgrounds. He has some advise for oncoming drivers- Dick wanted to let them know to have an open heart, and think of this as more than just a job. Think of it as a great opportunity to meet some amazing people. The most highlighted memory Dick has with the Senior Center is his annual holiday light tour and stopping for hot chocolate after.

*'This was more than a job. This is my second family'*

We wish Dick the best retirement! Dick has big plans during his retirement with having some extra time to golf and spend quality time with his grandson.

All of us at the Senior Center wish you a happy retirement! Please visit us soon!

## Notice Something Different?

The Senior Center Advisory group recently noted the increased traffic in the parking lot and alerted the Mayor of a safety concern. One member suggested a stop sign be placed at the corner of the building to help warn drivers pulling into the parking lot of oncoming traffic. The city responded by installing a stop sign located on the left hand side of the building near the storage container.

*A special thank you to the Senior Center Advisory Group who brought this concern to our attention!*





# Health Related Programs:

Ever hear the saying 'you are what you eat?' Eating nutrient rich foods can provide you with more energy to get up and moving. Learn how to incorporate nutrient rich foods into everyday life.



We'll share recipes and offer in class tastings.

**APRIL 20, 2022 10:30AM**

## Curious to see if you could be at risk of developing diabetes?

Come test your A1C. A1C is a blood test that measures your average blood sugar level over the last 3 months. Doctors use an A1C test to help diagnose prediabetes or diabetes. People living with prediabetes often show no symptoms. If caught early, certain lifestyle changes can delay or even prevent one from being diagnosed with diabetes.

*Schedule an appointment today with Senior Center Nurse Shahnee by calling 270-1972.*

Tests are limited.

A special shout out to the Knit and Crochet Club who recently designed and donated walker bags. The group creatively designed cloth bags to help carry essentials. The walker bags are being put to good use by patients at Miriam Hospital. We thank you for sharing your creations with your community!



## 6 WAYS MEDITATION CAN HELP SENIORS



### UPLIFTED MOOD

Meditation can provide an uplifting structure to combat depression and apathy.

### BETTER DIGESTION

Meditation promotes better breathing and blood flow, which can result in better digestive function.



### MENTAL ENRICHMENT

The added mental stimulation can slow the progression of Alzheimers and other degenerative brain disorders.

### LESS LONELY

Seniors who engaged in regular meditation reported feeling less lonely.

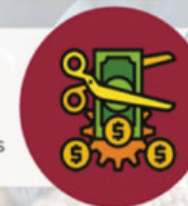


### LOWER BLOOD PRESSURE

More seniors suffer from high blood pressure than the general population. The calming ritual of meditation lowers blood pressure.

### REDUCED HEALTHCARE COSTS

A popular study found that seniors who meditated were less likely to be hospitalized.



What are you waiting for?

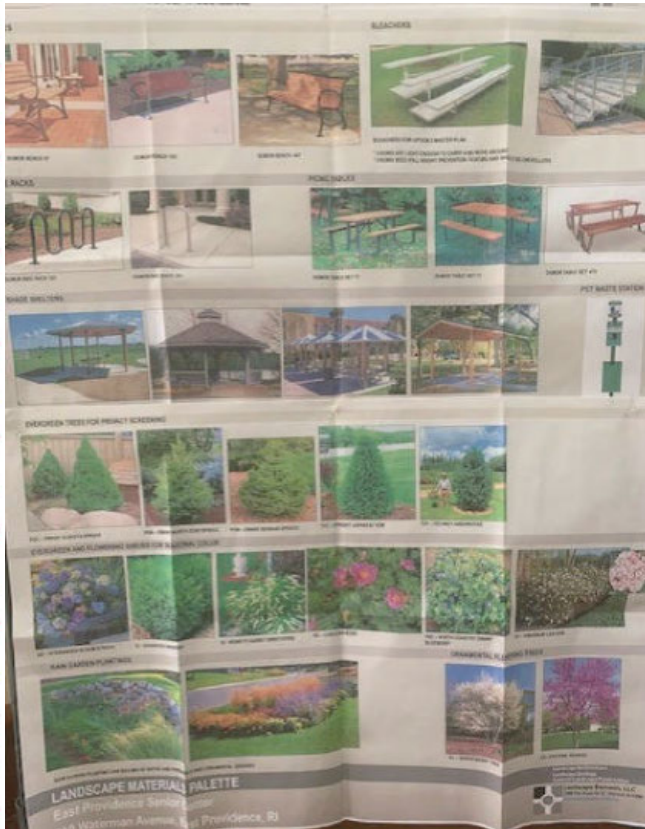
*Join us for meditation every*

*Friday at 11AM.*



## Exciting Outdoor Changes to the Senior Center!

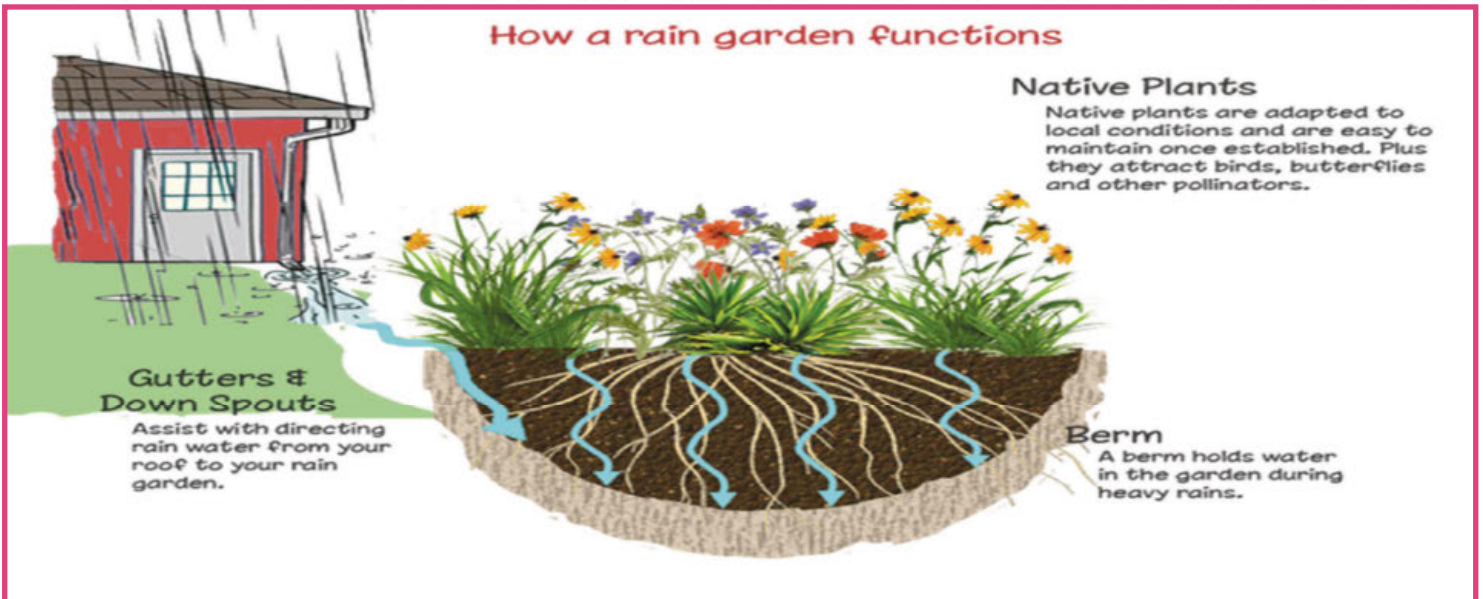
We have sprung into Spring, which means new outdoor renovations will be underway! Stop by the lobby area to see the new outdoor landscape proposals. We will be provided with new landscape, coverage from the main road, rain gardens, new benches, and more!



Check out the board in the lobby area near the main entrance for more information!



## How a rain garden functions







# Have you visited the gift shop?



Visit our gift shop and see what we have to offer! New items enter the gift shop on a regular basis. We are accepting donations at the gift shop. If you have any donations, feel free to bring them by the Resource Center!



Diane (pictured below) is one of our gift shop volunteers. Pop by to say hi and browse all the great items the gift shop has to offer!

*A huge THANK YOU to all of our gift shop volunteers!*



## DID YOU KNOW?

*Our gift shop sells postage stamps, snacks, and self care items? Drop by today and check it out!*

## BINGO TUESDAYS

Join us for BINGO every Tuesday!

\$6.00 per card

Sales start at 1:00PM

Games start at 1:30PM

*We have a new volunteer, Rubi that will be assisting with BINGO. If you see her, welcome her to the team!*

*We are still looking for more BINGO volunteers.*

*If you would like to volunteer,  
please contact Amanda at 401-270-1788.*



### PULL TAB INFORMATION:

.50 ¢ per pull tab

OPEN 1:00PM-1:25PM TUESDAYS

All transactions **MUST** be completed by 1:25PM.

Cash in any winnings the same day.

# Robert Rock Senior Center Activities

## APRIL 2022

Mon	Tue	Wed	Thu	Fri
<b>*Bolded Activities count towards REWARDS CARDS!!</b>	<b>Last Day of 20/20/20 Fitness is April 14, 2022. 20/20/20 Fitness is taking a break until July 2022.</b>			<b>1</b> 8A: SHIP Counseling 8:30A: Scrabble 8:45A: Blended Yoga 9A: Nurse Hours 10A: Moh Jongg 10:30A: Tai Ji Balance 11A: Meditation 1:30P: Hi Lo Jack
<b>4</b> 9A: Nurse Hours 9A: AARP Tax Assist. 11A: Chair Yoga with Marilyn	<b>5</b> 8A: Nutritionist 10A: Paint Class 10A: Smartphone Assist 10:45A: Chair Yoga w/ Cyn 1:30P: BINGO! 2P: Multimedia Art Class	<b>6</b> 8A: Nutritionist 8:30A: East Side Lab <b>10:30A: Len Walker Medicare Presentation</b> 10:30A: Tai Ji Balance 1P: Cribbage 1P: PACE Chair Exercise	<b>7</b> 9A: Nurse Hours 9:30A: Senior Shopping 9:30A: 20/20/20 Fitness 10:45A: PACE Chair Exercise 12:30P: Bridge 1P: Knit & Crochet	<b>8</b> 8A: SHIP Counseling 8:30A: Scrabble 8:45A: Blended Yoga 9A: Nurse Hours 10A: Moh Jongg 10:30A: Tai Ji Balance 11A: Meditation 1:30P: Hi Lo Jack
<b>11</b> 9A: Nurse Hours 9A: AARP Tax Assist. 11A: Chair Yoga with Marilyn	<b>12</b> 8A: Nutritionist 10A: Paint Class 10A: Smartphone Assist 10:30A: BP Clinic 10:45A: Chair Yoga w/ Cyn 1:30P: BINGO! 2P: Multimedia Art Class	<b>13</b> 8A: Nutritionist 10:30A: Tai Ji Balance <b>11A: OSCIL Presentation</b> 1P: Cribbage 1P: PACE Chair Exercise	<b>14</b> 9A: Nurse Hours <b>9:30A: 20/20/20 Fitness</b> 9:30A: Senior Shopping 10:45A: PACE Chair Exercise 12:30P: Bridge 1P: Knit & Crochet 1:30P: Hi Lo Jack	<b>15 GOOD FRIDAY</b> 8A: SHIP Counseling 8:30A: Scrabble 8:45A: Blended Yoga 9A: Nurse Hours 10A: Moh Jongg 10:30A: Tai Ji Balance <b>*CLOSE AT 11:30AM</b> <b>No Lunch Program*</b>
<b>18</b> 9A: Nurse Hours 11A: Chair Yoga with Marilyn	<b>19</b> 8A: Nutritionist 10A: Paint Class 10A: Smartphone Assist 10:30A: BP Clinic 10:45A: Chair Yoga w/ Cyn 1:30P: BINGO! 2P: Multimedia Art Class	<b>20</b> 8A: Nutritionist 10:30A: Tai Ji Balance <b>10:30A: URI SNAP Ed</b> 1P: Cribbage 1P: PACE Chair Exercise	<b>21</b> 9A: Nurse Hours 9:30A: Senior Shopping 10:45A: PACE Chair Exercise 12:30P: Bridge 1P: Knit & Crochet	<b>22</b> 8A: SHIP Counseling 8:30A: Scrabble 8:45A: Blended Yoga 9A: Nurse Hours 10A: Moh Jongg 10:30A: Tai Ji Balance 11A: Meditation 1:30P: Hi Lo Jack
<b>25</b> 9AM: Nurse Hours <b>10:30A: Blood Pressure Nutrition</b> 11A: Chair Yoga with Marilyn	<b>26</b> 8A: Nutritionist 10A: Paint Class 10A: Smartphone Assist 10:45A: Chair Yoga w/ Cyn 1:30P: BINGO! 2P: Multimedia Art Class	<b>27</b> 8A: Nutritionist <b>10:30A: Age Well, Get Connected Computer Class</b> 10:30A: Tai Ji Balance 1P: Cribbage 1P: RSVP Advisory 1P: PACE Chair Exercise	<b>28</b> 9A: Nurse Hours <b>9:30A: Living Well w/Diabetes</b> 9:30A: Senior Shopping 10:45A: PACE Chair Exercise 12:30P: Bridge 1P: Knit & Crochet	<b>29</b> 8A: SHIP Counseling 8:30A: Scrabble 8:45A: Blended Yoga 9A: Nurse Hours 10A: Moh Jongg 10:30A: Tai Ji Balance 11A: Meditation 1:30P: Hi Lo Jack



## Nurse and Nutritionist

Part time Nurse and Nutritionist are on site to assist you with any health related or dietary needs. Schedule an appointment with Shahnee or Ann Marie today to learn more about maintaining a healthy lifestyle. Check the daily activities page to set up an appointment today!

## Age Well, Get Connected

Sharpen your computer skills with a once a month course on computers! Bring your own computer, or we can supply a Chromebook for you.

## SHIP Counseling

Visit one of our SHIP counselors on Fridays (by appointment only). SHIP counselors can help with Medicare/Medicaid enrollment, current plans, and future medical plans.

## Smartphone Help

Learn tips and tricks on your smart phone. Learn more about text messaging, internet use, and apps right from your smartphone! Tuesdays 10:00AM-11:00AM. Free service.

## Chair Yoga

Seated chair exercises are wonderful for your health and keeps the mind active. Learn easy chair exercises in this class that will help keep you active and comfortable. Tuesdays 10:45AM-11:45AM \$2.00 per class.

## Multi-Media Art Class

Experience working with different mediums to create your own artwork! Tuesdays 2:00PM-3:00PM.

## PACE Chair Exercise

When you do chair exercises, you reduce the risk of falls. The movements in PACE Chair Exercise are low impact that increase blood flow and strengthen your muscles. Free class.

## Senior Shopping

Senior Services will pick you up at home to go grocery shopping at Stop & Shop or Shaw's weekly. Limit 4 bags per person. Everyone is given an hour to shop for their items. Senior services will drop you off at home. \$1 transportation fee. Registration is required.

\*Only offered to East Providence residents\*

## Knit & Crochet- Craft Group

Join us weekly to knit and crochet various items. Learn about new patterns and designs. Thursdays 1:00PM-3:00PM. No registration required.

## Blended Yoga

Blended yoga is a class to see great physical benefits as well as find peace and reconnect with yourself. Friday's 8:45AM-9:45AM Free of cost sponsored by Blue Cross Blue Shield.

## 20/20/20 Fitness

Three workouts in one! 20 minutes of cardio, 20 minutes of strength training, and 20 minutes of stretching/core work. Thursday's 9:30AM-10:30AM \$2.00 fee per class.

CLASS WILL BREAK APRIL 21 - JULY 7

## Hi Lo Jack

A game of chance, visit us to play Hi Lo Jack weekly with other members of the community. Fridays 12:30PM-3:30PM. No registration required.

## Chair Exercise with Marilyn

Increase your flexibility and strength at chair exercise class with Marilyn! These chair exercises also help improve posture and balance. Check it out today! Classes held on Mondays at 11:00AM.

## Cribbage, Bridge, Scrabble, Mah Jongg

Each game is offered weekly at the Senior Center and do not require registration. Take a look at our daily activities calendar to see which day we will be hosting these games weekly!



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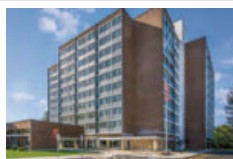
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PO Box 121  
Seekonk, MA 02771

Office: 508-283-7957  
Cell: 774-210-2060  
Fax: 508-557-1824  
[lwalker@myhst.com](mailto:lwalker@myhst.com)

Web: <https://myhst.com/agent/Leonard-Walker/>



Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • [www.lpicommunities.com](http://www.lpicommunities.com) East Providence Senior Center, East Providence, RI 04-0741



## Smart Phone Assistance



### **NEED ASSISTANCE WITH YOUR SMARTPHONE?**

**Drop by the Robert Rock East Providence Senior Center on  
TUESDAYS FROM 10AM-11AM**

**Learn some tips and tricks with your Smart Phone!**

*No registration required*

The secret of getting ahead  
is getting started.

-Mark Twain



## Computer Assistance



### **Age Well Get Connected**

Sponsored by Eastbay Community Action

#### **Computer Classes**

Learn tips and tricks on a computer. Learn some new skills!

**Wednesday, March 23, 2022**

***To Register, Call EPSC at 401-435-7800***

*Chromebook computers will be available to use  
or you can bring your own tablet or laptop.*



**east bay community  
action program**



# LIVING WELL WITH DIABETES

*This series will be taught by a registered nurse, registered dietitian and registered pharmacist who are certified diabetes educators. Topics include healthy eating, exercise, self-monitoring, medications, self-care and community resources. Open to the public. Please join us!*

**4/28, 5/5, 5/12, 5/19 | 9:30AM-11:45AM**



## Slow Cooker Turkey Stuffed Peppers

**Prep time: 15 minutes**

**Cook time: 6 hours**

**Servings per recipe: 6**

**Serving size: 1 pepper**

**Cost: \$12.53 per recipe, \$2.08 per serving**

### Ingredients

- 1 pound lean ground turkey\*
- 1 cup uncooked brown rice
- 1 cup shredded mozzarella cheese
- 1 teaspoon dried basil
- 6 bell peppers (any color), tops and seeds removed
- 1 (28 ounce) can crushed tomatoes
- 1½ cups low-sodium chicken broth
- ½ cup grated parmesan cheese

### Directions

- 1) In a medium bowl, combine turkey, rice, mozzarella and basil.
- 2) Spoon mixture into peppers, filling each one about  $\frac{3}{4}$  full. Place peppers in slow cooker.
- 3) Top peppers with tomatoes. Pour chicken broth into slow cooker around the peppers.
- 4) Cover and cook on low for 6 hours.
- 5) Sprinkle peppers with parmesan cheese and serve.

Diabetes is a chronic disease that changes how your body turns food into energy. Each year thousands of people are diagnosed with diabetes forcing them to make important changes to their everyday life. For some people these changes can be overwhelming and confusing. That is why education and community support are key to living well with diabetes. The Robert Rock Senior Center understands how important diabetes education is. That is why the Center is offering two separate diabetes programs:

URI Pharmacy Program ***Diabetes Awareness Series*** is designed to educate people who have a family history of diabetes and/or could be at risk of developing prediabetes or diabetes. This program is also available to family members of loved ones who are diabetic or newly diagnosed. These classes will provide information on diabetes, disease process, and preventative treatment. Dates: 5/24, 6/13 from 10:30-11:30AM

***Living Well with Diabetes*** is a second program offered to people already diagnosed with diabetes. This program includes presentations from certified diabetes educators including a pharmacist, nutritionist and nurse. The educators will provide information to help you better manage your diabetes and take control of your life. Dates: 4/28, 5/5, 5/12, 5/19 from 9:30-11:45AM

***Call to register for this 4-part educational series by calling 401-270-1972.***

*“Somedays you’ll get discouraged. You may feel like you are doing everything right but your sugar may be high. I don’t understand that.... I try different things. It’s a constant balancing act and you continue to learn more every day.”*

Dian Birkbeck has been living with diabetes for more than 12 years. She says the hardest part is trying to keep sugars in check. “Everything has sugar in it. Sometimes you need to be creative with your diet instead of cutting everything out. Try and find ways to cook food that tastes good and is healthy for you such as spices and using powdered flavoring for water. Exercise is important to lose weight and losing weight helps with diabetes, too.” When asked where she finds the motivation to keep up with her fight against diabetes, Dian states, “sometimes with diabetes you have days when you say the heck with it, but then I go back to eating healthy again because I have other things going on and I would love to make it to a 100 years old. I want to live forever. There is still too many things that I want to do.”





## Mark your Calendars

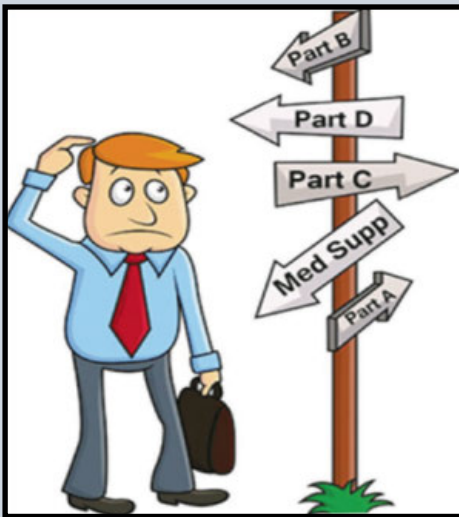
Are you wondering how to go about getting home modifications to better mobilize yourself in your home? Join the Ocean State Center for Independent Living to learn more about how they can help with home modifications as well as grasping a deeper understanding of independent living skills.



OCEAN STATE CENTER  
FOR INDEPENDENT LIVING



**Wednesday, April 13, 2022- 11AM-12PM.**



## Medicare Information Session with Len Walker

Join us for a Medicare information session with Len Walker! Whether you are 65 in 2022 and 'aging in' to Medicare, or just have questions in general about Medicare, this information session will help you better understand Medicare overall.

*Mark your calendars for this important information session available to all members, older adults, and individuals with disabilities in East Providence and surrounding communities.*

**WEDNESDAY, APRIL 6, 2022 10:30AM-11:30AM**

### **AARP Chapter 1302**

Come Join the fun!  
For more information,  
call Ken Gagner  
401-437-2289



### **East Side Clinical Lab**

The East Side Clinical Laboratory visits the Robert Rock Senior Center on the first Wednesday of the month to help provide a 'one stop shop' for your medical needs. All you need to bring is your lab slip and East Side Clinical Lab will take your bloodwork right at the Senior Center!

**WEDNESDAY APRIL 6, 2022 8:30AM-11AM**

### **BLOOD PRESSURE CLINICS**

***Monitoring your blood pressure is easy!***

Join us on the 3rd and 4th Tuesday of the month to have your blood pressure taken free of charge!

Grace Barker 4/12/22 10:30AM-11:30AM

Hattie Ide Chafee 4/19/22 10:30AM-11:30AM



## Exercise the Mind



APRIL      BUDS      NATURE      RAIN  
SUN      INSECTS      GALOSHES      SPRING  
BIRDS      CHEER      PICNIC      SMELL  
HARMONY      TREE      NEST      GRASS

## Quick Laugh

### How to Live Longer

It was Grandpa Jones' 100th birthday and he was still in perfect health. At his birthday party, he was asked how he managed to live so long and stay so fit.

He explained, "I put my long life down to spending so much time outdoors. I've been in the open air, day after day, rain or shine, for the last 75 years."

"How do you manage to keep up such a rigorous fitness regime?" they asked.

"It's simple," he said. "When I married my wife 75 years ago, we both made a solemn pledge.

We agreed that whenever we had a fight, whoever was proved wrong would go outside and take a long walk..



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## \$3.00 Suggested Donation

Please call our dining room at  
401-270-1814 to place your  
lunch order 24 hours in  
advance.

# April 2022

Lunch is served at 12:00 pm

Menu items are subject to change due to  
being unavailable to obtain.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<i>Funded in part by the US administration on aging and state funds by the Rhode Island Department of Elderly Affairs.</i>	<i>All menu items may contain nuts, seeds, beans, wheat bran, and other allergens Menu Subject to Change</i>			1 Red Chowder Seafood Salad Pasta Salad Carrot Slaw Peaches Croissant Seafood Salad on croissant
4 100% Juice Turkey Chili w/ Shredded Cheddar Cheese Corn Bread Seasoned Broccoli Pudding Turkey and Cheese w/ mayo on White	5 Tomato Vegetable Soup Low Sodium Hot Dog w/ mustard Baked Beans Cole Slaw Cookie Dinner roll Hot Dog on roll w/ mustard	6 Kale and Bean Soup Veal w/ Mushroom Gravy Seasoned Whole Grain Ziti Winter Blend Vegetables Fresh Fruit Garlic roll Veal on bulky roll	7 Beef Vegetable Soup Rosemary Chicken Oven Roasted Chicken California Blend Vegetables Fruit Cup Pumpkin Bread Rosemary Chicken on Primer- nickel	8 White Chowder Stuffed Sole Mashed Potato Baby Whole Carrots Brownie Wheat Bread Fish Sandwich on wheat w/ tartar
11 Pasta and Bean Soup Italian Sausage w/ mustard Seasoned Shells Peppers and Onions Tapioca Pudding Roll Italian Sausage on grinder roll w/ mustard	12 Minestrone Soup Chicken Cordon Bice w/ Gravy Lyonnaise Potato Roasted Zucchini Rye Bread Fruit Cocktail Chicken and cheese on rye w/ mayo	13 Chicken Escarole Soup Pub Burger w/ Mushroom Gravy Mashed Potato Mixed Vegetables Fig Newton Wheat Bread Pub Burger on wheat w/ mus- tard	14 Vegetable Soup Garlic Shrimp Seasoned Shells Capri Blend Vegetables Fresh Fruit Italian Bread Shrimp Salad on Italian	15 100% Juice Cheese Omelet Home fried Potato Tomato Half Muffin Cheese Omelet on Wheat
18 Split Peas Soup Baked Ham w/ pineapple slice Sweet Potato Green Beans Cookie Rye Bread Ham and cheese w/mustard on rye	19 Venus de Milo Soup Meatloaf w/ Gravy Garlic Mashed Potato Mixed Vegetable Lorna Doones Multi Grain Bread Meatloaf w/ ketchup on multi grain	20 Tomato and Beef Soup Vegetable Burger Scalloped Potato Roasted Brussel Sprouts Fruit Cup Wheat Bread Vegetable Burger on Wheat	21 Italian Wedding Soup Veal Parmesan Pesto Tortellini Italian Blend Vegetable Fresh Fruit Italian Bread Veal Parm on Italian	22 Lentil Soup Fried Steak w/ Country Gravy Mashed Potato Sliced Carrots Yogurt Oatmeal Bread Fried Steak on Oatmeal
25 Vegetable Soup Kielbasa w/Mustard Boiled Potato Carrot and Cabbage Blend Jello Rye Bread Kielbasa w/ mustard on Rye	26 Tomato and Rice Soup BBQ Chicken Baked Beans Cole Slaw Corn Bread Cookie BBQ Chicken on Bulky Roll	27 Chicken Soup w/ and de pepe Pork Loin w/ gravy Mashed Potato Mixed Vegetable Fresh Fruit Marble Bread Pork Loin on Marble Bread	28 100% Juice Entrée Salad Tuna on Lettuce/Dressing CROUTONS Tomato and Cucumbers Pudding Pita Bread Tuna on Pita	29 Onion Soup Pot Roast w/ Gravy Rice Pilaf Green Beans Cake Wheat Bread Pot Roast on wheat