

# East Providence Senior Activity Center



610 Waterman Avenue  
East Providence, RI 02914  
401.435.7800  
Fax: 401.435.7803  
[www.eastprovidence.com](http://www.eastprovidence.com)

## August 2020

### Letter from the Director :

We are now in phase III of Reopening Rhode Island. The Office of Healthy Aging (OHA) convened a committee to create guidance for the reopening of Office of Healthy Aging Community Gathering Sites which includes Senior Centers. This guidance can be found on the [reopeningri.com](http://reopeningri.com) website. Once on the website, click on Healthcare & Human Services and then click on Guidance for OHA Community Gathering Sites. The Mayor and I are working on our written reopening plan for the state. At the same time, I am preparing our building with signage, screening procedures and mapping out social distancing in our building. Cleaning products are being purchased and policies are being written for measures to increase safety of all who enter our building. This is no easy feat as the safety of our members is our top priority. I can not give you a solid reopening date at this time since much will depend on the ability to obtain the resources needed to follow the guidance set forth by OHA. Reopening will not be all at once, but gradual as we are looking at each activity separately. We will be communicating plans for reopening via Facebook and My Senior Center, robo-calls .

So stay tuned.

Wishing you all good health,

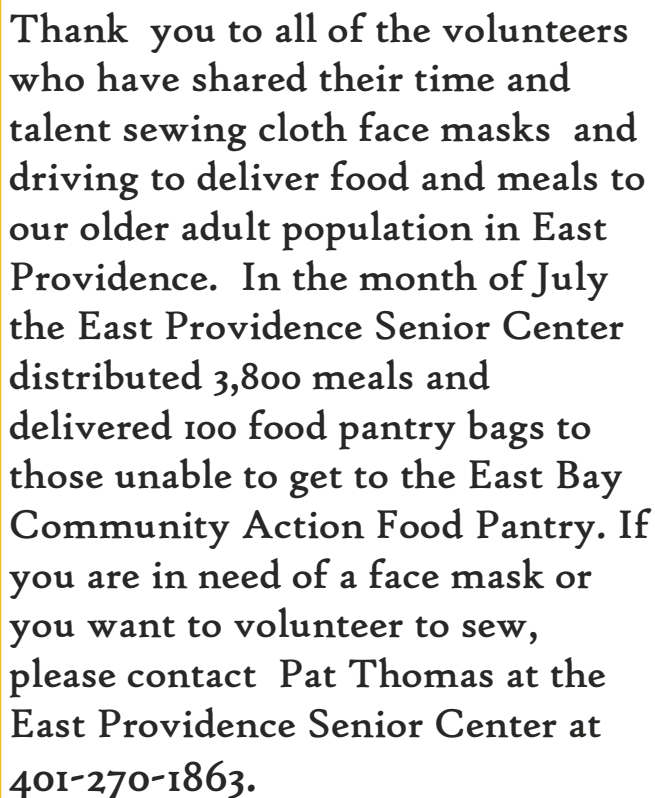
Laura Jones

**FREE**  
**Cloth Face Coverings**  
**AVAILABLE**  
**At The Senior Center**  
**Call: 401-435-7800**

### Farmers Market Vouchers



Are available and being  
distributed at the East  
Providence Senior Center .  
Please call for more  
information at 401-435-7800.



## Elaine Robinson

## VIRTUAL COMMUNITY

### Age-Friendly Rhode Island Virtual Community Center

Check out the new Virtual Community Center on the Age-Friendly Rhode Island website: [www.agefriendlyri.org](http://www.agefriendlyri.org) . Go to the website and click on Virtual Community Center. There is lots of exciting programming for you to investigate. You can take a virtual exercise class, take a virtual tour of a museum or listen to a lecture from a University of Rhode Island, Master Gardener. Check out all the fun activities to keep you connected while sheltering in place. Check out the calendar of events for a peak what Age Friendly RI Virtual Community Center is offering in the month of August .

### Zoom YOGA Sponsored by Blue Cross, Blue Shield of RI

Susan Bayley is teaching a Zoom Yoga class.

Classes are Fridays from 9:00 am to 10:00 am

If you would like to try it out contact Susan at [Susanabayley@icloud.com](mailto:Susanabayley@icloud.com)

Susan will send you an invite to join in.

## A Smile Never Ages



The older you get the less you know. Just ask your kids. They will tell you so.

Blood Pressure Up, arches flat, everything you eat just goes to fat..

Get out of bed, move real slow , three times a night you have to go.

Caffeine not only keeps you awake, it makes you pee for heaven's sake.

The world keeps changing at a hectic pace, causing more grey hair and a wrinkled face but when you look in the mirror what catches your eye is your smile never ages as the years go by.



**Hello to all, we miss you!** Please join us to celebrate and to thank you for all that you do! Invitations to the RSVP/FGP Annual Drive-Thru Recognition Event were mailed to all volunteers serving 50 hours or more annually. The Drive-Thru Thank You Event will be held on Tuesday, August 11th (rain date August 12th) 9 AM-3 PM at Hugh Cole School parking lot in Warren. To avoid congestion in the school area we are separating arrival times by last names with A-L driving thru between 9 AM-Noon and M-Z driving thru between 1 PM-3 PM. **Gifts and prizes for all that attend.** Please call us if you haven't already at 435-7876 to RSVP for the event.

We look forward to seeing you there!



**east bay community action program**  
THE BRIDGE TO SELF-RELIANCE

## The Olden Days

Grandpa was telling his young grandson what life was like when he was a boy.

"In the winter, we'd ice skate on our pond. In the summer, we would swim in the pond and pick berries in the woods. We'd swing on an old tire my dad hung from a tree on a rope. And we had a pony we rode all over the farm."

The little boy was amazed and sat silently for a minute. Finally, he said, "Grandpa, I wish I'd gotten to know you a lot sooner!"


**There is still time!**

**East Providence is Counting on You!**

Fill out the 2020 Census at [www.my2020census.gov](http://www.my2020census.gov)

#EPcounts2020

United States Census 2020



## Count and Win!

JUST FOR COUNTING, YOU GET A CHANCE TO WIN A \$25 GIFT CERTIFICATE TO ONE OF MANY LOCAL EAST PROVIDENCE RESTAURANTS!

Once you have completed the Census, visit [shorturl.at/yXY45](http://shorturl.at/yXY45) to enter for your chance to win!







### **TELEHEALTH NUTRITION APPOINTMENTS**

Ann Marie Sabula, MA, RDN, LDN, CDE, CDOE , Registered Dietitian/Nutritionist and Diabetes Educator is available to schedule a telehealth nutrition appointment. A telehealth appointment can be done via telephone or Face Time and is a great and safe way to get nutrition advice during the current health crisis. For more information please call Ann Marie at 401-447-6299.

## **THE AGE-FRIENDLY RI RADIO HOUR**

**LISTEN WEEKLY ON AM 790**

**WEDNESDAYS**

**FROM 3:00-4:00 PM**



**EACH WEEK NEW GUESTS JOIN THE HOST,**

**CATHERINE TAYLOR**

**FOR A SCHEDULE OF UPCOMING SHOWS VISIT :**

**<https://agefriendlyri.org/radio-hour/>**

**Don't worry if you have missed some shows, past shows are  
available on line**

## RECIPE OF THE MONTH



### SWEET AND SPICY FRESH PORK MINI KEBABS

**PREP TIME:** 20 minutes | **COOK TIME:** 10 minutes | **SERVINGS:** 16 kebabs

- 1 Smithfield Roasted Garlic and Cracked Black Pepper Marinated Fresh Pork Sirloin, cut into 1-inch cubes
- 1/2 pineapple, cored and cut into 16 (1-inch) cubes
- 2 red bell peppers, cut into 16 (1-inch) pieces
- 16 bamboo skewers (6 inches), soaked in water and drained
- 2/3 cup honey
- 2 tablespoons balsamic vinegar
- 2 teaspoons Caribbean jerk seasoning

**HEAT** gas or charcoal grill to medium-high.

Thread two pieces of fresh pork sirloin, one pineapple cube and one red pepper piece onto each skewer. Wrap exposed end of skewer with foil to discourage scorching.

**MIX** honey, vinegar and jerk seasoning together for glaze.

**GRILL** kebabs approximately 10 minutes, turning occasionally, until fresh pork reaches internal temperature of 145 °F and then rest for 3 minutes. Generously brush kebabs with glaze during last 2-3 minutes.

Nutritional information per serving: 80 calories; 1 g total fat; 0 g saturated fat; 20 mg cholesterol; 90 mg sodium; 12 g total carbohydrates; 1 g dietary fiber; 9 g sugars; 8 g protein.

(Courtesy of Family Features) ©LPI

**AUGUST** | 2020

# ARTICLE OF THE MONTH

## Gratitude Is About Attitude

Taking time to smell the flowers may seem cliché, but being grateful while rushing through the daily grind or disappointments in life may be a good way to begin the day.

It isn't easy to be grateful all the time, especially when navigating through life's challenges, but learning to be grateful for even the smallest things in our lives — and living in the moment and noticing all the reasons to be thankful — can do wonders for mental health and make it more bearable to get through the tough times.

It is understandable when seniors are overwhelmed with the adverse aspects of their lives, such as the loss of loved ones, diminished health, and little to do after a lifetime of caring for children or navigating a busy career. These things can take a toll on a senior's feeling of self-worth and mental health. Countless articles about striving for happiness abound, but being happy is not a one-size-fits-all cure.

### Gratitude Benefits

Many studies demonstrate that gratitude has a distinctively influential connection between health and happiness, and for seniors, it can be a means to cope with dark days. Practicing gratitude is easy to do once the individual begins to make a habit of it — and the benefits can be enormous.

The list is long, but some of the many benefits of living a grateful life include:

- Greater happiness
- Improved health
- Strengthened relationships
- Increased spiritualism
- More contentment
- Better sleep
- Increased energy



### Develop an Attitude of Gratitude

While encouraging seniors to be grateful is much more powerful and effective. When we collaborate with elderly loved ones or friends, it benefits everyone. While aging can be challenging and often devastating, it can be a wonderful time in life, with the help of some simple tools to maneuver through the challenges. Gratitude is a great tool that can make a difference in the senior's quality of life.

Think about developing a habit of practicing gratitude with an elderly person. The results may be surprising and life-changing!

- List three things you are grateful for each day. This quickly puts life into perspective.
- Send thank you cards to old friends, family, acquaintances, or caregivers, thanking them for their care and friendship.
- Keep a gratitude journal to help focus on the wonderful aspect of the day and to provide a reference for those times when life is hard.
- Say thank you when you wake up. A new day is never promised, so being grateful every morning starts the day off on the right foot.
- Find the light in the dark. Think of the good during the bad times to help refocus your attitude.
- Take a few minutes each day to focus on gratitude. It can be through prayer, meditation, or just thinking about who or what makes you grateful. Try to keep a regular time so it becomes a habit.
- Share your life by volunteering and giving your time and talent to benefit others. No matter our age, we all have talents we can share!

### The Power of Practicing Gratitude

At any age, life is challenging, so everyone can benefit from having a grateful heart. Pain, loneliness, feelings of abandonment, and struggling with usefulness can be debilitating for seniors. But being grateful every day for small things can make the pain easier to handle. Learning to appreciate all we have at any given time can help boost our mood and turn a bad day around.

# Wildflowers

F O R G E T M E N O T B L U E B E L L  
 B R E B L A C K E Y E D S U S A N S E  
 I E E R E W O L F N R O C S Y Y S F N  
 T E M W P O R D W O N S I S E P O O I  
 T E B L O O D R O O T S I L D P L X B  
 E P E Q A L R C A R P A L S A O O G M  
 R N R N U R F I H O D A O E N P M L U  
 W O R I A E N E E I V I L O D B O O L  
 E G E A M N E R N E C K R S E L N V O  
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 U S L S C R E T O E A I F L N E U R E  
 L I T O R R P S I A N L O T A T L A R  
 L E B L A N K E T F L O W E R C S Y S  
 R F A B E L L W O R T I H T N N E O R

## Word List:

ASTER  
 BLANKETFLOWER  
 CHICORY  
 CORNCOCKLE  
 DANDELION  
 HONEYSUCKLE  
 PRIMROSE  
 SOLOMONSSEAL  
 ZINNIA

BELLWORT  
 BLOODROOT  
 COLUMBINE  
 CORNFLOWER  
 FORGETMENOT  
 LILLYOFTHEVALLEY  
 QUEENANNESLACE  
 SUNFLOWER

BITTERWEED  
 BLUEBELL  
 CONEFLOWER  
 COSMOS  
 FOXGLOVES  
 LUPINE  
 SNAPDRAGON  
 VIOLET

BLACKEYEDSUSAN  
 BLUEBONNET  
 COREOPSIS  
 DAISY  
 HEATHER  
 POPPY  
 SNOWDROP  
 YARROW





## LOCAL HELP FOR PEOPLE WITH MEDICARE

**The State Health Insurance Program (SHIP)** provides assistance to individuals who are aging into or who are already enrolled in the Medicare system. SHIP counselors provide individual, unbiased counseling to Medicare eligible beneficiaries to help them understand health care cost/coverage and to make the most appropriate choice for their health care needs.

**SHIP** serves Medicare beneficiaries, caregivers, adults with disabilities, and low-income individuals who may qualify for assistance programs. Whether you are turning 65 or under the age of 65 and receive Social Security Disability benefits, SHIP counselors can help you make informed choices and answer your questions. For more information or to schedule an appointment call East Bay Community Action Program at 401-435-7876.

**Consider becoming SHIP volunteer.** The position offers great learning opportunities, online training, and meaningful work, as well as gratitude and appreciation from beneficiaries.

200 Wampanoag Trail | East Providence, RI 02915 | (401) 434-1520 | [www.hattiedecliffe.com](http://www.hattiedecliffe.com)  
Hattie Ide Chaffee Home is a 60 bed non-profit medical facility which specializes in skilled nursing and rehabilitative services.  
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Lisa Janicki, MS

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East Providence Senior Center, East Providence, RI

04-0741



# THIS DAY IN HISTORY

**AUGUST 1, 1981:** Music Television (better known as MTV) was launched.

**AUGUST 2, 1944:** Anne Frank penned her last entry into her diary.

**AUGUST 3, 1946:** The world's first theme park (called Santa Claus Land) opened in Santa Claus, Indiana.

**AUGUST 4, 1972:** Arthur Bremer was found guilty of shooting George Wallace, the governor of Alabama.

**AUGUST 5, 1962:** Film star Marilyn Monroe died at age 36 from an overdose of sleeping pills.

**AUGUST 6, 1945:** The first Atomic Bomb was dropped over the center of Hiroshima by the American B-29 bomber Enola Gay.

**AUGUST 7, 1782:** George Washington instituted the Purple Heart medal of honor.

**AUGUST 8, 1974:** President Richard Nixon announced his resignation, the first president to do so in U.S. history.

**AUGUST 9, 1930:** Animated cartoon character Betty Boop made her debut.

**AUGUST 10, 1954:** Construction began on the St. Lawrence Seaway.

**AUGUST 11, 1992:** Mall of America opened its doors to shoppers.

**AUGUST 12, 1981:** The IBM Personal Computer is stocked in stores for the first time.

**AUGUST 13, 1846:** The American Flag was raised for the first time in Los Angeles, California.

**AUGUST 14, 1935:** President Roosevelt signed the Social Security Act.



**AUGUST 15, 1969:** The Woodstock Music & Art Fair opened its doors to participants and spectators.

**AUGUST 16, 1954:** The first issue of "Sports Illustrated" hit the newsstands.

**AUGUST 17, 2008:** Michael Phelps earned his 8th gold medal at the Olympics, breaking the record for the most gold medals won by a person in a single Olympic games.

**AUGUST 18, 1920:** The 19th Amendment to the U.S. Constitution was ratified, granting women the right to vote.

**AUGUST 19, 1960:** Two dogs were launched in a satellite into Earth's orbit by the Soviet Union.

**AUGUST 20, 1988:** The Iran-Iraq War came to an end after seven years.

**AUGUST 21, 1911:** The Mona Lisa was stolen by a Louvre employee and recovered 2 years later in Italy.

**AUGUST 22, 1938:** Fred Astaire and Ginger Rogers appeared on the cover of "Life" magazine.

**AUGUST 23, 1959:** In the Peanuts comic strip, Sally debuted as an infant.

**AUGUST 24, 2006:** Pluto was declassified as a planet.

**AUGUST 25, 1940:** Arno Rudolphi and Ann Hayward were married while suspended in parachutes at the World's Fair in New York City.

**AUGUST 26, 1873:** The school board of St. Louis, Missouri, authorized the first U.S. public kindergarten.

**AUGUST 27, 1984:** Diane Sawyer became the fifth reporter on CBS-TV's "60 Minutes."

**AUGUST 28, 1996:** A divorce decree was issued for Britain's Charles and Princess Diana, ending their 15-year marriage.

**AUGUST 29, 1971:** Hank Aaron became the first baseball player in the National League to hit 100 or more runs in each of 11 seasons.

**AUGUST 30, 1963:** The "Hotline" between Moscow and Washington, DC, went into operation.

**AUGUST 31, 1994:** A cease-fire was declared by the Irish Republican Army after 25 years of bloodshed in Northern Ireland.

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## AUGUST | 2020



Family Service of Rhode Island's  
**BE SAFE PLUS**

*Delivering fresh foods and cleaning supplies to keep Rhode Island's seniors healthy and well.*

**Am I eligible? We can serve:**

- ▶ Adults age 60+.
- ▶ Adults with disabilities who reside in housing facility in which there is a Title III-C meal site.
- ▶ Adult children with disabilities who reside with their parent age 60+.
- ▶ Caregivers – spouses of aforementioned individuals.
- ▶ Grandparents or caregivers age 55 and older caring for grandchildren or foster children under age 18.

**Where do we deliver?**

All across the state of Rhode Island. These are “no contact” home deliveries, so that our drivers and you remain safe. Drivers will leave your delivery at the door and contact you by phone to let you know your package has arrived.

**What's in the box?**

It may vary depending on availability... Fresh fruits, vegetables and proteins – as well as safety supplies like masks, hand sanitizer, sani-wipes, thermometers, toilet paper, paper towels, and gloves.

**How do I get help?**

Call The Point – your healthy aging help desk at:

**(401) 462-4444**

For group deliveries, call:

**(401) 519-2283**

**Delivery Time**

Our staff will call you to discuss your needs and schedule your delivery. Please understand this is not an emergency food delivery service and it may vary depending upon the volume of referrals.





# FOOD DISTRIBUTION

The East Providence Senior Center is delivering Meals on Wheels to individuals who are age 60 or older who are homebound, unable to drive/utilize public transportation, leave their home independently, unable to shop and/or prepare a nutritious meal due to the Covid-19 pandemic. For more information call the East Providence Senior Center at 401-435-7800.



## East Bay Community Action Food Pantry Food Pantry Hours By Appointment Only—401-437-1000 ext. 127

Monday	12 pm to 4 pm
Tuesday	12 pm to 4 pm
Wednesday	12 pm to 6 pm
Thursday	12 pm to 4 pm
Friday	8 am to 12 pm



## GRAB & GO Lunches

Please make your reservations at least 24 hours in advance.

East Providence Senior Cafe Phone: (401)-270-1814

For Goldsmith/City View Cafe Phone: (401) 434-7645

*These boxed lunches are for people aged 60/+ or disabled individuals.*

A suggested donation of \$3.00 per boxed lunch will help to sustain the program



# CROSSWORD PUZZLE

## ACROSS

- 1 Metrical rhythm  
6 Poetic contraction  
9 Choke  
12 Sp. chaperon  
13 Cheer  
14 First-rate  
15 Excess of solar year  
16 Bureau of Indian Affairs (abbr.)  
17 Container  
18 Fr. historical provinces  
20 Chemist's pot  
22 Caster  
24 Romanian money  
27 Equal opportunity employer (abbr.)  
28 Toothed formation  
32 Arabian Sea gulf

34 One who is (suf.)

36 Acquired immune deficiency syndrome (abbr.)

37 Mount Sinai

39 Heir

41 Grab

42 Mex. president

44 Sleep

47 Kettledrum

52 Hardwood

53 Alabama (abbr.)

55 Ancient tribe of Britons

56 Monk

57 Abet

58 Extract of cork

59 Noun-forming (suf.)

60 Energy unit

61 Golf score

## DOWN

1 Project

2 Copper (pref.)

3 Nipple

4 Uncanny (Scot.)

5 Irony

6 Sphere

7 Azores island

8 Gr. author

9 Worthless trifle

10 Field

11 General (abbr.)

19 Shortly

21 Fertilizer

ingredient

23 Soft (Ger.)

24 Exclamation

25 Stir

26 Grandfather of Saul

29 Tenth of a sen

30 Recommended daily allowance (abbr.)

31 Asbestos (abbr.)

33 Verne's captain

35 Watercock

38 Fair

40 Heed

43 Gr. quadrennial festival

44 Couch

45 Sleep (pref.)

46 Affirmative

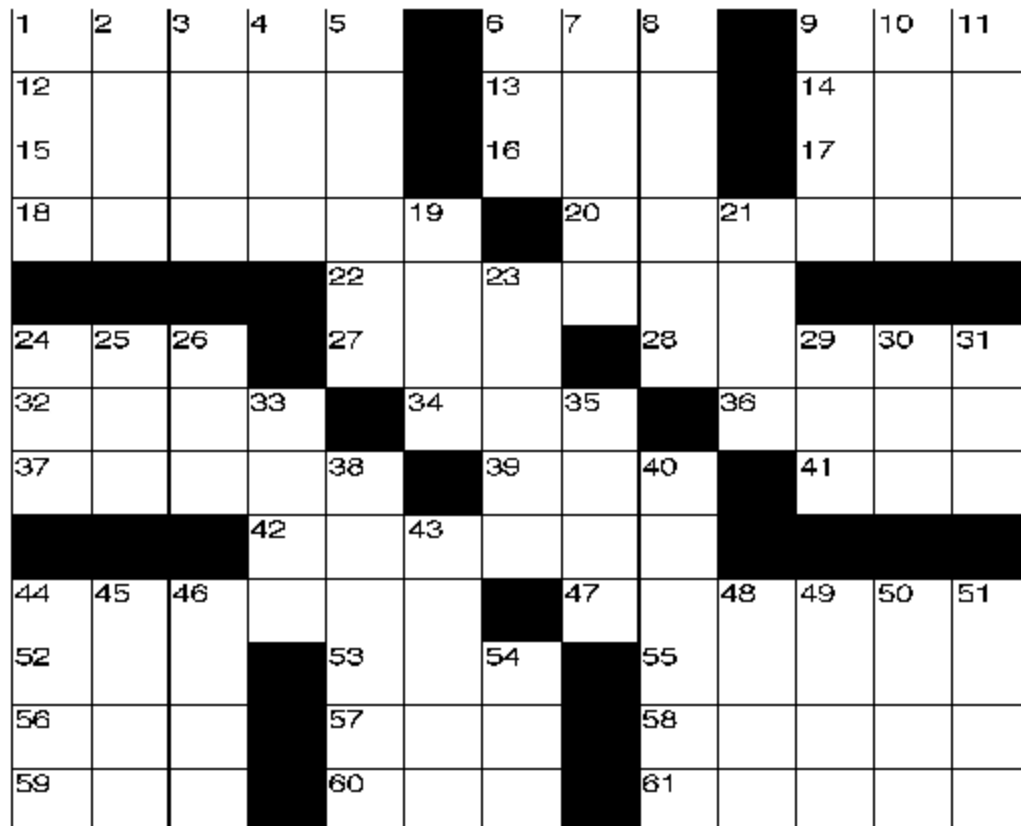
48 Scientific name (suf.)

49 Ice mass

50 Indigo plant

51 Queue

54 Append



# AUGUST IS NATIONAL EYE EXAM MONTH

## EYE EXAMS FOR SENIORS

If you are over 65 it is recommended to get your eyes examined every 1-2 years. EyeCare America helps seniors qualify for free eye exams. August is also Cataracts Awareness Month an important time for seniors to be tested for cataracts that can cloud eye lenses and lead to vision loss.

### CONTACT EYECARE AMERICA

Email: [eyecareamerica@aao.org](mailto:eyecareamerica@aao.org)

Phone: 877-887-6327 - Hours: 8am-Noon, Monday-Friday (Pacific Time)

Fax: 415-561-8567

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<p><b>WE'RE HIRING AD SALES EXECUTIVES</b></p> <p>Join our team</p> <ul style="list-style-type: none"> <li>• Full Time Position with Benefits</li> <li>• Sales Experience Preferred</li> <li>• Paid Training</li> <li>• Overnight Travel Required</li> <li>• Expense Reimbursement</li> </ul> <p>CONTACT US AT: <a href="mailto:careers@4LPi.com">careers@4LPi.com</a> <a href="http://www.4LPi.com/careers">www.4LPi.com/careers</a></p>		

## ANSWERS TO PUZZLES



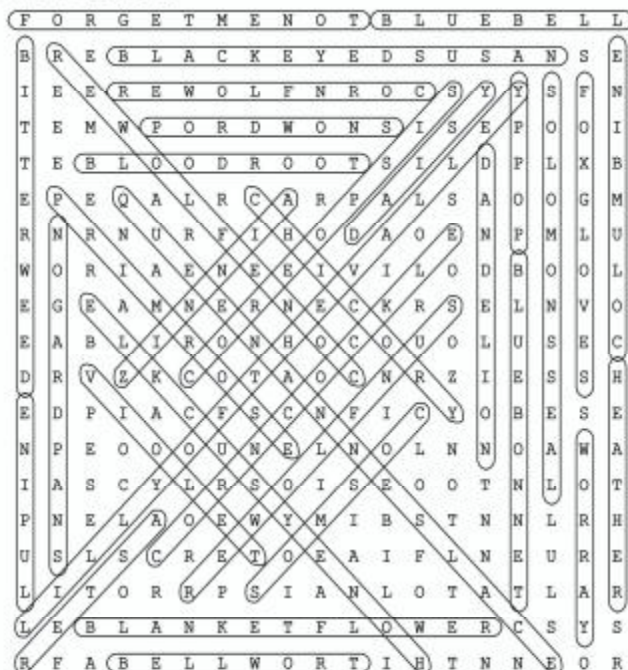
## Wife Killer of Not?

A woman shoots her husband. Then she holds him underwater for 5 minutes. Finally she hangs him. But 5 minutes later they both go out together and enjoy a wonderful dinner. How can this be?



Answer:  
The woman was a photographer. She shot a picture of her husband, developed it, and hung it up to dry.

## Wildflowers



### Word List:

ASTER	BELLWORT	BITTERWEED	BLACKEYEDSUSAN
BLANKETFLOWER	BLOODROOT	BLUEBELL	BLUESBONNET
CHICORY	COLUMBINE	CONEFLOWER	COREOPSIS
CORNCOCKLE	CORNFLOWER	COXOS	DAISY
DANDELION	FORGETNOT	FOXGLOVES	HEATHER
HONEYBUCKLE	LILLYOFTHEVALLEY	LUPINE	POPPY
PRIMROSE	QUEENANNE'SLACE	SNAKEDRAGON	SNOWDROP
SOLMONSSEAL	SUNFLOWER	VIOLET	YARROW
SINCLA			

