

East Providence Senior Activity Center



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610 Waterman Avenue
East Providence, RI 02914
401.435.7800
Fax: 401.435.7803
www.eastprovidence.ri.gov

February 2021

Letter from the Mayor::

The month of February brings many changes, a new president, and new leadership both at the national level and in Rhode Island. Governor Raimondo has been chosen to join President Biden's cabinet as Secretary of Commerce and Lieutenant Governor Dan McKee is now the Governor of Rhode Island. Change often brings anxiety because there are many unknowns but change can also bring hope.

Our hope is for an increase in the number of vaccines coming into our state so we can get as many of our residents, especially those who are at high risk due to their age and those living with chronic conditions, vaccinated as quickly as possible. Rhode Island is currently in phase 1 of the state's distribution plan with the next group to be vaccinated those 75 years of age and older. The projected start for vaccinations is February/March. The City of East Providence is partnering with the state to increase communication around the distribution planning so our residents will know who, when and where vaccinations will be given. Please feel free to contact the East Providence Senior Center at 401-435-7800 or visit our new website at www.eastprovidenceri.gov for up to date vaccine information.

Sincerely,
Roberto L. DaSilva, Mayor of East Providence



ZOOM YOGA

Sponsored by Blue Cross,
Blue Shield of RI



Susan Bayley is teaching
Zoom Yoga class.
Classes are Fridays from
9:00 am to 10:00 am
If you would like to join
contact Susan at
Susanabayley@icloud.com
Susan will send you an
invite. No Cost



**EAST BAY COMMUNITY ACTION
Food Pantry**

WE DELIVER !

Did you know the East Providence Senior Center is partnering with the EBCAP Food Pantry to deliver food pantry bags to your home ?

If you are in need of food and unable to get to the pantry, give us a call at 401-435-7800 for more information.



Need a Mask ?



If you are in need of a free face mask or you want to volunteer to sew, please contact Pat Thomas at the East Providence Senior Center at 401-270-1863.

Thank you to all of the volunteers who continue to share their time and talent sewing cloth face masks for our community.

Staff

Laura Jones

Director 401-431-4608
ljones@eastprovidenceri.gov

Shontell Gomes

Admin. Assistant 401-270-1792
sgomes@eastprovidenceri.gov

Ellen Frazier

Elder Resource Specialist
401-270-1788
efrazier@eastprovidenceri.gov

Cindy DeMedeiros

Dining Room 401-270-1814
cdemedeiros@eastprovidenceri.gov

Pat Thomas

Member Services Representative
401-270-1863
pthomas@eastprovidenceri.gov

Richard DiCecco Facilities

Kenny Atkinson Facilities

Edward Daft	Transportation
Steve Checrallah	Transportation
Lee Wilber	Transportation
Richard Wood	Transportation

Advisory Board

Maryann Leonardo Eleanor Monteiro

Angela Caldarone-Byrd Judy Phillips

Jim Phillips George Furtado

Jan Kinder Ann Fagundes

Ken Goucher Elaine Robinson

Donald Senna



"Hi Neighbor!"

"Just ✓ Checking In"

Thank you for your interest in EBCAP's Retired Senior & Volunteer Program, "Just ✓ Checking In" program. We wanted to take the time to reach out to you, our neighbor, to let you know that we are here for you now and for better days to come. We want to ensure our friends and neighbors are connected with a peer, empowered with local community resources, informed of current news, and safely aging at home.

Would you like to have a "Telefriend" volunteer call you to check in and provide some friendly conversation?

If we have your consent to contact you to "check in" or if you would like to be a "Telefriend", please complete the information requested below and return it to: EBCAP's Office of Volunteer Services—100 Bullocks Point Avenue—East Providence, RI 02915 or by email to: rsvp@ebcap.org. Please contact us at 401.435.7876 if you need additional information.

By acknowledging and signing the consent below, you are granting us permission to contact you by telephone, and share only your phone contact information with a "Telefriend" from the "Just ✓ Checking In" program.

PLEASE ✓ CHECK BOX BELOW

I would like to be called by a "Telefriend" ☐

I would like to be a "Telefriend" ☐



east bay community action program
THE BRIDGE TO SELF-RELIANCE

Print Name:		
Signature:		Date:
Phone number:		

TAX ASSISTANCE



East Bay Community Action's Volunteer Income Tax Assistance (**VITA**) program will once again have trained and certified preparers available to provide free tax preparation to clients earning under **\$57,000.00**. This year there will be **drop off only** tax preparation, **no in-person appointments**. The site will be located at 100 Bullocks Point, East Providence. Preparers also help taxpayers to receive tax credits such as the Earned Income Tax Credit, the Child Tax Credit, and Tax Credits for the Elderly. If you are not required to file a federal income tax return but live in a dwelling subject to property tax and qualify income to rent ratio, you may be eligible for the Rhode Island Property Tax Relief Credit. Details regarding income guidelines can be found at [irs.gov](https://www.irs.gov). Please note that a valid Driver's License/Photo ID for the taxpayer and social security cards for the taxpayer and all dependents are mandatory. **Eligible persons may call 401-435-7876 after February 3, 2021, to schedule an appointment.**

Tax season is already upon us. The IRS will begin accepting 2020 income tax returns on Feb. 12, and the deadline to file will revert to the traditional date, April 15.



Age-Friendly
RHODE ISLAND

**The Virtual Community Center:
Where Rhode Islanders Can Connect, Learn & Play**

Check out the Age-Friendly Virtual Community Center
February Calendar of Events

<https://agefriendlyri.org/events/month/2021-01/>

**If you haven't checked out the Virtual Community Center,
you don't know what your missing !**

Programs now available in Spanish

AARP TAX PREP

Date: Starting on Monday, February 22, 2021

Location: Riverside Branch Library
475 Bullocks Point Ave.
East Providence



By Appointment : Please call 401-246-1678 after February 1st
to schedule an appointment

RECIPE OF THE MONTH



CHEF LALA'S CHINO-LATINO CHICKEN LETTUCE WRAPS

- 1 tablespoon canola oil
- 1 pound ground chicken
- 4 ounces Chef LaLa Homemade Carne Asada Marinade
- 1/3 cup jicama, diced small
- 1/3 cup green onions, thinly sliced
- 1/4 cup peanuts, chopped
- 12 large lettuce leaves

HEAT oil in large skillet over medium-high heat. Add chicken; cook and stir 2 to 3 minutes or until chicken is cooked through.

STIR IN Chef LaLa Homemade Carne Asada Marinade. Stir-fry 2 minutes or until sauce boils. Remove from heat; stir in jicama, green onions, and peanuts.

DIVIDE filling evenly among lettuce leaves; roll up.

SERVE warm or at room temperature. Do not let filling stand at room temperature for more than 2 hours.

(Courtesy of NewsUSA)

ARTICLE OF THE MONTH

DEVICES FOR SENIORS

As the population in the United States continues to gray, the technology industry is waking up to the needs and spending power of seniors. Since most older adults say they want to age at home instead of moving to a senior community, a growing number of resources are being devoted to tech products that make it easier to do just that.

Some products are designed to support specific needs, such as managing medication or locating an adult with dementia who wanders. Others focus on helping older adults stay connected with the world around them.

If you aren't familiar with these technologies, here's an overview of some that are garnering the most attention.



TECHNOLOGY FOR OLDER ADULTS

Robotic Pets: The health benefits of pet therapy are numerous. From decreased blood pressure to a greater sense of joy, people love animals. For adults with dementia, the constant companionship of a pet can boost the spirit. Unfortunately, it can be difficult for a senior with a memory impairment to care for an animal. A robotic pet can be a solution. Unlike cats and dogs, provide an experience that is realistic and fun.

Medication Management: Mistakes with medicine can have deadly consequences. For seniors who take multiple medications, the odds of making an error are high. There are a variety of tech products that can help. Some devices, like the MedMinder, work off wireless technology that sounds an alert at dosage time. It can also text a contact person if a dose is missed.

GPS Tracking Devices:

Being able to quickly locate a loved one with a memory impairment who wanders away is vital. There are a variety of devices that make that easier to do. GPS SmartSole is one. It's a smartphone sealed in a water-resistant shoe sole. If the adult wanders from home, cellular technology allows them to be tracked in real time. Freedom Guardian Medical Alert Smartwatch and the TheoraCare are two discreet wearables that can also be used to locate an adult who has wandered.

ElliQ Robot: This little robot uses artificial intelligence (AI) to support seniors in a variety of ways. You can use ElliQ to video conference with friends and family, play cognitively stimulating games, receive daily reminders, save photos, and much more.

VitalBand: This innovative watch fulfills a variety of essential tasks.

It can sound an alert when it's time for a medication, locate the wearer using GPS technology, track steps taken and calories burned, and detect falls.

GrandCare Systems: This comprehensive tech platform for older adults combines home monitoring with telehealth and social engagement. The user can video chat with friends and family, receive alerts when it's time for an appointment or medication, communicate with their physician's office, and a variety of other tasks.

Whether you are looking for a tech product to manage activities of daily living or safety devices to alert a family member in the event of an emergency, senior care technologies are heading in the right direction. They can help improve the quality of life for older adults and caregivers.



Rhode Island Department of Health
3 Capitol Hill, Providence, RI 02908 | www.health.ri.gov

January 15, 2021

Rhode Island COVID-19 Vaccination Update

The Rhode Island Department of Health (RIDOH) is writing to provide an update on the current status of Rhode Island's COVID-19 vaccine efforts. As of this afternoon, **41,977 people** have received one dose of vaccine. A total of **9,243 people** have received two doses of vaccine and are fully immunized against COVID-19. [See the data.](#)

We are working hard to distribute vaccines, but supply is very limited. Right now, we're receiving enough first doses each week for just over 1% of our population. Other states are in the same position. RIDOH is ordering the maximum allotment of doses available to the state on a weekly basis. While it is clear we still have far to go in this process, it's important to note that Rhode Island ranks among the top states nationally in terms of first doses administered per 100,000 people.

We have received a lot of questions this week on whether the State will be opening up vaccination opportunities for individuals age 65 and older. The federal government recently announced that it will release second doses of the vaccine to the states so that individuals age 65 years and older can get vaccinated. However, we have not received any additional information on these plans. In Rhode Island, there are close to 190,000 Rhode Islanders age 65 or older. As much as we want to expand vaccination to older adults, we simply do not have enough doses to make appointments available for this entire population. We are hopeful that the federal government will increase our supply in the near future, which will allow us to expand vaccination to additional groups. The state now has a doctor-recommended, COVID-19 treatment for people who test positive for COVID-19, and are 65 or older or have an underlying health condition. More information about this treatment is available below. We will continue to share more information about vaccine eligibility as it becomes available. For more information, visit <https://covid.ri.gov/vaccination>.

When Will I Receive My Vaccine?

The COVID-19 pandemic has caused unprecedented hardship and loss for so many of our families, friends, and neighbors. Given this, we understand that many Rhode Islanders are anxious to know when they and their loved ones will be eligible to receive vaccine.

Eligibility

In Phase 1 we continue to focus on vaccinating healthcare providers. This will help us reduce strain on our hospital system and ensure a safe, functioning healthcare system. It will help us make sure we can care for Rhode Islanders who need health services. It will also allow us to partner with healthcare workers to expand vaccination to additional groups. We are also focused on protecting vulnerable Rhode Islanders in long-term care facilities that have been hit hard by this pandemic. The chart below shows the progress in vaccinating groups in Phase 1 of our vaccine distribution plan.

We are now working to expand vaccination to additional groups in Phase 1, including outpatient healthcare providers, dentists, and adults age 75 and older. RIDOH will communicate more information to outpatient providers this week. Once we have started vaccinating this group, and dentists, we will be able to begin vaccinating adults age 75 and older. **Please note that there is no action that older adults need to take at this time to get a vaccine.** When we are ready to start vaccinating this population, we will communicate with the public, healthcare providers, and community organizations to provide instructions.

Please keep in mind that outpatient providers, dentists, and adults age 75 and older represent very large numbers of Rhode Islanders. It will take some time to reach everyone eligible for vaccination as part of these groups. We are grateful for everybody's patience as we work to distribute our limited supply of vaccine as quickly as possible.

Please check the Rhode Island Department of Health website for further updates

WWW.covid.ri.gov

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Hattie Ide Chaffee Home is a 60 bed non-profit medical facility which specializes in skilled nursing and rehabilitative services.

Call today to arrange a tour or for more information.
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East Providence Senior Center, East Providence, RI

04-0741



Protect Yourself

AVOID COVID-19 Vaccine Scams

As COVID-19 vaccine distribution begins, here are signs of potential scams:

- You are asked to pay out of pocket to get the vaccine.
- You are asked to pay to put your name on a vaccine waiting list or to get early access.
- Advertisements for vaccines through social media platforms, email, telephone calls, online, or from unsolicited/unknown sources.
- Marketers offering to sell or ship doses of the vaccine for payment.
- ✓ **Protect Yourself. Do not give out your personal information to unknown sources.**

! If you believe you have been the victim of COVID-19 fraud, immediately report it to:

- HHS-OIG Hotline: **1-800-HHS-TIPS** | tips.hhs.gov
- FBI Hotline: **1-800-CALL-FBI** | ic3.gov
- CMS/Medicare Hotline: **1-800-MEDICARE**



For accurate, up-to-date information about COVID-19, visit:

oig.hhs.gov/coronavirus
fbi.gov/coronavirus
justice.gov/coronavirus



HHS
Office of
Inspector
General



Federal
Bureau of
Investigation



Department
of Justice





BICYCLE REPAIR PROJECT

Are you mechanically inclined?

Are you interested in giving back to your community?

Looking for Senior volunteers who would like to repair bicycles. Refurbished bicycles will be donated to East Providence residents in need of a bike.

Please contact the E. Prov. Senior Center at 401-435-7800 for more information.

SENIOR SHOPPING SERVICE



Come join us for a safe shopping excursion on Tuesdays

Who is eligible?

- City of East Providence residents
- Seniors 55 years or older or disabled.

How do I sign up?

- Call 401-435-7800 to make an appointment.

Service is offered on Tuesdays. to Stop and Shop and Shaws in East Providence.

For more information or to make an appointment call the Senior Center at 401-435-7800.

SNOW PATROL

Are you a Senior living in East Providence who needs assistance with Snow Removal?

The Boys and Girls Club is partnering with the East Providence Senior Center to connect Seniors, who are in need of assistance with snow removal, with volunteer youth.

Please contact the East Providence Senior Center for more information.

Please contact us before it snows so you can be matched up with a youth and are ready to go for the next storm.

Call: East Providence Senior Center at : 401-435-7800.



FOOD DISTRIBUTION

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

If you need your pantry items delivered call us at the Senior Center
401-435-7800



GRAB & GO Lunches

Home Delivery is available within the City of East Providence

Please make your reservations at least 24 hours in
Advance by calling :

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

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

*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



PUZZLES OF THE MONTH

Sudoku

Fill in the grid so that every row, column and 3x3 box contains the numbers 1 through 9.

6				3	1	4		
	3							8
7	2		4					
2		7						
	1	5						7
				2				1
		2	8		3		7	
							4	5
1	6	3						2

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DIFFICULTY: ★★☆☆

ENIGMA™ CRYPTOGRAM

Enigma cryptograms are created from quotations and proverbs from around the world. Each letter stands for another letter. (Note: "Q" = "I")

"JPAJZP KBZZ YEF DTFIXBTV IXDI'G
ATP IA D SEGIARPU."

— GBTSZDBU ZPKBG

— Sinclair Lewis

"People will buy anything that's one to a customer."

2	6	8	7	4	5	3	6	3	9	1
5	4	5	3	6	1	2	6	9	8	7
9	7	6	1	3	6	8	2	5	4	9
4	8	5	1	2	6	3	7	8	9	4
3	1	5	6	9	6	5	9	4	7	8
2	9	7	1	5	8	6	9	3	4	7
7	2	1	4	8	6	9	5	3	6	8
6	5	8	7	3	1	4	2	9	8	7

Answer to Sudoku



CROSSWORD PUZZLE

ACROSS

- 1 Liquid crystal display (abbr.)
- 4 Rural free delivery (abbr.)
- 7 Confederate States of America (abbr.)
- 10 Red-tailed Hawaiian bird
- 11 Water (Fr.)
- 12 Snake (pref.)
- 14 A (Ger.)
- 15 Ask
- 17 Three (pref.)
- 18 Bleat
- 19 Big apple (abbr.)
- 20 Kemo
- 22 Agent (abbr.)
- 24 Ingenuous
- 27 Slave of Sarah
- 31 Fare
- 32 End
- 34 Servant
- 35 Auricular
- 37 Saltwort
- 39 Royal Air Force

DOWN

- 41 New sugarcane shoot
- 42 Negative population growth (abbr.)
- 45 Marked with lines
- 47 Health resort
- 50 Indic language
- 52 Husband of Jezebel
- 53 Wings
- 54 Or nearest offer (abbr.)
- 55 Cleave
- 56 Age
- 57 Soak flax
- 58 Atlantic standard time (abbr.)

L	I	S	V		T	E	H		V	E	R	A
N	E			R	E	N						A
B		H	A									S
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- North Sea
4 Solicit
5 Field deity
6 Chaperon (Sp.)
7 Bed
8 Whirl
9 Nautical cry
10 Ketone (pref.)
13 Incorporated

- (abbr.)
16 Audible breath
18 Compass direction
21 Amend
23 Dravidian language
24 "Fables in Slang" author
25 Inlet
26 Family relative
28 Overshoes
29 Trouble
30 Recommended daily allowance (abbr.)
33 Overcoat
36 Gloomy
38 Energy unit
40 Public excitement
42 Nat'l Security Agency (abbr.)
43 Pallid
44 Crow
46 Cord
48 Beat rapidly
49 Abdominal (abbr.)
51 Expanse
52 Altar constellation

1	2	3	4	5	6	7	8	9				
10				11			12			13		
14				15			16					
17				18				19				
	20	21			22		23					
24	25				26		27		28	29	30	
31				32		33		34				
35				36		37		38				
			39		40		41					
42	43	44		45		46		47		48	49	
50			51					52				
53				54				55				
	56			57				58				

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FEBRUARY | 2021

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In last month's newsletter a memoriam was given to all the East Providence Senior Center Members who had passed in 2020. It was brought to my attention that Alberta Roy passed in March of 2020. Alberta joined the East Providence Senior Center in 2018. She will be sorely missed by all.

 <p>Mateus Realty Bringing you home since 1975 582 Warren Avenue • East Providence, RI 02914</p>	<p>LUIS A. MATEUS Eu Falo Portugues</p> <p>Off: 401-434-8399 Cell: 401-368-2403 Fax: 401-435-3401 sales@mateusrealty.net mateusrealty@gmail.com www.mateusrealty.net</p>	 <p>Health Care Equipment for Use at Home</p> <p><i>independence</i> HomeHealthWares® 401.273.8888 Visit our warehouse showroom at Exit 6, Rte. 195 35 Agnes Street, East Providence, RI</p>
 <p>HEALY PHYSICAL THERAPY & SPORTS MEDICINE, INC. KEEPING YOU IN THE GAME OF LIFE</p> <p>MOST INSURANCES ARE ACCEPTED EAST PROVIDENCE (401) 438-0905 927B Warren Ave. • E. Providence CUMBERLAND (401) 305-3858 2295 Diamond Hill Rd. • Cumberland EAST GREENWICH (401) 471-7510 2639 South County Trail • E. Greenwich WARWICK (401) 921-0160 2080 Warwick Ave. • Warwick www.healyphysicaltherapy.com</p>	<p>Listening to you is where we start every visit.</p> <p>Accepting new patients 401-286-9992</p> <p> OAK STREET HEALTH Doctors for Adults on Medicare</p> 	

\$3.00 Suggested Donation

FEBRUARY

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

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
1	Juice Bologna & Cheese on Whole Wheat w/Mustard Pretzel Granola Bar Milk	2	Juice Hamburger on a Roll w/Relish Chips Fig Newtons Milk	3	Juice Shrimp Salad on a Roll Chips Fresh Fruit Milk	4	Juice Roast Chicken & Cheese w/ Mayo on Multi Grain Chips Chocolate Chip Cookies Milk	5	Juice Roast Beef & Cheese on a Roll w/Mayo Chips Fresh Fruit Milk
8	Juice Low Sodium Hot Dog on a roll w/Mustard Chips Pudding Milk	9	Juice Baked Ham & Cheese on 9-Grain w/Mustard Chips Cookie Milk	10	Juice Seafood Salad on Pita Chips Fruit Milk	11	Juice Grilled Chicken on a Bulky Roll Multi Grain Chips Brownie Milk	12	Juice Corned Beef & Swiss on Rye w/Mustard Chips Lorna Doones Milk
15	CLOSED President's Day 	16	Juice Buffalo Chicken Salad on Oatmeal Multi Grain Chips Fruit Cup Milk	17	Juice Tuna Salad on 9-Grain Chips Fruit Bar Milk ASH Wednesday	18	Juice Ham & Cheese on Rye w/Mustard Chips Fresh Fruit Milk	19	Juice Seafood Salad on wheat Chips Graham Crackers Milk
22	Juice Roast Beef & Cheese on Oatmeal w/Mayo Chips Fruit Milk	23	Juice Italian Style Chicken on a Roll w/ Mayo Chips Yogurt Milk	24	Juice Ham Salad on a Croissant Chips Cookie Milk	25	Juice Meatloaf on 9-Grain w/Ketchup Chips Pudding Milk	26	Juice Tuna Salad on wheat Chips Fig Newtons Milk
				MENU ITEMS ARE SUBJECT TO CHANGE		<i>Funded in part by the US administration on aging and state funds by the Rhode Island Department of Elderly Affairs.</i>		All menu items may contain nuts, seeds, beans, wheat bran, and other allergens	