

# Robert Rock Senior Center



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

## February 2023

### Senior Center Services

Elder Resource Specialist  
Amanda Mattress

Monday-Friday 401-270-1788

Healthy Aging Nurse Coordinator

Shahnee Lagor, BSN, RN-BC

Office hours: Tuesday, Thursday and Friday 9AM-2PM

Registered Dietitian

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

Office hours: Tuesdays and Wednesdays by appointment

Call 401-447-6299

Eastside Clinical Laboratory Transportation

When: The first Wednesday of each month 8:30 am-11:30 am.

Call 401-435-7800 to register for transportation.

Notary Public

Pat Thomas, Receptionist

M-F 9:00 am-12:00 pm to notarize documents for our seniors.

Senior Shopping

Thursday Mornings- 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.

SHIP Counseling

By Appointment Only- Call 401-435-7876 x1137

Veteran Benefit Counseling

Every Monday at the Senior Center by Appointment.

Michael- 401-208-5484

### Staff

Laura Jones

Director

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

Gilbert Williams-Hackney

Community Health Worker

[gwhackney@eastprovidenceri.gov](mailto:gwhackney@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:

Kenny Atkinson

Ed Lachance Jr.

Transportation:

Joe Serodio

Dennis Price

Christopher Januario

Tom Taylor

## 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.



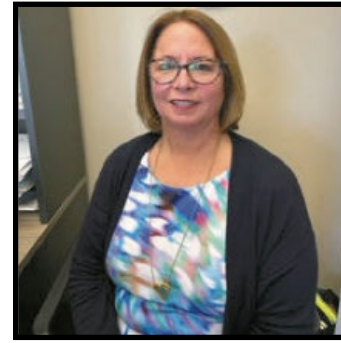
### **Message from the Mayor:**

Happy New Year to you and your family. Thank you to all who attended the inauguration ceremony held at the new East Providence High School the previous month. New City Council Members, School Committee Members, Charter Commissioner members and Mayoral appointments were sworn in and we all enjoyed the reception that followed. I look forward to working collaboratively with all of our residents and newly elected and newly appointed residents over the next four years. The City has hired a new Human Resource Director, Robert Perry. Read more about Mr. Perry here:

<https://www.eastprovidenceri.gov> . February is Black History Month. Check out the City's calendar to see events planned to honor the contributions, triumphs and struggles of Black Americans throughout history.

Sincerely,

Mayor Bob DaSilva



### **Letter from the Director:**

February is the month of love. I hope each of you are fortunate to have love in your life. Love can be for a partner, family, or even your pets. The weather is cold but our hearts remain warm. We have many new members joining the Senior Center. Please take time to introduce yourself and make those who are new, feel loved and welcome. Check out our newsletter this month for all the exciting activities February has to offer. I would like to challenge you to try something new this month!

Best,

Laura Jones

Robert Rock East Providence Senior Center

-Advisory Group-

Judy Phillips  
Jim Phillips  
Ken Goucher  
Donald Senna

Jan Kinder  
Ann Fagundes  
Elaine Robinson  
Dick Wood

**DAYS TO REMEMBER IN FEBRUARY:**

February 20– President’s Day (Senior Center Closed)

***FEBRUARY IS BLACK HISTORY MONTH!***

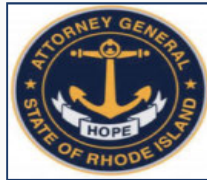
We would like to congratulate Shontell Gomes, our Admin Assistant on her recent retirement! Shontell served the City of East Providence for over 20 years. We are so happy for Shontell and wish her all the best with her future endeavors!



**DON'T BE A VICTIM OF A SCAM!**

*Please join us for this rescheduled event with the Attorney General RI:*

**February 7, 2023 11AM**



**Learn about the red flags on scams, and what to do if you believe you are a victim of scams/elder abuse. Talk to the Attorney General and ask questions you may have!**

***DID YOU KNOW?***

***Blood Pressure Checks are Available at the Senior Center Twice a Month!***

**February 14, 2023 10:30AM**

Grace Barker coming to the Senior Center to assist with Blood Pressure checks.

**February 21, 2023 10:30AM**

Hattie Ide Chaffee coming to the Senior Center to assist with Blood Pressure checks.

*See page 5 for a blood pressure program held at the Senior Center starting in February 2023!*

**BINGO INFORMATION:**

EVERY TUESDAY

Doors Open at 1:00PM, Games start at 1:30PM  
Dabbers are sold at the Senior Center, and we also have BINGO items located in our gift shop to purchase!

**PULL TAB INFORMATION:**

*Pull Tabs available on Tuesdays only.*

.50 ¢ per pull tab | OPEN 1:00PM-1:25PM  
All transactions MUST be completed by 1:25PM.



**-CRAFT CLUB-**

**February 27, 2023**

**10:15AM**

Supply list for upcoming craft is located at the Coffee Bar near the front desk.

*Do you enjoy making crafts? Do you enjoy meeting new people? If you answered YES, craft club is a great fit for you!*

Join us on Monday, February 27, 2023 10:15AM to participate and learn more! **Register at the coffee bar near the front desk by 2/21/23.**

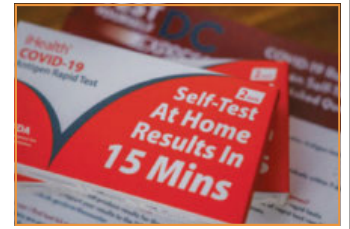
# COVID-19 UPDATES

## VACCINATIONS/COVID TESTING:

HOME COVID-19 TESTS DELIVERED TO YOU FOR FREE!

[COVIDTESTS.GOV](https://www.covidtests.gov)

See Gilbert, The Senior Center Community Health Worker to get assistance in ordering your free at home COVID tests delivered for free to your doorstep!



ARE YOU IN NEED OF A MASK OR AN AT HOME COVID TEST?

STOP BY THE HEALTH OFFICE TO GRAB YOURS FOR FREE TODAY!



### COVID TESTING/COVID VACCINES

***IF YOU NEED ASSISTANCE BOOKING YOUR COVID TEST OR COVID VACCINE, PLEASE SEE GILBERT!***

COVID testing and COVID vaccines are done at the following local pharmacies: Walgreens, CVS, Walmart. Appointments must be scheduled online.

***Do not have a computer? No problem! Gilbert will assist you with booking online.***



### Top 5 Tips to Prevent Winter Viruses

Building a good defense will help prevent severe illness and hospitalization from the flu, COVID-19, and respiratory syncytial virus (RSV).

#### 1. Get Vaccinated, Boosted (and Treated)

Getting your [flu](#) and [COVID-19](#) vaccines are the best way to reduce the chances of getting severely ill. If you test positive for COVID-19 and have symptoms, speak to a health care provider right away about [treatment](#).



#### 2. Stay Home if You're Sick and Test for COVID

Staying home when you're sick slows the spread of flu, RSV and COVID-19. Remember to test for COVID and contact your doctor immediately if you're positive to discuss treatment options.



#### 3. Wear a Mask

There is no vaccine for RSV, so wearing a mask can slow the spread and protect the most vulnerable, including babies, young children, and older adults.



#### 4. Wash Your Hands

Frequently wash your hands with soap and warm water for at least 20 seconds. This is one of the easiest and most effective ways to prevent spreading germs.



#### 5. Cover Your Cough or Sneeze

Cough or sneeze into your elbow, arm, or a disposable tissue. Don't forget to wash or sanitize your hands and dispose of the tissue afterwards!



## Health Related Programs:

### BLOOD PRESSURE SELF MONITORING IS BACK!

The blood pressure self monitoring program is a *4-month long program* aimed at educating participants on how to safely and correctly take their blood pressure at home.

Take control of your blood pressure and learn what you can do to help reduce the risk of heart attack or stroke. Call our Healthy Aging Nurse Coordinator Shahnee Lagor for more details on this great opportunity!

401-270-1792.



Meditation is cancelled  
February 24, 2023!

### HEARING AID PRESENTATION

Join us to learn about different types of hearing aid devices and properly caring for your hearing aids!

**FEBRUARY 15, 2023 10AM.**

### *DO YOU NEED TO HAVE BLOOD WORK DONE, BUT DO NOT HAVE TRANSPORTATION TO DO SO?*

Beginning once a month in February 2023, Gilbert (Community Health Worker) will be available to transport folks to the East Side Clinical Lab for anyone who needs transportation to get lab work done. *This is in place of East Side Clinical lab coming directly to the Senior Center.*

Transportation will ONLY be offered on the first Wednesday of the month.

Transportation will be from the Senior Center, to East Side Clinical Lab, and back to the Senior Center.

*If you are interested in taking advantage of this service, please contact the Senior Center to register. 401-435-7800. **Registration is required.***

### URI PHARMACY OUTREACH ARTHRITIS

DO YOU SUFFER FROM ARTHRITIS?  
COME FIND OUT SOME NATURAL  
RELIEF REMEDIES AND IMPROVE  
YOUR DEXTERITY.

**FEBRUARY 24, 2023 10:30AM**



There are free non-prescription eyeglasses available in the Health Office. Please come to the Health Office if you are in need of eye glasses.

### *NEW YEAR, NEW YOU!*

*Join us for a healthy eating/weight loss series sponsored by Blue Cross Blue Shield RI!*

**2/6/23 10AM: Cooking Demo**– Cooking demo to promote healthy eating with Chef Kevin Millonzi.

**3/1/23 11:15AM: Goal Setting**– Discussions of goal setting, exploring motivation, defining smart steps, utilizing supports.

**3/29/23 10AM: Change Your Ways to Change Your Weight**– Learn how to achieve and maintain a healthy weight. Body mass index, evidence-based strategies, and successful nutrition.

# State Energy Assistance Programs



## Programs Aimed at Reducing Energy Usage

### Free Home Energy Assessment Program

At no cost, an energy specialist will assess your current energy use, help you develop a plan to make your home more energy-efficient, and educate you on rebates and incentives. Free home energy assessments are available to all households, including homeowners and renters. For more information, go to:

<https://www.rienergy.com/ri-home/energy-saving-programs/home-energy-assessments>

### Weatherization Assistance Program (WAP)

Households participating in LIHEAP may take advantage of the Weatherization Assistance Program, which offers customers whole house energy efficiency services. These services may include installing insulation and providing health and safety measures. For more information, go to:

<https://dhs.ri.gov/programs-and-services/energy-assistance-programs/weatherization-assistance-program-wap>

### Heating System Repair and Replacement Program (HSRRP)

Households participating in LIHEAP may take advantage of HSRRP. This program provides a one-time service to increase the heating system efficiency of owner-occupied residences. For more information, go to:

<https://dhs.ri.gov/programs-and-services/energy-assistance-programs/heating-system-repair-and-replacement-program>

## Other Ways to Save

### Help Making Payments

Through Rhode Island Energy it is possible to apply for discounts on your monthly energy bills, create a payment plan to handle unpaid back bills, or create a 12-month budget to help smooth out the high winter bills. For more information, go to:

<https://www.rienergy.com/RI-Home/Bill-Help/Help-Making-Payments>

### Discounted Rates

Households may be eligible for discounted rates on their energy bill if they are receiving certain public benefits disbursed by DHS. To learn more, go to:

<https://www.rienergy.com/RI-Home/Bill-Help/Discount-Rates>



Scan QR code to view average heating fuel prices in RI or visit [Energy.Support.RI.GOV](http://Energy.Support.RI.GOV)





Low-Income Home Energy Assistance Program

LIHEAP (Low-Income Heating Assistance Program) helps income-eligible clients meet the ever-increasing cost of heating/air conditioning and reduce energy burden.

LIHEAP serves income-eligible households in these East Bay cities and towns: Barrington, East Providence, Bristol, Warren, Newport, Middletown, Tiverton, Little Compton, Portsmouth and Jamestown.

***LIHEAP helps clients:***

- Manage costs associated with home heating bills
- Receive reduced rates on electric bills
- Apply for Appliance Management & Weatherization Services
- Access Crisis Assistance Services

**INTERESTED IN HEARING MORE ABOUT THE LIHEAP PROGRAM?**

Contact our Elder Resource Specialist Amanda Mattress to explore options for heating assistance this season. (401) 270-1788.

*You can also contact the LIHEAP program directly to apply: (401) 437-5102*

**The Good Neighbor Energy Fund**

The Good Neighbor Energy Fund provides financial assistance to Rhode Island households who are unable to meet a current energy expense due to financial difficulty. To learn more, go to: <https://www.unitedwayri.org/gnef/>

**Keep the Heat On**

Keep the Heat On provides financial assistance to households that have either exhausted or are ineligible for all other state, federal or private heating assistance. To learn more, go to: <https://www.heatri.com/>



**Managing Energy Bills in the Winter**

**Help Making Payments**

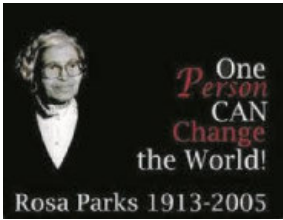

Through Rhode Island Energy it is possible to apply for **discounts** on your monthly energy bills, create a **payment plan** to handle unpaid back bills, or create a **12-month budget** to help smooth out the high winter bills. For more information, go to: [Help Paying Your Bill | Rhode Island Energy \(rienergy.com\)](https://www.rienergy.com)

**Discounted Rates**

Households may be eligible for discounted rates on their energy bill if they are receiving certain public benefits disbursed by DHS. To learn more, go to: <https://www.rienergy.com/RI-Home/Bill-Help/Discount-Rates>

# Robert Rock Senior Center Activities

FEBRUARY 2023

Mon	Tue	Wed	Thu	Fri
<p><i>This month is Black History Month!</i></p>	 <p><i>One Person CAN Change the World!</i> Rosa Parks 1913-2005</p>	<p><b>1</b> 8A: Nutritionist 8:30A: East Side Clinical Lab Transports 10:45A: PACE Chair Exercise 1P: Cribbage</p>	<p><b>2</b> 9A: Nurse Hours 9:30A: Senior Shopping 9:30A: 20/20/20 Fitness 12:30P: Bridge 1P: Knit &amp; Crochet</p>	<p><b>3</b> 8A: SHIP Counseling 8:30A: Scrabble 9A: Nurse Hours 9:30A: Senior Shopping 10A: Moh Jongg 10:45A: PACE Chair 11A: Meditation w/ John 1:30P: Hi Lo Jack</p>
<p><b>6</b> 8A: VITA Tax Assist 8:30A: AARP Tax Assist <b>10A: BCBS Cooking Demo</b>  Veteran Benefit Counseling by appointment only*</p>	<p><b>7</b> 8A: Nutritionist 8A: VITA Tax Assist 9A: Nurse Hours 10A: Paint Class 10A: Smartphone Help 10:45A: Chair Yoga <b>11A: Attorney General Presentation – SCAMS</b> 1:30P: BINGO! 2P: Multimedia Art</p>	<p><b>8</b> 8A: Nutritionist <b>10:30A: Age Well, Get Connected</b> 10:45A: PACE Chair Exercise 1P: Cribbage</p>	<p><b>9</b> 9A: Nurse Hours 9:30A: Senior Shopping 9:30A: 20/20/20 Fitness 12:30P: Bridge 1P: Knit &amp; Crochet</p>	<p><b>10</b> 8A: SHIP Counseling 8:30A: Scrabble 9A: Nurse Hours 9:30A: Senior Shopping 10A: Moh Jongg 10:45A: PACE Chair 11A: Meditation 1:30P: Hi Lo Jack</p>
<p><b>13</b> 8A: VITA Tax Assist 8:30A: AARP Tax Assist 1PM: Monday Matinee (Gifted Hands)</p>	<p><b>14</b> 8A: Nutritionist 8A: VITA Tax Assist 9A: Nurse Hours 10A: Paint Class 10A: Smartphone Help 10:30A: BP Clinic 10:45A: Chair Yoga 1:30P: BINGO! 2P: Multimedia Art</p>	<p><b>15</b> 8A: Nutritionist <b>10A: Hearing Aide Presentation</b> 10:45A: PACE Chair Exercise 1P: Cribbage</p>	<p><b>16</b> 9A: Nurse Hours 9:30A: Senior Shopping 9:30A: 20/20/20 Fitness 12:30P: Bridge 1P: Knit &amp; Crochet</p>	<p><b>17</b> 8A: SHIP Counseling 8:30A: Scrabble 9A: Nurse Hours 9:30A: Senior Shopping 10A: Moh Jongg 10:45A: PACE Chair Exercise 11A: Meditation 1:30P: Hi Lo Jack</p>
<p><b>20</b> <i>President's Day</i>  <b>Senior Center Closed</b></p>	<p><b>21</b> 8A: Nutritionist 8A: VITA Tax Assist 9A: Nurse Hours 10A: Paint Class 10A: Smartphone Help 10:30A: BP Clinic 10:45A: Chair Yoga 1:30P: BINGO! 2P: Multimedia Art</p>	<p><b>22</b> 8A: Nutritionist 10:45A: PACE Chair Exercise 1P: RSVP Meeting 1P: Cribbage</p>	<p><b>23</b> 9A: Nurse Hours 9:30A: Senior Shopping 9:30A: 20/20/20 Fitness 12:30P: Bridge 1P: Knit &amp; Crochet</p>	<p><b>24</b> 8A: SHIP Counseling 8:30A: Scrabble 9A: Nurse Hours 9:30A: Senior Shopping 10A: Moh Jongg <b>10:30A: URI Pharmacy Outreach Presentation</b> 10:45A: PACE Chair Exercise 1:30P: Hi Lo Jack</p>
<p><b>27</b> 8A: VITA Tax Assist 8:30A: AARP Tax Assist 10:15A: Craft Club  Veteran Benefit Counseling by appointment only*</p>	<p><b>28</b> 8A: Nutritionist 8A: VITA Tax Assist 9A: Nurse Hours 10A: Paint Class 10A: Smartphone Help 10:45A: Chair Yoga Cyn 1:30P: BINGO! 2P: Multimedia Art</p>		<p><b>Red Bolded activities count towards REWARDS CARDS!</b>  If you are interested in our rewards program, please visit the Resource Center.</p>	



## 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.

## Certified Fitness Instructor- Robin

Not sure where to begin on your fitness journey? Visit the Fitness Center to meet Robin and create your individualized fitness plan!  
Tuesdays 9:30A-11:30A  
Thursdays 10:45A-12:45P

## 20/20/20 Fitness

Three workouts in one! This senior geared class gives you 20 minutes of cardio, 20 minutes of strength training, and 20 minutes of stretching/core work. Thursday's 9:30A-10:30A \$2.00 per class.

## Hi Lo Jack

A game of chance, visit us to play Hi Lo Jack weekly with other members of the community. Fridays 1:30PM-3:30PM.

## Craft Club

Meets monthly. Participants are given the opportunity to explore various art-making activities. These activities allow participants to enhance their creative and visual skills. Fee is dependent on the monthly craft being done.

## Cribbage, Bridge, Scrabble, Moh 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!

555 Pawtucket Ave., East Providence, RI 02914

434-3885

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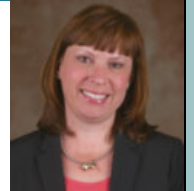
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**LEN WALKER**

Senior Agent

PO Box 121, Seekonk, MA 02771

Office: 401-378-5061

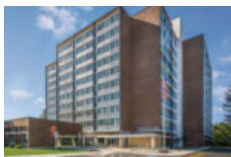
Cell: 774-210-2060

Fax: 508-557-1824

[lwalker@myhst.com](mailto:lwalker@myhst.com)

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

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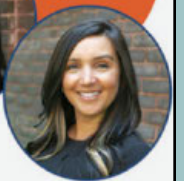
P 401.437.4450 F 401.438.1630 E [dbazar@BazarLaw.com](mailto:dbazar@BazarLaw.com)

[BazarLaw.com](http://BazarLaw.com)

**It's Time to Review Your Medicare Plan for 2023**

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- ✓ Hearing Aids
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Call today (401) 210-2727 | Falo Português / Hablo Español

Or visit our office at 75 Newman Avenue, Suite L1, East Providence, RI 02916

Representatives are Member Agents of WeCanHelpYou.Org

A 501(c)(3) non-profit organization

We do not offer every plan available in your area. Any information we provide is limited to those plans we do offer in your area. Please contact [Medicare.gov](http://Medicare.gov) or 1-800-MEDICARE to get information on all of your options.



# TECHNOLOGY ASSISTANCE



## Smartphone Assistance



**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*

**TECHNOLOGY IS BEST  
WHEN IT BRINGS  
PEOPLE TOGETHER**



## Computer/Tablet Assistance



### AGE WELL, GET CONNECTED



Age Well, Get Connected is a monthly computer assistance session hosted by East Bay Community Action. Drop in and have your computer questions answered as well as learn some new tips and tricks you may have not known before!

No Registration Required.

**February 8, 2023 10:30AM**

**YOU CAN NOW ENJOY SURFING THE INTERNET THROUGHOUT THE SENIOR CENTER BUILDING!**

If you would like to sign out a Chromebook, please see Amanda in the Resource Center.

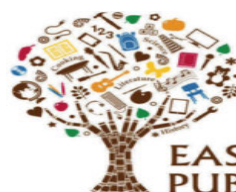
Chromebooks must be returned to the Resource Center by the end of the day.



The technology you use  
impresses no one. The  
experience you create with it  
is everything.

SEAN CERETY

*Additional technological assistance can be found at the Weaver Library on Grove Avenue. Call to schedule an appointment (401) 434-2453.*



**EAST PROVIDENCE  
PUBLIC LIBRARY**

# CELEBRATING BLACK HISTORY MONTH:

## PIONEERS IN MEDICINE:

**Rebecca Lee Crumpler, MD**, In 1864, after years as a nurse, Rebecca Lee Crumpler became the first black woman in the United States to receive an MD degree. She earned that distinction at the New England Female Medical College in Boston, Massachusetts

**James McCune Smith, MD**, First black person to receive a medical degree. He was also the first black person to own and operate a pharmacy in the United States and the first black physician to be published in U.S. medical journals.

**Ben Carson MD**, First neurosurgeon to successfully separate conjoined twins.

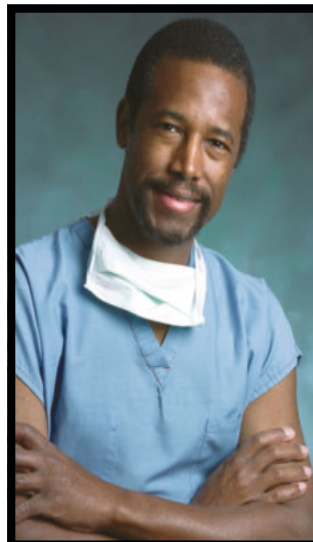
**Mary Eliza Mahoney** The first black professional nurse in the United States. She was an advocate for African American nurses in the US, co-founding the National Association of Colored Graduate Nurses (NACGN), addressing racial discrimination in nursing.



Rebecca Lee Crumpler,  
MD



James McCune Smith,  
MD



Ben Carson, MD



Mary Eliza Mahoney



We will be showing  
**Gifted Hands: The Ben Carson Story**  
in the Dining Room on:

**FEBRUARY 13, 2022 1:00PM.**

Popcorn will be served.



# TAX ASSISTANCE PROGRAMS:



## AARP TAX ASSISTANCE:

DO YOU NEED HELP WITH YOUR TAXES? MAKE AN APPOINTMENT WITH PATTY FROM AARP TO GET THE BALL ROLLING. APPOINTMENTS ARE MANDATORY.

THE AARP TEAM WILL BE AT THE EAST PROVIDENCE SENIOR CENTER EVERY MONDAY FROM:  
FEB. 6, 2023- APRIL 10, 2023.

### TO BRING WITH YOU THE DAY OF YOUR APPOINTMENT:

PHOTO ID, DRIVER'S LICENSE , LAST YEAR'S TAX RETURN  
W2 WAGES – EARNINGS  
W2 GAMBLING WINNINGS  
1099G UNEMPLOYMENT  
1099R PENSION – ANNUITY  
SSA-1099 SOCIAL SECURITY STATEMENT (HAS PINK BOX)  
1099 INT AND 1099 DIV INTEREST & DIVIDENDS  
1099B BROKERAGE STATEMENT AFTER MARCH 15, 2023  
1099MISC MISCELLANEOUS INCOME  
1099NEC NON EMPLOYEE COMPENSATION  
ALIMONY, DATE OF DIVORCE , FORMER SPOUSE NAME & SS#  
1098T EDUCATION, TUITION  
DEPENDENT CHILD CARE PROVIDER NAME, ADDRESS, EIN #, AMOUNT PAID FOR EACH CHILD  
RENT – LANDLORD'S NAME, ADDRESS, PHONE# , AMOUNT PAID - FOR PROPERTY TAX RELIEF CREDIT

FOR INFORMATION OR APPOINTMENTS, CALL PATTY BREEN AT 401-246-1678  
CALL AFTER JANUARY 15, 2023 BETWEEN 9AM-12PM

east bay community action program  
THE BRIDGE TO SELF-RELIANCE



## VOLUNTEER INCOME TAX ASSISTANCE PROGRAM (VITA):

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 \$60,000.00**. In 2023 we will have two tax preparation sites.

**Please only call the Office of Volunteer Services at 401-435-7876, ext. 1137 to schedule or cancel an appointment.**

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. If possible, please print out and complete the VITA Tax Survey and the Intake/Interview & Quality Review Form and bring them to your appointment.

For more information, please visit the link provided below:

<https://www.ebcap.org/programs/east-bay-volunteer-income-tax-assistance-vita-program/>

*If you have issues with the link provided above, please call the Senior Center for assistance accessing the list of documents needed for your appointment.*

**DO YOU LIKE WHAT YOU SEE?  
ARE YOU INTERESTED IN BECOMING A  
MEMBER OF THE SENIOR CENTER?**

Give us a call at 401-435-7800 to schedule a tour today!

**MEMBERSHIP FEES:**

**GENERAL MEMBERSHIP:**

Residents of East Providence: \$15.00/year  
Non-residents: \$20.00/year

**GENERAL MEMBERSHIP INCLUDING FITNESS CENTER:**

Residents of East Providence: \$55.00/year  
Non-residents: \$65.00/year  
\*\* New membership forms can be picked up at the front desk!\*\*

**WHEEL OF FORTUNE**

**MONDAY FEBRUARY 27, 2023 11AM**

**Mark your Calendars**

**PACE PRESENTATION**

**FEBRUARY 28, 2023 11AM**

Come learn about East Providence's PACE Program and services!



**URI SNAP ED** will be returning on **March 15, 2023 10AM**



**Valentine's Day  
Word Search**

- |          |            |
|----------|------------|
| CANDY    | TREATS     |
| CARDS    | VALENTINE  |
| CUPID    | SWEETHEART |
| DEAR     | RED        |
| DOVES    | LOVE       |
| FEBRUARY | KISS       |
| FLOWERS  | PINK       |
| FRIENDS  | HUG        |
| HEART    |            |

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



## Corn Chowder

Prep time: 10 minutes

Cook time: 20 minutes

Servings per recipe: 8

Serving size: 1 cup

Cost: \$7.41 per recipe, \$0.93 per serving

### Ingredients

- 1 tablespoon vegetable oil
- 1 medium onion, diced
- ½ cup diced celery
- 2 cups diced potatoes
- 1½ cups water
- 1 (14 ounce) can low-sodium chicken OR vegetable broth
- 1 bay leaf
- 1 teaspoon thyme
- 2 cups corn, cooked and cut from the cob, or frozen or canned, drained and rinsed
- 1 (12 ounce) can evaporated skim milk
- Salt and pepper to taste
- 2 tablespoons chopped fresh parsley

### Directions

- 1) Add oil to soup pot and place over medium heat. Add onions and celery and cook, stirring occasionally until soft. Add potatoes and toss with celery and onions.
- 2) Add water, broth, bay leaf, and thyme. Cover, bring to a boil, and simmer until potatoes are tender, about 10-15 minutes.
- 3) Add the corn, evaporated milk, salt, and black pepper. Heat to simmer for 5 minutes.
- 4) Remove bay leaf, sprinkle with parsley and serve.



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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.

# February 2023

Lunch is served at 12:00 pm

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY				
									
	<p>All menu items may contain nuts, seeds, beans, wheat bran, and other allergens</p>								
6	Minestrone soup Chicken francese Roasted potato Mixed vegetable Multi grain roll Fruit Spinach salad w/ chicken	7	Tomato Soup French onion baked chicken Potatoes O'Brien Sliced carrots / garlic bread Pudding Salami, ham & cheese / wheat roll	8	Mushroom barley soup Shepherd's pie Mashed potatoes Sliced pears Whole wheat roll Caesar salad w/chicken	9	lentil soup Roast pork w/ gravy Sweet potato Zucchini Whole Wheat roll Red velvet cake Tuna salad plate	10	Cream of Broccoli soup Chicken cacciatore Green beans Baked potato Dinner Roll - Fruit Cobb salad
13	Tomato soup Pepper steak Mashed potato Roasted zucchini w/carrots Italian bread (whole wheat) Chocolate chip cookie Chef salad	14	Navy bean soup Sausage & pepper w/ potatoes Garlic bread Italian mixed vegetables Mixed fruit Chicken sandwich on wheat roll	15	Cream of mushroom soup Sloppy joe Cole slaw Pasta salad Whole Wheat roll - cookie Turkey & Swiss/whole wheat	16	Chicken soup Balsamic pork loin Potatoes wedges Buttered corn Mixed fruit - Dinner Roll Spinach salad w/ chicken	17	Kale & bean soup French onion baked chicken Roasted potatoes Whole Wheat Roll Fruit salad Tuna salad plate
20	<b>President's Day</b> 								
27	Beef vegetable soup Chicken Scarpariello w/ sausage & potatoes Mixed vegetables Fruit - Whole Wheat roll Chicken sandwich on ww roll	21	Lentil soup Chicken Fajita w/peppers /onions Spanish rice Whole Wheat Tortilla Sour cream Egg salad on multi grain roll	22	Tomato soup Swedish meatballs Mashed potatoes Sliced carrots Fresh fruit/ Multi grain bread Seafood salad plate	23	Minestrone Soup BBQ pulled pork Sandwich Cole slaw Sweet potato Whole Wheat Roll Oatmeal cookie Corned beef on Rye bread	24	Chicken noodle soup Tossed salad Baked rigatoni w/ sausage & meatballs Garlic bread - Fruit cup Tossed salad w/chicken
<b>Senior Center CLOSED</b>									
28	Mushroom barley soup Tossed salad Chicken n gravy Mixed vegetables Biscuit-cookies Seafood salad on wheat roll	28	Mushroom barley soup Tossed salad Chicken n gravy Mixed vegetables Biscuit-cookies Seafood salad on wheat roll	Funded in Part by the US Administration on Aging and the Rhode Island Office of Healthy Aging		\$3.00 <b>Suggested            Donation</b> Please call our Dining room 24 hours in advance.			